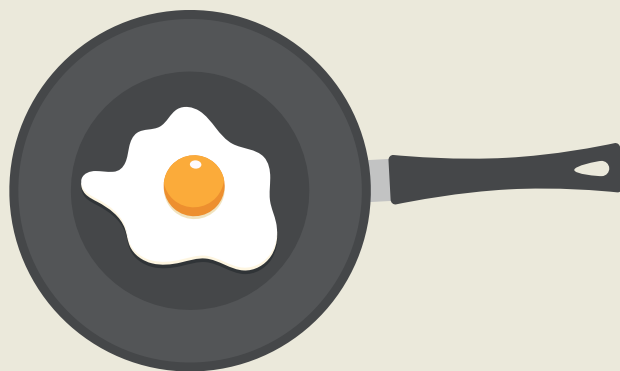
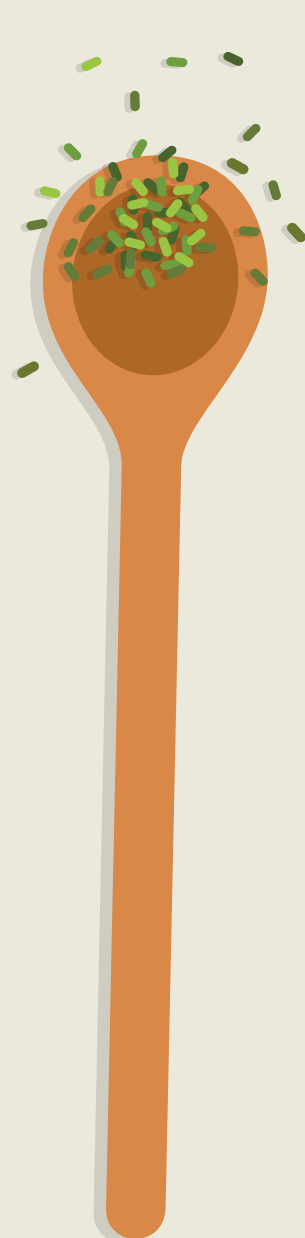


Simple, low budget, healthy dishes for young people living independently

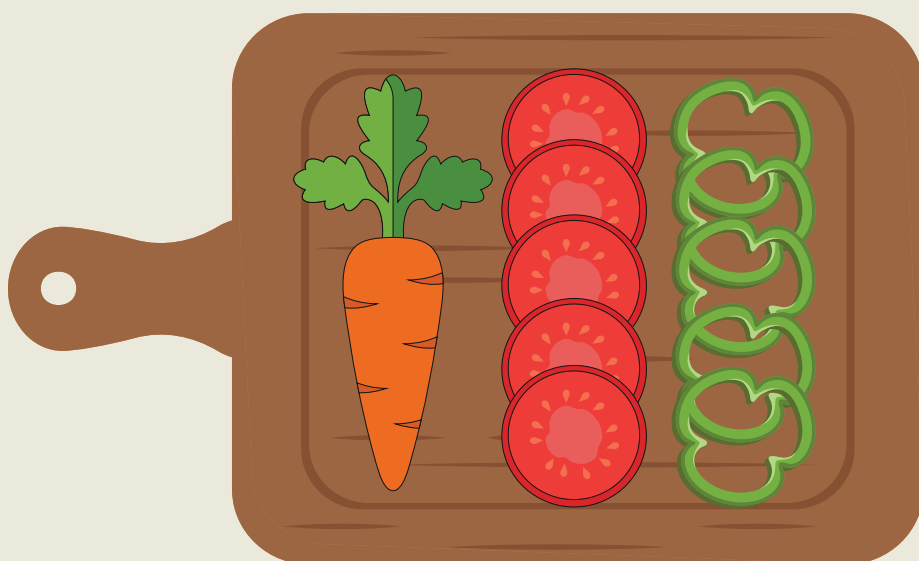


COOKING MADE

EASY



Created by young people for young people



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Introduction

The idea for creating this recipe book came from a group of Youth Commissioners in Dudley. Based on their own personal experiences the group wanted to develop a resource that would help young people living on their own to cook for themselves and eat a healthy diet.

The Youth Commissioners recognise that young people living on their own often face barriers to eating a healthy diet, such as limited cooking equipment, living on a low income and a lack of cooking skills. To help address these challenges all the recipes they have included in this book are simple to follow, low-cost and require minimal ingredients and equipment. Furthermore, to ensure that all tastes and preferences are catered for, young people were consulted with about what types of dishes they would like to see in the book.

A message from Dudley Youth Commissioners

'The focus of this recipe book is to help young people in Dudley feel independent and empowered. Throughout developing this recipe book we have strived to make every young person feel capable of cooking their own meals at their own pace. We realise some young people may find preparing dishes easier than others, so we have provided a difficulty rating with every recipe.'

EASY

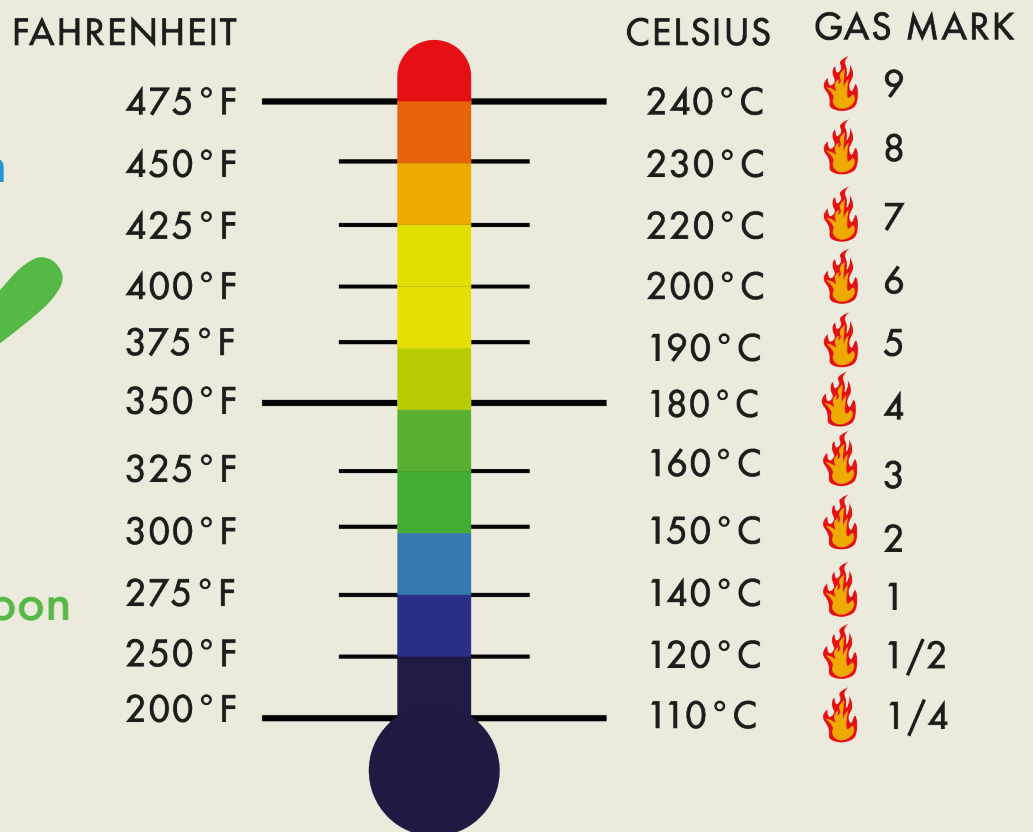
MEDIUM

HARD

'We hope this recipe book fulfils its purpose and helps young people in Dudley feel proud of themselves, learn a new skill, feel confident and feel supported by Dudley Council.'

KITCHEN MEASUREMENTS AND CONVERSIONS

OVEN TEMPERATURES



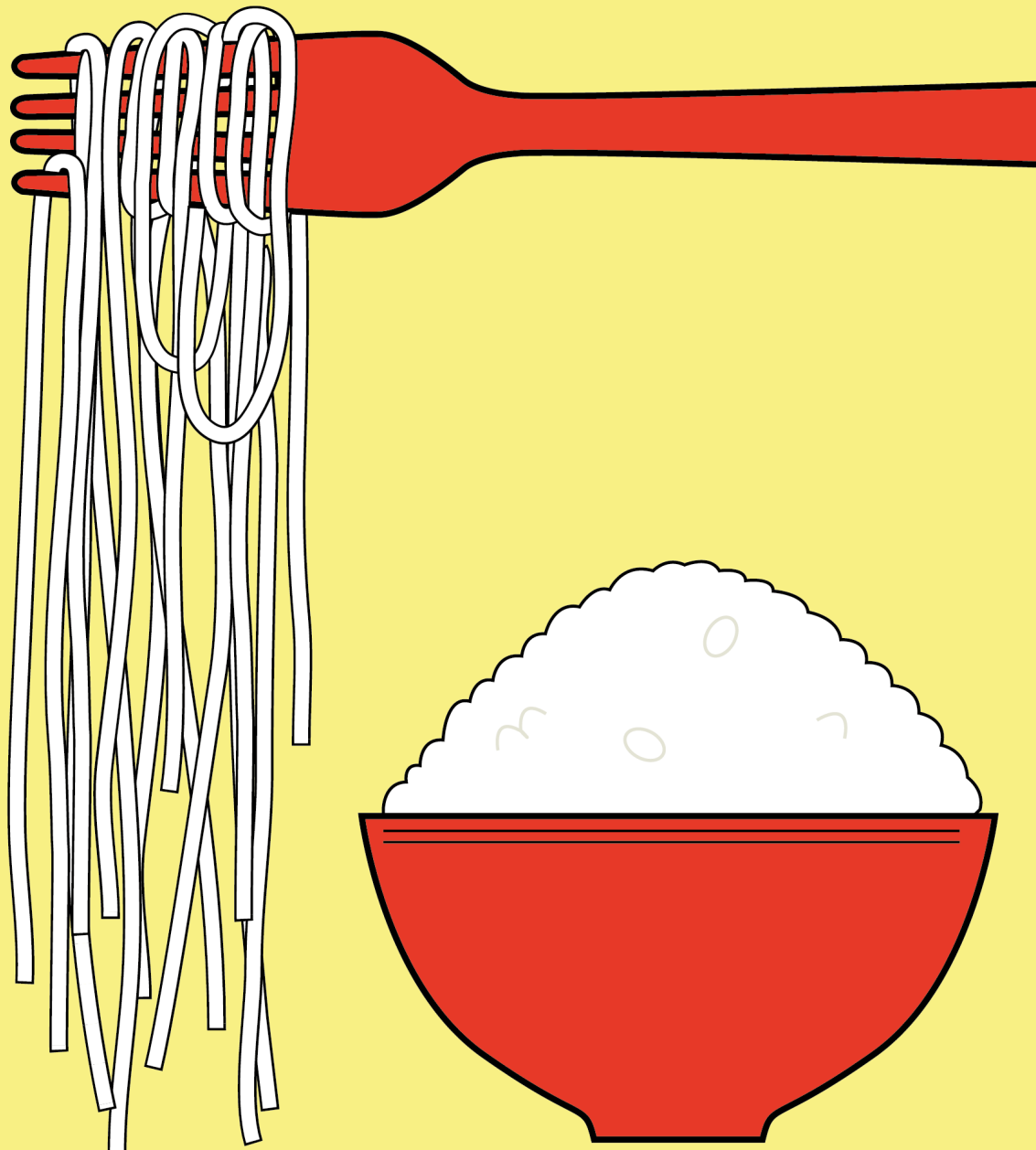
DRY WEIGHTS LIQUID VOLUMES

| OZ | TABLE SPOON | TEA SPOON | ML | CUPS |
|----------|-------------|-----------|--------|-------|
| 1 oz | 2 TBSP | 6 TSP | 30 ML | 1/8 C |
| 2 oz | 4 TBSP | 12 TSP | 60 ML | 1/4 C |
| 2 2/4 oz | 5 TBSP | 16 TSP | 80 ML | 1/3 C |
| 4 oz | 8 TBSP | 24 TSP | 120 ML | 1/2 C |
| 5 1/3 oz | 11 TBSP | 32 TSP | 160 ML | 2/3 C |
| 6 oz | 12 TBSP | 36 TSP | 177 ML | 3/4 C |
| 8 oz | 16 TBSP | 48 TSP | 240 ML | 1 C |
| 16 oz | 32 TBSP | 96 TSP | 470 ML | 2 C |
| 32 oz | 64 TBSP | 192 TSP | 950 ML | 4 C |

| OZ | TABLE SPOON | CUPS | GRAMS | LB |
|--------|-------------|---------|-------|--------|
| 1/2 oz | 1 TBSP | 3/16 C | 15 G | - |
| 1 oz | 2 TBSP | 1/8 C | 28 G | - |
| 2 oz | 4 TBSP | 1/4 C | 57 G | - |
| 3 oz | 6 TBSP | 1/3 C | 85 G | - |
| 4 oz | 8 TBSP | 1/2 C | 115 G | 1/4 LB |
| 8 oz | 16 TBSP | 1 C | 227 G | 1/2 LB |
| 12 oz | 24 TBSP | 1 1/2 C | 340 G | 3/4 LB |
| 16 oz | 32 TBSP | 2 C | 455 G | 1 LB |

Chapter 1

The basics



Pasta

Ingredients

- Any shape of dried pasta (80-100g per person or 1-2 handfuls)

Equipment

- Small saucepan
- Colander

Method

STEP 1

Fill your pan $\frac{3}{4}$ full of water and bring to the boil

STEP 2

Once it is boiling add the pasta, make sure the water covers the pasta – if it doesn't add some more

STEP 3

Boil the pasta for the amount of time it says on the packet

STEP 4

Stir the pasta a few times when you first put it in the pan to make sure it doesn't stick together

STEP 5

Once cooked, drain the pasta using a colander or the lid of the saucepan or a plate



Preparation Time

3 Mins



Cook Time

10-15 Mins



Serves

1



Difficulty Rating

Easy

Rice

Ingredients

- ½ cup* (100g) of rice
- 1 cup of water

*1/2 cup of rice will make enough for about 1 person

Equipment

- Small saucepan and lid
- Sieve

Method

STEP 1

Using a sieve rinse the rice before cooking. This rinses off some of the starch and helps prevent your rice getting sticky and gloopy. If you do not have a sieve, rinse the rice in a saucepan of water and drain the water out using the saucepan lid

STEP 2

Once rinsed, place the rice and the correct amount of water into a pan and bring to the boil

STEP 3

When it starts boiling turn the heat down, cover with a lid and simmer (for as long as the packet says) on a low heat. The rice will absorb all the water

STEP 4

Once cooked, leave the rice to stand with the lid on for 10 minutes before serving

Types of rice and how to cook them

Long-grain rice needs to be rinsed before cooking to get rid of any excess starch and then boiled using the absorption method, outlined in step 3.

Brown rice needs more water than white rice to cook and takes longer. Soaking it in cold water for at least 30 minutes beforehand will help reduce the cooking time. To use the method below, add 1¼ times the amount of water to rice.

Short-grain rice for risotto, paella and rice pudding. You need the excess starch to make the final dish creamy, so don't rinse it beforehand.



Preparation Time

3 Mins



Cook Time

10 Mins



Serves

1



Difficulty Rating

Easy

Mashed potato

Ingredients

- 2 large potatoes (any type)
- 1 tablespoon of butter or spread
- Salt and pepper
- ¼ of a cup or 4 tablespoons of milk

Equipment

- Sharp knife
- Vegetable peeler
- Chopping board
- Saucepan
- Colander
- Masher or fork

Method

STEP 1

Peel the potatoes

STEP 2

Chop the potatoes into quarters and place in the saucepan

STEP 3

Add enough water to the saucepan to fully cover the potatoes and bring to the boil

STEP 4

Boil the potatoes for about 15 – 20 minutes or until you can easily push a fork through them

STEP 5

Drain the potatoes

STEP 6

Mash the potatoes in the saucepan with a masher or fork until most of the lumps are gone

STEP 7

Add the milk and butter and some salt and pepper, then mix together

TOP TIP

- To make this mashed potato dairy free use a milk alternative such as soya milk and a vegetable spread instead of butter



Preparation Time

3 Mins



Cook Time

15 - 20 Mins



Serves

1 - 2



Difficulty Rating

Easy

Potato wedges

Ingredients

- 2 large potatoes (any type)
- Vegetable oil or a spray oil
- Salt and pepper

Equipment

- Sharp knife
- Baking tray
- Chopping board
- Medium saucepan
- Colander or sieve

Method

STEP 1

Preheat your oven to 200°C/
Gas mark 6. Bring a saucepan
of water to the boil

STEP 2

Scrub the potatoes clean and
get rid of any gnarly bits

STEP 3

Cut the potatoes into chunky
wedge shapes and add to
the saucepan

STEP 4

Add enough water to the
saucepan to fully cover the
potatoes and bring to the boil

STEP 5

Boil for 8 minutes

STEP 6

Drain and leave to steam dry
for 2 – 3 minutes

STEP 7

Place wedges back in the
saucepan and add enough oil to
lightly coat them stirring with a
spoon to ensure they are
fully covered

STEP 8

Add salt and pepper

STEP 9

To help stop the potatoes from
sticking lightly coat the baking
tray with oil

STEP 10

Transfer wedges to the baking
tray and spread them out evenly

STEP 11

Place in the hot oven for 35
minutes or until golden, crisp
and cooked through

TOP TIP

- Instead of using a hob to boil the wedges, you can cook them in a microwave on full power for 6 minutes before placing them in the oven



Preparation Time

5 Mins



Cook Time

35 Mins



Serves

1-2



Difficulty Rating

Easy

Jacket potato

Ingredients

- 1 large potato (any type)

Equipment

- Fork
- Baking tray

Method

- STEP 1** Preheat your oven to 200°C or gas mark 6
- STEP 2** Scrub the potato clean and get rid of any gnarly bits
- STEP 3** Using a fork, prick your potato all over
- STEP 4** Place it in the oven for about 1 - 1 ½ hours depending on the size of the potato. You know it is cooked when you can easily put a fork in all the way through

TOP TIP

- Alternatively, cook the potato in a microwave on full power for approximately 10 - 15 minutes or until soft in the middle

Serve with one of these delicious fillings

- Cheese & baked beans
- Chilli con carne (see page 52)
- Tuna/salmon & sweetcorn: Mix together 1 small tin of drained tuna or salmon (145g)
- Coronation chicken: Mix together 4 tablespoons of cooked chicken (chunks or shredded) with 2 tablespoons of mayonnaise and ½ teaspoon of curry powder. Season with salt and pepper



Preparation Time

3 Mins



Cook Time

60-90 Mins



Serves

1



Difficulty Rating

Easy

Roast potatoes

Ingredients

- 2 large potatoes (any type)
- Vegetable oil or a spray oil
- Salt and pepper

Equipment

- Sharp knife
- Baking tray
- Chopping board
- Medium saucepan
- Colander or sieve
- Measuring spoons
- Vegetable peeler

Method

STEP 1

Peel and quarter 2 large potatoes and place in the saucepan

STEP 2

Heat the oven to 200°C/fan 180°C/Gas mark 6

STEP 3

Add enough water to the saucepan to fully cover the potatoes and bring to the boil

STEP 4

Boil for about 12 minutes (this is called par boiling; it makes sure that the potatoes are partly cooked before they go in the oven)

STEP 5

Drain the water from the saucepan using the colander

STEP 6

Add enough oil to the potatoes to coat them, stirring with a spoon to ensure they are fully covered

STEP 7

Season the potatoes with salt and pepper

STEP 8

Put the lid on the pan and shake to 'fluff up' the potatoes which should make them crispier

STEP 9

To help stop the potatoes from sticking lightly coat the baking tray with oil

STEP 10

Add the potatoes to the baking tray and place in the oven

STEP 11

Cook in the oven for 50 minutes or until golden and crispy, turning over about halfway through



Preparation Time

15 Mins



Cook Time

50 Mins



Serves

1-2



Difficulty Rating

Easy

Fried eggs

Ingredients

- As many eggs as you want to eat
- Vegetable oil

Equipment

- Frying pan
- Fish slice

Method

STEP 1

Add a teaspoon of oil to a frying pan over a medium heat

STEP 2

Crack an egg into the pan and fry on a medium heat for about 3 – 4 minutes or until the white is set

STEP 3

If you want a hard yolk, flip the egg and cook for another 2 minutes



Preparation Time

2 Mins



Cook Time

3-4 Mins



Serves

1



Difficulty Rating

Easy

Poached eggs

Ingredients

- As many eggs as you want to eat

Equipment

- Saucepan
- Tablespoon

Method

STEP 1 Bring a pan of water filled at least 5cm deep to a simmer

STEP 2 Crack an egg into the water

STEP 3 Cook for 3 - 4 minutes or until the white is set

STEP 4 Cook for longer if you want a harder poached egg

STEP 5 Once cooked, use a spoon to remove the egg from the water



Preparation Time

2 Mins



Cook Time

3-4 Mins



Serves

1



Difficulty Rating

Easy

Omelette

Equipment

- A bowl or a cup
- Fork
- Sharp knife
- Spatula

Method

STEP 1

Crack 3 eggs into a bowl or a cup, season with salt and pepper and beat well

STEP 2

Add 1 tablespoon of oil to the frying pan, tilt to ensure oil covers surface of the pan and heat over a medium heat

STEP 3

When hot pour the egg mixture into the pan. Tilt the pan to allow the eggs to cover it

STEP 4

Allow to cook undisturbed for about 30 seconds to a minute until it begins to set at the edges

STEP 5

With a spatula or spoon, make your way around the omelette lifting up the edges to allow uncooked egg to run underneath

Ingredients

- 3 eggs
- Vegetable oil

Filling ideas

- Grated cheese
- Cooked bacon
- Mushrooms, sliced
- Tinned sweetcorn
- Pepper, diced
- Onion, diced

STEP 6

Continue to cook until the centre begins to firm up then sprinkle with your chosen fillings

STEP 7

Cook for a further minute before gently folding in half with a spatula to form a semi-circle

STEP 8

Continue cooking over a low heat until the eggs are set and completely cooked through

STEP 9

Tip out or use a spatula to lift onto a plate to serve



Preparation Time

5 Mins



Cook Time

8 Mins



Serves

1



Difficulty Rating

Easy

Boiled eggs

Ingredients

- As many eggs as you want to eat

Equipment

- Saucepan

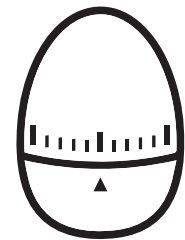
Method

STEP 1 Fill your saucepan about $\frac{3}{4}$ full with water and bring to a simmer

STEP 2 Add the egg

STEP 3 For a set white and slightly set yolk cook for 4 minutes. For a firmer yolk and white cook for 5 minutes. For hard boiled with lightly soft yolk cook for 6 minutes. For firmly hard-boiled cook for 8 minutes

STEP 4 Once cooked remove the egg from the pan



Egg timer

Soft: 5 mins

Medium: 7 mins

Hard: 10 mins



Preparation Time

2 Mins



Cook Time

4 - 8 Mins



Serves

1



Difficulty Rating

Easy

Scrambled eggs

Ingredients

- 2 eggs
- 1 tablespoon of milk (optional)
- Salt and pepper
- Vegetable oil

Equipment

- A bowl or a cup
- Measuring spoons
- Fork
- Frying pan
- Wooden spoon or spatula

Method

- STEP 1** Crack 2 eggs into a bowl or a cup
- STEP 2** Beat the eggs with a fork and add the milk, if using
- STEP 3** Add a pinch of salt and pepper
- STEP 4** Mix together
- STEP 5** Heat a frying pan over a medium heat
- STEP 6** Add a teaspoon of oil to the frying pan
- STEP 7** Pour the egg into the frying pan
- STEP 8** Cook over a medium heat and keep stirring the eggs with a wooden spoon or spatula
- STEP 9** Once it is no longer runny it's ready to eat



Preparation Time

2 Mins



Cook Time

5 Mins



Serves

1



Difficulty Rating

Easy

Roasted vegetables

Ingredients

- 3 handfuls of chopped vegetables such as tomatoes, peppers, carrots, courgette, broccoli, red onion, mushrooms, cauliflower
- Vegetable oil
- salt and pepper
- Italian mixed herbs (optional)

Equipment

- Sharp knife
- Chopping board
- Mixing bowl
- Baking tray

Method

- STEP 1** Preheat the oven to 190°C or gas mark 5
- STEP 2** Chop veggies into equal bite-sized chunks
- STEP 3** Place veggies in a mixing bowl
- STEP 4** Add enough oil to lightly coat all the veggies
- STEP 5** Season with salt and pepper and Italian mixed herbs (if using)
- STEP 6** Pour onto baking tray and spread evenly
- STEP 7** Roast for 30 minutes or until veggies are tender



Preparation Time

10 Mins



Cook Time

25-30 Mins



Serves

1-2



Difficulty Rating

Easy

Steamed vegetables

Ingredients

- 3 handfuls of fresh or frozen chopped vegetables such as broccoli, cauliflower, carrots, green beans, cabbage, peas

Equipment if using a hob

- Tin foil
- Medium saucepan with a lid
- Heat proof plate
- Sharp knife
- Chopping board

Equipment if using a microwave

- Microwave-safe bowl
- Clingfilm
- Sharp knife
- Chopping board

Method: Using a hob

STEP 1

Fill a medium pan with around 3cm of water

STEP 2

Make 3 large balls of equal size using the tin foil and place in the pan of water equally distanced apart

STEP 3

Rest a heat-proof plate on top of the foil balls

STEP 4

Place the vegetables in a single layer on the plate

STEP 5

Gently heat the water to a simmer and cover the pot with the lid

STEP 6

Keep checking your vegetables every 3 minutes until they are cooked to your preference

Method: Using a microwave

STEP 1

Put your vegetables in a microwave-safe bowl, then pour in 2-3 tablespoons of water and cover with clingfilm

STEP 2

Pierce the clingfilm 3 times

STEP 3

Microwave on high

STEP 4

Keep checking your vegetables every 2 minutes until they are cooked to your preference



Preparation Time

10 Mins



Cook Time

6 - 15 Mins



Serves

1 - 2



Difficulty Rating

Easy

Boiled vegetables

Ingredients

- 3 handfuls of chopped vegetables such as broccoli, cauliflower, carrots, green beans, cabbage, peas

Equipment

- Sharp knife
- Chopping board
- Saucepan

Method

- STEP 1** Cut your vegetables into equal bite-sized pieces
- STEP 2** Bring a saucepan of water to the boil
- STEP 3** Carefully place vegetables into the boiling water
- STEP 4** Let the water start boiling again and then reduce the heat
- STEP 5** Put the lid on the pot and check the vegetables every 3 minutes and cook to your preference



Preparation Time

10 Mins



Cook Time

5 Mins



Serves

1-2



Difficulty Rating

Easy

Stir fry vegetables

Equipment

- Sharp knife
- Chopping board
- Frying pan or wok
- Spatula
- Measuring spoons

Ingredients

- 3 handfuls of chopped/sliced vegetables such as carrots, baby corn, onion, broccoli, courgettes, red peppers and cabbage
- 1 tablespoon vegetable oil
- 1 garlic clove, sliced/crushed or ½ teaspoon of garlic paste
- 2cm fresh ginger, grated or 1 teaspoon of ginger paste
- 1½ tablespoons soy sauce
- 1 tablespoon sweet chilli sauce (optional)

Top Tip

- Serve with cooked noodles or rice

Method

- STEP 1** Finely chop or slice the vegetables into pieces roughly the same size
- STEP 2** Heat the vegetable oil in a large frying pan or wok, then fry the garlic and ginger for 1 minute
- STEP 3** Add the veg and toss to coat with oil
- STEP 4** Fry for 2-3 minutes, then add the soy sauce and chilli sauce, if using, and mix well
- STEP 5** Cook for 2-3 minutes more until the vegetables are tender



Preparation Time

20 Mins



Cook Time

10 Mins



Serves

2

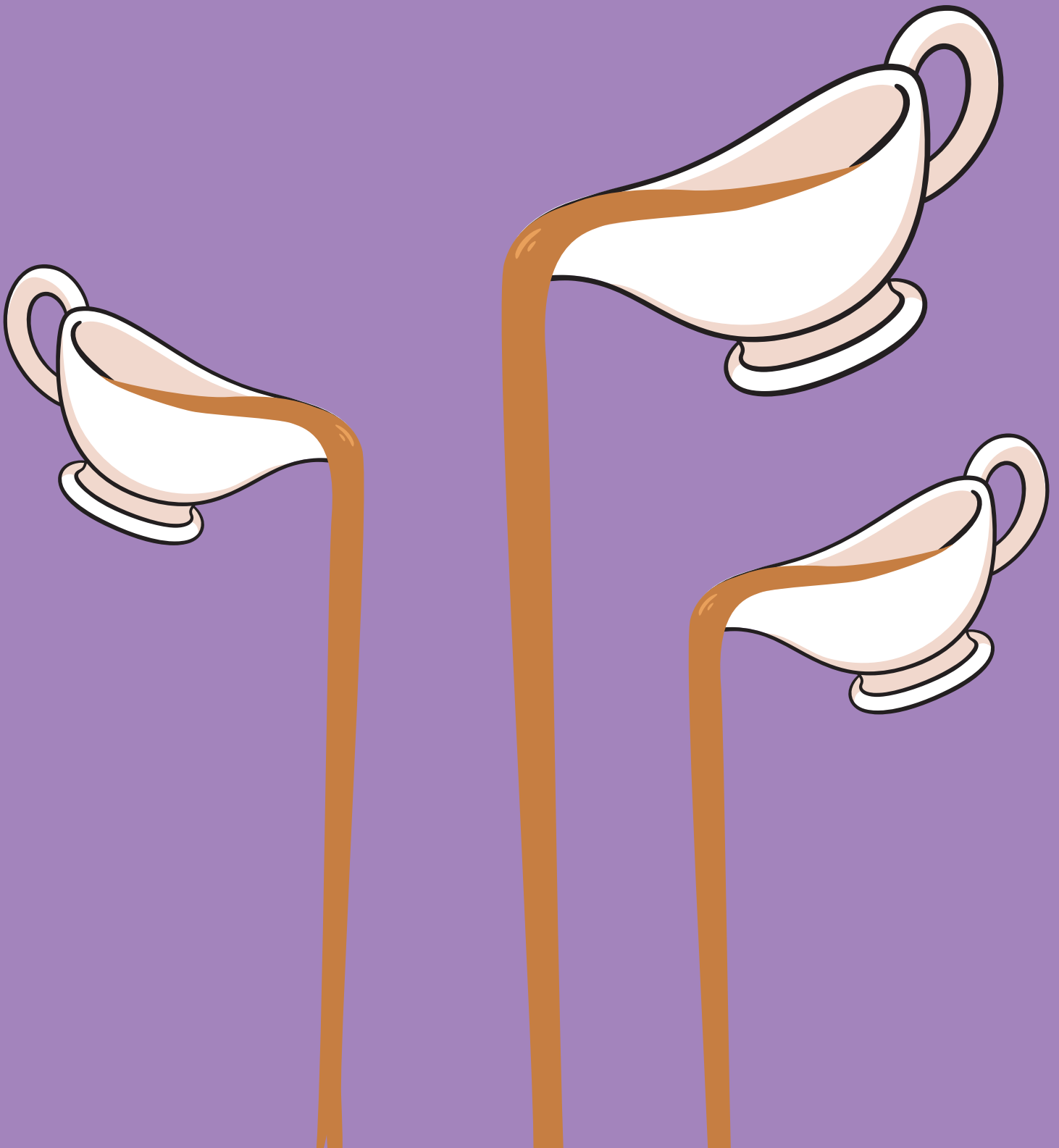


Difficulty Rating

Medium

Chapter 2

Sauces and gravy



Tomato sauce

Equipment

- Tin opener
- Chopping board
- Sharp knife
- Frying pan
- Wooden spoon
- Measuring spoon

Ingredients

- 1 tablespoon of vegetable oil
- 1 tin of chopped tomatoes
- 1 tablespoon of tomato ketchup
- 1 onion, diced
- 2 cloves of garlic sliced/crushed or 1 teaspoon of garlic paste
- salt and pepper
- 1 teaspoon of dried basil/mixed herbs (optional)

Method

STEP 1

Prepare the onion and garlic

STEP 2

Heat the vegetable oil in a large frying pan, then fry the garlic and onion for 5 minutes or until onion is soft. Keep stirring to make sure they don't burn

STEP 3

Add the chopped tomatoes, a pinch of salt, pepper and dried herbs/basil if you are using it

STEP 4

Add the tomato ketchup

STEP 5

Cook for 20 minutes on a low heat, stirring occasionally



Preparation Time

10 Mins



Cook Time

20 Mins



Serves

2



Difficulty Rating

Medium

Gravy

Equipment

- Saucepan
- Wooden spoon
- Whisk
- Measuring spoons

Ingredients

- 1 stock cube (chicken, beef or vegetable e.g. Oxo cubes)
- 300ml hot water
- 2 tablespoons of butter or spread
- 2 tablespoons plain flour
- Salt and pepper

Method

STEP 1 Dissolve the stock cube or powder in the hot water

STEP 2 On a medium heat melt the butter or spread in a saucepan and mix in the flour

STEP 3 Whilst whisking, slowly pour in the stock water. Reduce to a low heat and keep stirring until thickened

STEP 4 Season with salt and pepper

Top Tips

- Prep it on the day or make ahead and keep in the freezer until needed
- To make vegetarian or vegan use vegetable spread instead of butter and vegetable stock cubes



Preparation Time

3 Mins



Cook Time

4 Mins



Serves

2



Difficulty Rating

Medium

White sauce

Ingredients

- 2 tablespoons butter or vegetable spread
- 2 tablespoons all-purpose flour
- 1/3 teaspoon of salt
- Pinch of pepper
- 1 cup milk
- 1 teaspoon yellow mustard (optional)

Equipment

- Small saucepan
- Measuring spoons
- Whisk

Method

- STEP 1** In a small saucepan, melt the butter over medium heat
- STEP 2** Add the flour, salt, pepper and mustard if using and whisk until smooth
- STEP 3** Gradually pour in the milk, whilst whisking continually on a low heat
- STEP 4** Continue to cook and stir until thickened. This should take about 2 minutes

Top Tip

- Make these sauces vegan by using a dairy free alternative milk and a vegan cheese substitute



Preparation Time

3 Mins



Cook Time

5 Mins



Serves

2



Difficulty Rating

Medium

Cheese sauce

Ingredients

- 2 servings of white sauce (page 24)
- 1 handful of grated cheddar cheese

Equipment

- Small saucepan
- Wooden spoon

Method

STEP 1

Once the white sauce is made add the grated cheese and stir until melted



Preparation Time

3 Mins



Cook Time

5 Mins



Serves

2

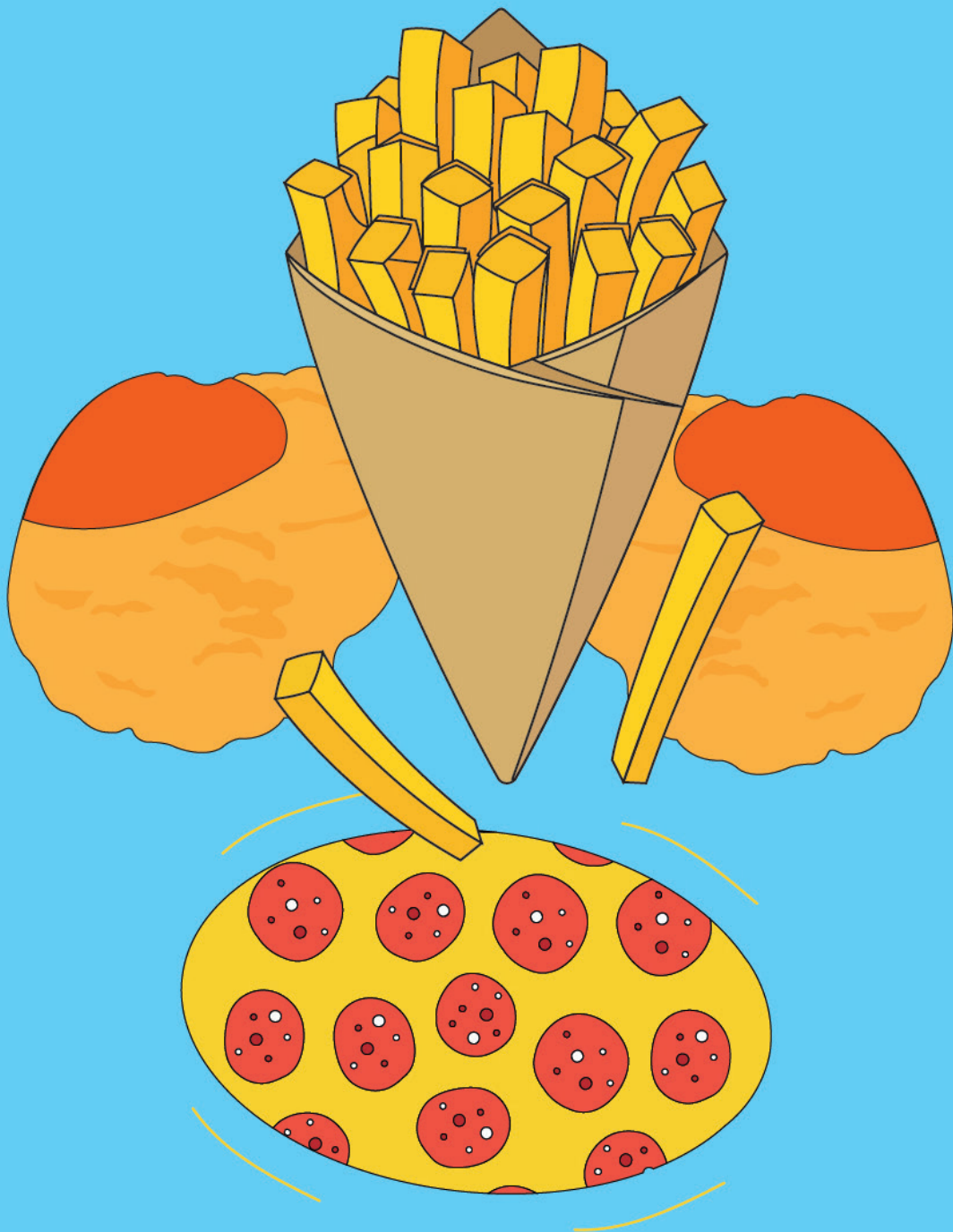


Difficulty Rating

Medium

Chapter 3

Fakeaways



Chicken or vegetable curry

Equipment

- Medium saucepan
- Measuring spoons
- Grater
- Chopping board
- Sharp knife
- Wooden spoon

Method

STEP 1

Add 2 tablespoons of vegetable oil to the saucepan

STEP 2

Heat saucepan over a medium heat

STEP 3

Add the onions and fry on a low heat for 1 minute then add the garlic and ginger

STEP 4

Fry the onion mixture for 5 minutes or until soft

STEP 5

Stir in the curry powder and mix well. If the mixture starts to stick to the pan, add a little more oil

STEP 6

Add your chosen chicken and/or vegetables and fry on a high heat for a few minutes

STEP 7

Turn the heat down and cook for a further 10 minutes, stirring regularly

Ingredients

- Vegetable oil
- 2 – 3 handfuls of diced chicken or meat substitute, diced vegetables (e.g. a mix of pepper, courgette, mushrooms or peas)
- 1 onion, diced
- 2 garlic cloves sliced/crushed or 1 teaspoon of garlic paste
- 1cm fresh ginger, grated, or 1 teaspoon of ginger paste
- 2 tablespoons of mild or medium curry powder
- 1 stock cube (meat or vegetable e.g. Oxo cube)
- 1 tin of chopped tomatoes (400g)
- Squeeze of fresh lemon juice (optional)
- 1 tablespoon of plain full fat yoghurt (optional)

STEP 8

Add the chopped tomatoes, stock cube and lemon juice if using, and bring to the boil

STEP 9

Lower heat, cover with a lid and leave to cook for a further 20 minutes stirring occasionally. Check the chicken is cooked through – cut through a piece and check the meat is not pink

STEP 10

Stir through yoghurt, if using



Preparation Time

15 Mins



Cook Time

40 Mins



Serves

2



Difficulty Rating

Medium

Pitta pizza

Ingredients

- 1 pitta bread
- Tomato passata, tin of chopped tomatoes or tomato puree
- Handful of grated cheddar cheese

Equipment

- Grater
- Baking tray
- Sharp knife
- Chopping board

Topping ideas

- Tomatoes, sliced
- Tinned sweetcorn
- Peppers, sliced
- Mushrooms, sliced
- Onion, chopped
- Olives, de-stoned
- Cooked chicken
- Ham
- Tinned pineapple

Method

- STEP 1** Grate the cheese
- STEP 2** Prepare toppings e.g. chop vegetables and meat into small pieces
- STEP 3** Spread some tomato passata (or chopped tomatoes or tomato puree) over the pitta ensuring the whole area is covered
- STEP 4** Sprinkle some grated cheese over the base (leave a sprinkle for the end)
- STEP 5** Add your chosen toppings
- STEP 6** Add the remaining cheese
- STEP 7** Grill on a baking tray for 10 minutes or cook in an oven for 12 minutes (180°C or gas mark 4) until cheese has fully melted

Top Tips

- To add more fibre use wholemeal pittas
- Pitta pizzas can be eaten hot or cold. To make dairy free, use a vegan cheese substitute



Preparation Time

15 Mins



Cook Time

10 - 12 Mins



Serves

1



Difficulty Rating

Easy

Chips

Ingredients

- 2 large potatoes (any type)
- 1 tablespoon vegetable oil

Equipment

- 1 large baking tray or 2 small trays
- Tea towel
- Sharp knife
- Chopping board
- Bowl
- Measuring spoons

Method

- STEP 1** Heat the oven to 200°C or gas mark 6
- STEP 2** Peel the potatoes and cut them into long chip shapes – the thickness is your choice
- STEP 3** Rinse under the cold tap and pat dry with a tea towel
- STEP 4** Place in a bowl and add enough oil to lightly coat them, stirring with a spoon to ensure they are fully covered
- STEP 5** Spread the chips in a single layer on the baking tray
- STEP 6** Bake in the oven for approximately 50 minutes, turning occasionally
- STEP 7** When cooked they should be golden brown and crisp with a light fluffy centre



Preparation Time

10 Mins



Cook Time

45-50 Mins



Serves

2



Difficulty Rating

Easy

Sweet & sour chicken

Equipment

- Wok or frying pan
- Sharp knife
- Chopping board
- Measuring jug
- Measuring spoons
- Wooden spoon
- Tin opener

Method

STEP 1

Drain the juice from the pineapple into a measuring jug and then add enough water to make it up to 200ml.

STEP 2

Add the sugar, vinegar, soy sauce, tomato ketchup and cornflour to the pineapple juice and mix until smooth

STEP 3

Heat the oil in a wok/frying pan over a medium heat

STEP 4

Add the onion and chicken pieces or meat substitute pieces and fry over a medium heat for 15 minutes (10 minutes if using a meat substitute), stirring regularly

Ingredients

- 1 tablespoon vegetable oil
- 200g bite-size chicken pieces or a vegetarian meat substitute such as quorn pieces
- 1/2 onion, diced
- 1 pepper, diced
- 1 small tin of pineapple pieces
- 2 teaspoons of sugar
- 2 tablespoons vinegar
- 2 tablespoons soy sauce
- 1 tablespoon tomato ketchup
- 1 tablespoon corn flour

STEP 5

Add the pepper and pineapple pieces to the chicken and stir well then cook for a further 4 minutes

STEP 6

Check the chicken is cooked through – cut through a piece and check the meat is not pink

STEP 7

Pour the contents of the measuring jug into the wok/frying pan

STEP 8

Bring to the boil and stir until it thickens and appears glossy

Top Tip

- Serve with boiled rice, see page 7



Preparation Time

10 Mins



Cook Time

20 Mins



Serves

2



Difficulty Rating

Hard

Chicken nuggets

Ingredients

- 2 fillets of chicken
- 2 eggs, beaten
- 100g plain flour
- Vegetable oil
- 200g shop bought dried golden breadcrumbs
- 1 heaped teaspoon of seasoning of your choice (e.g. cajun, paprika, barbeque seasoning, onion powder, garlic powder)

Equipment

- 3 bowls
- Sharp knife
- Baking tray
- Whisk
- Chopping board

Method

- STEP 1** Preheat the oven to 200°C or gas mark 6
- STEP 2** Cut the chicken into nugget or goujon shapes
- STEP 3** Prepare 3 bowls. One with flour and seasoning, one with beaten eggs, one with breadcrumbs
- STEP 4** Lightly coat the baking tray with oil
- STEP 5** Dip each chicken piece one at a time into the flour and coat, then the egg and coat and then the breadcrumbs and coat and place on the baking tray
- STEP 6** Place the breaded chicken pieces in the oven for about 25 minutes or until golden and cooked through. To check the chicken is cooked, cut through a nugget and make sure the meat is white and not pink



Preparation Time

15 Mins



Cook Time

25 Mins



Serves

2



Difficulty Rating

Medium

Kebab

Equipment

- Mixing bowl
- Measuring spoons
- Baking tray
- Chopping board
- Sharp knife
- Kebab sticks

Method

STEP 1

Mix the yoghurt, curry powder and lemon/lime juice together in a mixing bowl

STEP 2

Add the chicken pieces to the yoghurt mixture and mix thoroughly so all the chicken is coated

STEP 3

Leave the chicken in the yoghurt mixture for 15 minutes

STEP 4

Pre-heat the oven to 200°C or gas mark 6

STEP 5

Thread the chicken onto the kebab skewers

STEP 6

Place the kebabs on a greased baking tray

Ingredients

- 2 tablespoons low-fat natural yoghurt
- 1 teaspoon of curry powder
- 1 teaspoon lime or lemon juice
- 2 chicken breasts, cubed
- 1 handful of lettuce leaves
- 1 tomato, sliced
- ½ onion, sliced
- 2 pitta breads

Top Tip

- If you are using wooden skewers soak them in water for 30 minutes before using

STEP 7

Place in the oven and cook for 35 minutes. Check the chicken is cooked through – cut through a piece and check the meat is not pink

STEP 8

Once cooked remove the chicken from the kebab sticks

STEP 9

Slice open the pitta breads and fill with some sliced tomato, sliced onion, lettuce leaves and chicken



Preparation Time

30 Mins



Cook Time

35 Mins



Serves

2



Difficulty Rating

Medium

Chow mein

Ingredients

- 1 tablespoon vegetable oil
- 1 tablespoon tomato ketchup
- 2 tablespoons of soy sauce
- 2 garlic cloves, crushed/ sliced or 1 teaspoon of paste
- 2cm fresh ginger, grated, or 1 teaspoon of ginger paste (optional)
- 1 tablespoon of vinegar
- 1 teaspoon of honey
- 150g dried noodles
- 2 handfuls of a mix of vegetables of your choice such as pepper, cabbages, carrots, bean sprouts, onion, mushrooms, baby corn
- 2 spring onions (optional)

Equipment

- Wooden spoon
- Wok or frying pan
- Sharp knife
- Chopping board
- Measuring spoons
- Weighing scales

Method

STEP 1

Place the noodles in a saucepan, cover with boiling water and cook according to the packet instructions. Drain and set aside

STEP 2

Slice all your chosen vegetables into thin strips

STEP 3

Finely slice the spring onions if using and set aside

STEP 4

Mix all the sauce ingredients in a small bowl

STEP 5

In a wok or frying pan heat the sauce mixture over a medium to high heat

STEP 6

When the sauce starts bubbling add all the vegetables and stir-fry for 3 - 4 minutes, stirring regularly

STEP 7

Add the cooked noodles and stir-fry for a further 2 minutes, stirring regularly

STEP 8

Add extra soy sauce if required

STEP 9

Before serving add the sliced spring onion, if using



Preparation Time

10 Mins



Cook Time

10 - 12 Mins



Serves

2



Difficulty Rating

Hard

Calzone wrap

Ingredients

- 1 tortilla wrap
- 1 tablespoon tomato purée
- 1 handful of cheese, grated
- 1 or 2 tablespoons of your favourite additional fillings

Filling ideas

- Tomatoes, sliced
- Tinned sweetcorn
- Peppers, sliced
- Ham
- Mushrooms, sliced
- Onion, chopped
- Olives, de-stoned
- Cooked chicken, chopped
- Cooked bacon, chopped
- Tinned pineapple pieces

Equipment

- Cheese grater
- Baking tray
- Sharp knife
- Chopping board
- Measuring spoons

Method

STEP 1

Preheat the oven to 190°C or gas mark 5

STEP 2

Spread the tomato puree on the tortilla wrap

STEP 3

Add a handful of your chosen filling(s) on one half of the wrap and top with the grated cheese

STEP 4

Fold the tortilla wrap in half and pat the edges so that it is tightly closed

STEP 5

Put the wrap on a baking tray and put in the oven for 8-10 minutes or until cheese is fully melted

Top Tips

- To add fibre use wholemeal wraps
- Serve with a salad to make a tasty healthy meal
- To make dairy free, use a vegan cheese substitute



Preparation Time

5 Mins



Cook Time

10 Mins



Serves

1

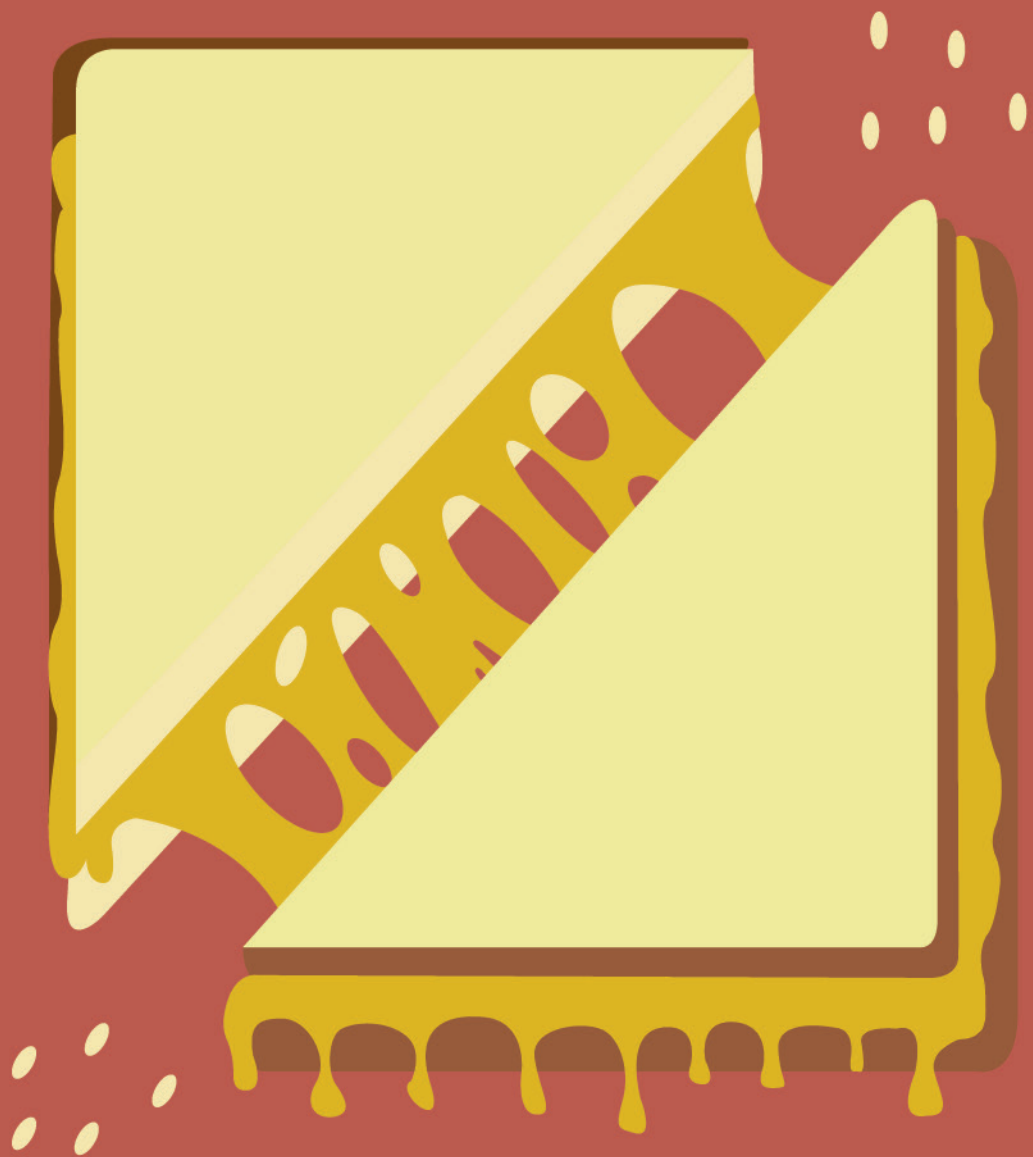


Difficulty Rating

Easy

Chapter 4

Quick meals



Toasted pitta pockets

Ingredients

- 1 mini pitta bread
- 1 tablespoon soft cheese
- 1 tablespoon grated cheddar
- 1 or 2 tablespoons of your favourite additional fillings

Filling ideas

- Tomatoes, sliced
- Tinned sweetcorn
- Onion, sliced
- Mushrooms, sliced
- Cooked chicken or meat substitute
- Cooked bacon
- Olives, de-stoned
- Ham

Equipment

- Frying pan
- Spreading knife
- Sharp knife
- Chopping board
- Measuring spoons

Method

STEP 1 Put the pitta into the toaster for 30 seconds, until just puffed but not crisp

STEP 2 Mix the cheeses together

STEP 3 Slice an opening at one end of the pitta and use a teaspoon or a knife to spread the cheese mixture in

STEP 4 Push in your additional chosen fillings

STEP 5 Gently squash the pitta closed between your hands

STEP 6 Put back in the toaster – cut-side up

STEP 7 Toast for 1 minute until golden and crisp

Top Tips

- To add more fibre use wholemeal pittas
- Serve with a fresh salad to make a tasty healthy meal
- To make dairy free, use vegan cheese substitute



Preparation Time
20 Mins



Cook Time
1 Min



Serves
1



Difficulty Rating
Easy

Cheese toastie

Ingredients

- 2 slices of bread
- 1 tablespoon of soft cheese or 1 handful of grated cheese
- 1 or 2 tablespoons of your favourite additional fillings

Filling ideas

- Tomatoes, sliced
- Baked beans
- Onion, chopped
- Mushrooms, sliced
- Ham or vegetarian substitute
- Cooked bacon
- Cooked chicken

Equipment

- Frying pan
- Spreading knife
- Sharp knife
- Chopping board
- Measuring spoons

Method

STEP 1

Heat the frying pan over a medium heat. Put the bread directly on the hot frying pan and cook for 1-2 minutes each side

STEP 2

When the bread is toasted, allow it to cool slightly

STEP 3

Place the toast on the chopping board

STEP 4

Spread soft cheese or sprinkle the grated cheese on one piece of the toast and top with your chosen filling(s)

STEP 5

Place the other slice of toast on top and push down firmly

STEP 6

Re-heat the frying pan over a low heat and place the sandwich in the pan and cook on both sides for 1 – 2 minutes

Top Tips

- To add fibre use wholemeal bread
- Serve with a fresh salad to make a tasty healthy meal
- To make dairy free, use a vegan cheese substitute



Preparation Time

10 Mins



Cook Time

4 Mins



Serves

1



Difficulty Rating

Easy

Chicken fajitas

Equipment

- Measuring spoon
- Chopping board
- Sharp knife
- Frying pan

Ingredients

- 1 chicken breast or 1 large handful of quorn pieces or other meat substitute
- 1/2 onion, sliced
- 1 pepper, sliced
- 5 mushrooms, sliced
- 2 teaspoons of fajita seasoning
- Vegetable oil
- 2 tortilla wraps

Method

- STEP 1** Cut the chicken breast and vegetables into strips
- STEP 2** Heat a tablespoon of oil in a frying pan on a high heat. As soon as the oil begins to smoke add the chicken or meat substitute to the pan
- STEP 3** Let the chicken cook undisturbed for 2 to 3 minutes, then turn it over and cook for another 2 to 3 minutes until the outside is cooked well
- STEP 4** Add the vegetables and fajita seasoning and cook for another 15 minutes, stirring well. Check the chicken is cooked through - cut through a piece and check the meat is not pink
- STEP 5** Add some fajita chicken mix to a wrap and fold, following the steps on page 40



Preparation Time

10 Mins



Cook Time

15 Mins



Serves

2



Difficulty Rating

Medium

Filled wraps

Equipment

- Mixing bowl
- Measuring spoons
- Spreading knives
- Chopping board
- Sharp knives
- Tin opener

Vegetable/fruit options

- Lettuce leaves
- Sliced tomatoes
- Tinned sweetcorn
- Grated carrot
- Diced peppers
- Diced celery
- Sliced beetroot
- Roasted vegetables, cooled
- Sliced cucumber
- Olives
- Cubed or grated apple
- Raisins

Ingredients

- 1 x tortilla wrap
- Your chosen spread, vegetable and protein options

Spread options

- Butter or spread
- Low fat mayonnaise
- Low fat salad cream
- Low fat cream cheese
- Pickle
- Houmous

Protein options

- Grated cheese e.g. cheddar, mozzarella
- Tinned tuna
- Tinned salmon
- Boiled egg, cooled
- Cooked chicken, chopped
- Cooked bacon, chopped
- Cubed grilled halloumi

Method

STEP 1 Spread your chosen spread all over the wrap

STEP 2 Sprinkle your chosen vegetable and protein fillings evenly over the centre of the wrap. Be careful not to over fill

STEP 3 Fold the wrap, following the steps on page 40



Preparation Time

10 Mins



Serves

1



Difficulty Rating

Easy

HOW TO FOLD AND ROLL A WRAP



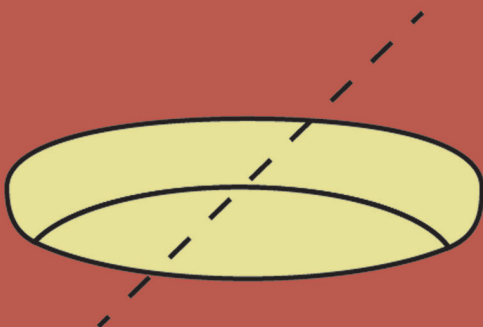
1. Place fillings in the centre of the wrap



2. Fold both sides of the wrap



3. Fold towards the top of the wrap



4. Cut into diagonal slices and enjoy!

Chapter 5

Salads



Pasta salad

Ingredients

- 1 mug of dried pasta
- 2 tablespoons of cream cheese or mayonnaise or a mix of both
- Salt and pepper
- 1 handful of mixed vegetables of your choice

Vegetable ideas

- Cherry tomatoes, sliced
- Tinned sweetcorn
- Spring onion, sliced
- Cucumber, diced
- Red pepper, diced

Equipment

- Large saucepan
- Bowl
- Colander
- Chopping board
- Measuring spoons
- Sharp knife

Method

- STEP 1** Cook pasta according to packet instructions
- STEP 2** When pasta is cooked drain and set aside until cooled
- STEP 3** Prepare a handful of your chosen vegetables
- STEP 4** Place the cooled pasta in a large bowl and mix in the cream cheese and/or mayonnaise
- STEP 5** Add your chosen vegetables and mix well
- STEP 6** Season with salt and pepper

Top Tip

- Add more fibre by using wholewheat pasta



Preparation Time
10 Mins



Cook Time
15 Mins



Serves
1-2



Difficulty Rating
Medium

Greek salad

Ingredients

- 2 large ripe tomatoes
- ¼ cucumber
- ¼ red onion
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- 1 handful of feta cheese, cubed
- 1 handful of olives (de-stoned)

Equipment

- Chopping board
- Measuring spoons
- Sharp knife
- Mixing bowl

Method

- STEP 1** Slice the tomatoes into medium chunks or wedges
- STEP 2** Slice the cucumber into 1–2cm chunks
- STEP 3** Thinly slice the red onion
- STEP 4** Mix the onion, tomatoes and cucumber in a bowl
- STEP 5** Pour over the olive oil and balsamic vinegar
- STEP 6** Add the cubed feta cheese and olives and gently mix together



Preparation Time

15 Mins



Serves

2



Difficulty Rating

Easy

Couscous salad

Equipment

- Bowl
- Measuring jug
- Kettle
- Fork
- Sharp knives
- Chopping board
- Weighing scales

Ingredients

- 125g couscous
- 1/3 vegetable stock cube
- 4 - 6 tablespoons of additional chosen ingredients

Additional ingredients (pick 2-3)

- Chopped tomatoes
- Tinned sweetcorn
- Onion, diced
- Peppers, diced
- Celery, diced
- Cucumber, diced
- Ham, chopped
- Cooked bacon, chopped
- Cooked chicken, chopped
- Chickpeas
- Grated carrot
- Feta cheese, cubed
- Olives (de-stoned)
- Roasted vegetables (see page 17)
- Boiled egg, sliced

Method

STEP 1

Crumble the stock cube into the dry couscous and mix well

STEP 2

Cook the couscous according to the packet instructions and leave to cool

STEP 3

Prepare your chosen additional ingredients

STEP 4

Once the cooked couscous has cooled, mix in a bowl with your chosen additional ingredients



Preparation Time

10 Mins



Cook and Chill Time

1 hour



Serves

2



Difficulty Rating

Medium

Coleslaw

Ingredients

- 1 handful of white or red cabbage, thinly sliced
- 1/4 red onion, thinly sliced
- 1 handful of grated carrot
- 2 tablespoons of mayonnaise
- Salt and pepper

Equipment

- Chopping board
- Grater
- Vegetable peeler
- Sharp knife
- Measuring spoons
- Mixing bowl
- Mixing spoon

Method

STEP 1 Prepare the carrot, cabbage and onion and mix in a bowl

STEP 2 Add the mayonnaise and mix well

STEP 3 Season with salt and pepper and mix



Preparation Time

10 Mins



Serves

2

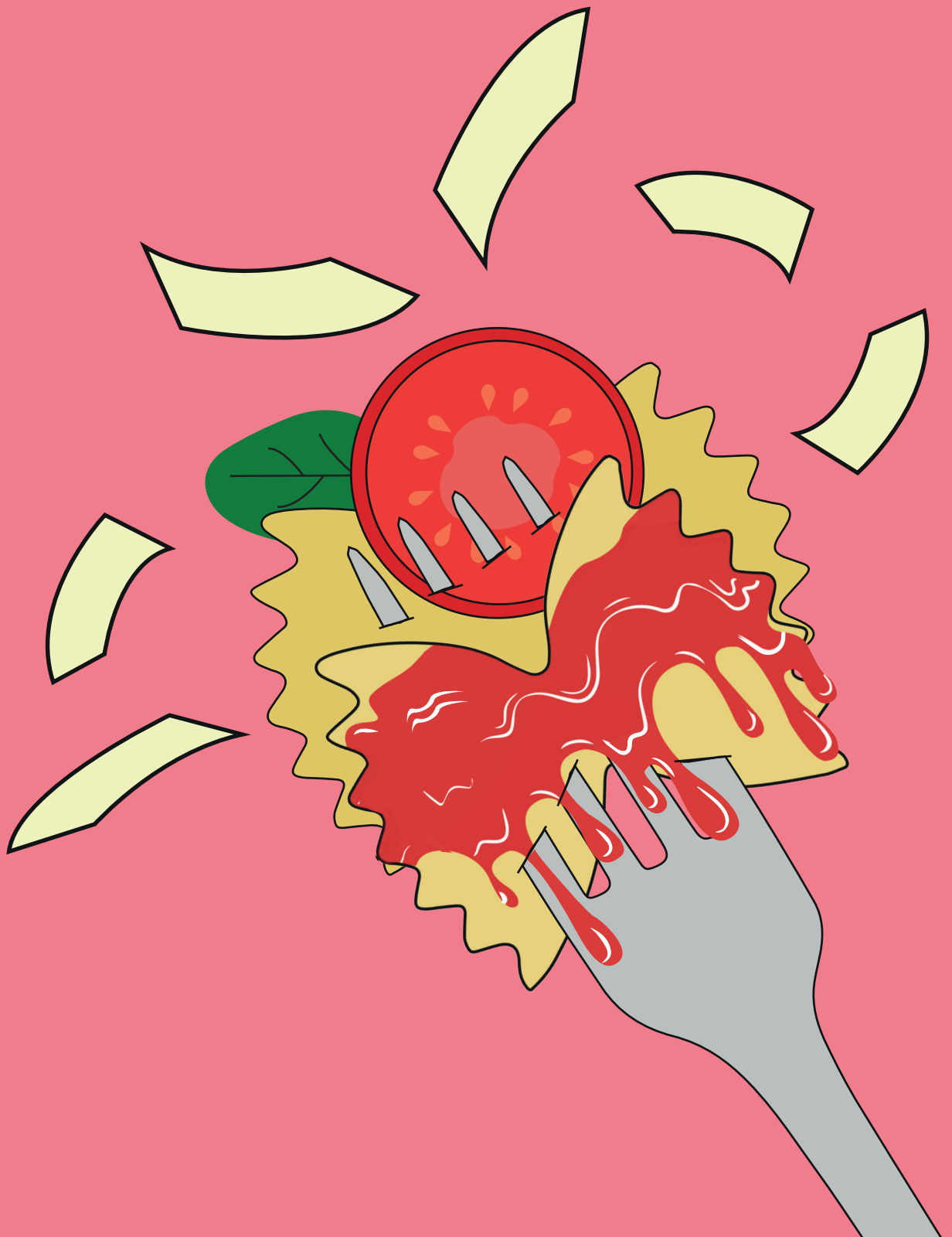


Difficulty Rating

Easy

Chapter 6

Pasta dishes



Bolognese sauce

Equipment

- Weighing scales
- Measuring spoons
- Large saucepan
- Bowls
- Chopping boards
- Measuring spoons
- Sharp knives
- Grater
- Tin opener
- Measuring jug
- Wooden spoon

Method

STEP 1

Dice the onion and crush/slice the garlic cloves

STEP 2

Grate the carrot

STEP 3

Heat 1 tablespoon of oil in a large saucepan over a medium heat

STEP 4

Once hot add the mince

STEP 5

Cook the mince until well browned

STEP 6

Once brown, transfer the mince to a bowl and set aside

STEP 7

Add another tablespoon of oil to the saucepan over a medium heat

Ingredients

- 2 tablespoons vegetable oil
- 300g lean beef or turkey mince or a vegetarian substitute such as quorn or soya mince
- 1 small onion
- 2 garlic cloves sliced/crushed or 1 teaspoon of paste
- 1 medium carrot
- 1 x 400g tin of chopped tomatoes
- 2 tablespoons tomato puree or tomato ketchup
- 200ml meat or vegetable stock

STEP 8

Add the onions and fry gently for 5-6 minutes until soft

STEP 9

Add the garlic and carrot and cook for another 5 minutes

STEP 10

Then pour the mince back into the saucepan

STEP 11

Add the chopped tomatoes and tomato puree/tomato ketchup to the pan and stir well to mix

STEP 12

Pour in the stock and simmer gently for 20 minutes, or until the sauce is thick and rich



Preparation Time

20 Mins



Cook Time

35 Mins



Serves

2



Difficulty Rating

Medium

Lasagne

Ingredients

- 2 servings of bolognese sauce (see page 47)
- 2 servings of cheese sauce (see page 25)
- Lasagne sheets

Equipment

- Serving spoons
- Small ovenproof dish

Top Tips

- If you want to make this lasagne vegetarian use a meat substitute
- Serve with a salad to make a healthy and balanced meal

Method

- STEP 1** Preheat oven to 200°C or gas mark 6
- STEP 2** Spoon a layer of the bolognese sauce on the bottom of the ovenproof dish
- STEP 3** Add a layer of lasagne sheets
- STEP 4** Spoon a layer of the cheese sauce
- STEP 5** Repeat layers in the same order, finishing with the cheese sauce on top
- STEP 6** Place in the oven for approximately 1 hour or until the lasagne sheets are cooked



Preparation Time
30 Mins



Cook Time
1 hour



Serves
2-3



Difficulty Rating
Hard

Tuna pasta bake

Equipment

- Wooden spoon
- Measuring spoons
- Medium saucepan
- Grater
- Chopping boards
- Mixing bowl
- Sharp knives
- Small ovenproof dish

Ingredients

- 2 handfuls of dried pasta
- 2 cloves of garlic, sliced/ crushed or 1 teaspoon of garlic paste
- Vegetable oil
- 1 tablespoon of tinned sweetcorn
- 1 onion, finely chopped
- 1 tablespoon of tomato ketchup
- 1 small tin (200g) of tuna
- 1 large handful of cheese, grated
- Salt and pepper

Method

STEP 1

Preheat the oven to 200°C or gas mark 6

STEP 2

Peel and chop the onion and crush/slice the garlic

STEP 3

Heat the vegetable oil in the saucepan and add the onion and garlic, cook for 5 minutes or until soft

STEP 4

In a mixing bowl combine the tinned tomatoes, sweetcorn, tomato ketchup and season with salt and pepper

STEP 5

Add the tomato mixture to the onion and garlic

STEP 6

Simmer uncovered for 10 minutes, stirring occasionally

STEP 7

Meanwhile bring a large saucepan of water to the boil, add the pasta and cook according to packet instructions

STEP 8

When cooked, drain the pasta

STEP 9

Open tinned tuna and drain

STEP 10

Mix the cooked pasta and tuna flakes into the tomato sauce. Stir well and transfer into an ovenproof dish

STEP 11

Top with the grated cheese

STEP 12

Place in the pre-heated oven for 20 minutes or until the cheese has melted



Preparation Time

30 Mins



Cook Time

20 Mins



Serves

2



Difficulty Rating

Medium

Chapter 7

One-pot dishes



Sausage and bean casserole

Equipment

- Measuring jug
- Measuring spoons
- Wooden spoon
- Plate
- Chopping boards
- Measuring spoons
- Sharp knives
- Sieve or colander
- Tin opener
- Large frying pan or large saucepan

Method

STEP 1

Slice the cooked sausages into 2cm pieces

STEP 2

Drain the butterbeans

STEP 3

Dice the pepper and onion

STEP 4

Heat the oil in a large saucepan or frying pan

STEP 5

Add the onion and pepper to the pan and cook gently for 5 minutes until the vegetables start to soften

STEP 6

Add the cooked sausage pieces and cook for another 5 minutes

Ingredients

- 125ml water
- 8 thick meat or vegetarian sausages, pricked and oven cooked for 20 minutes at 190°C/gas mark 5
- 1 red pepper
- 400g tin butterbeans (or another type of bean of your choice)
- 1 onion
- 1 tablespoon vegetable oil
- 1 teaspoon paprika (optional)
- 400g tin of chopped tomatoes
- Salt and pepper
- 1 stock cube (vegetable or meat e.g. Oxo cube)

STEP 7

Add the mixed herbs and paprika if using, stir well and cook for 2 minutes

STEP 8

Season with salt and pepper

STEP 9

Crumble the stock cube in, add the tomato ketchup and mix well

STEP 10

Add the butterbeans, chopped tomatoes and 125ml water and stir

STEP 11

Bring to the boil and then reduce heat. Simmer for 30 minutes with the lid on



Preparation Time

30 Mins



Cook Time

35 Mins



Serves

4



Difficulty Rating

Hard

Chilli con carne

Equipment

- Medium saucepan
- Measuring spoons
- Colander
- Chopping board
- Sharp knife
- Wooden spoon
- Tin opener



Preparation Time
15 Mins



Cook Time
30 Mins



Serves
2



Difficulty Rating
Medium

Method

- STEP 1** Add 2 tablespoons of vegetable oil to the saucepan
- STEP 2** Heat saucepan over a medium heat
- STEP 3** Add onions, garlic, pepper, cumin and chilli and fry for 5 minutes or until soft
- STEP 4** Add the mince of your choice and stir well so the mince is broken up
- STEP 5** Cook until all of the meat is brown and you see no more pink – stirring throughout
- STEP 6** Add tomato puree or ketchup, tinned tomatoes, stock cube and kidney beans and simmer for a further 20 minutes

Top Tip

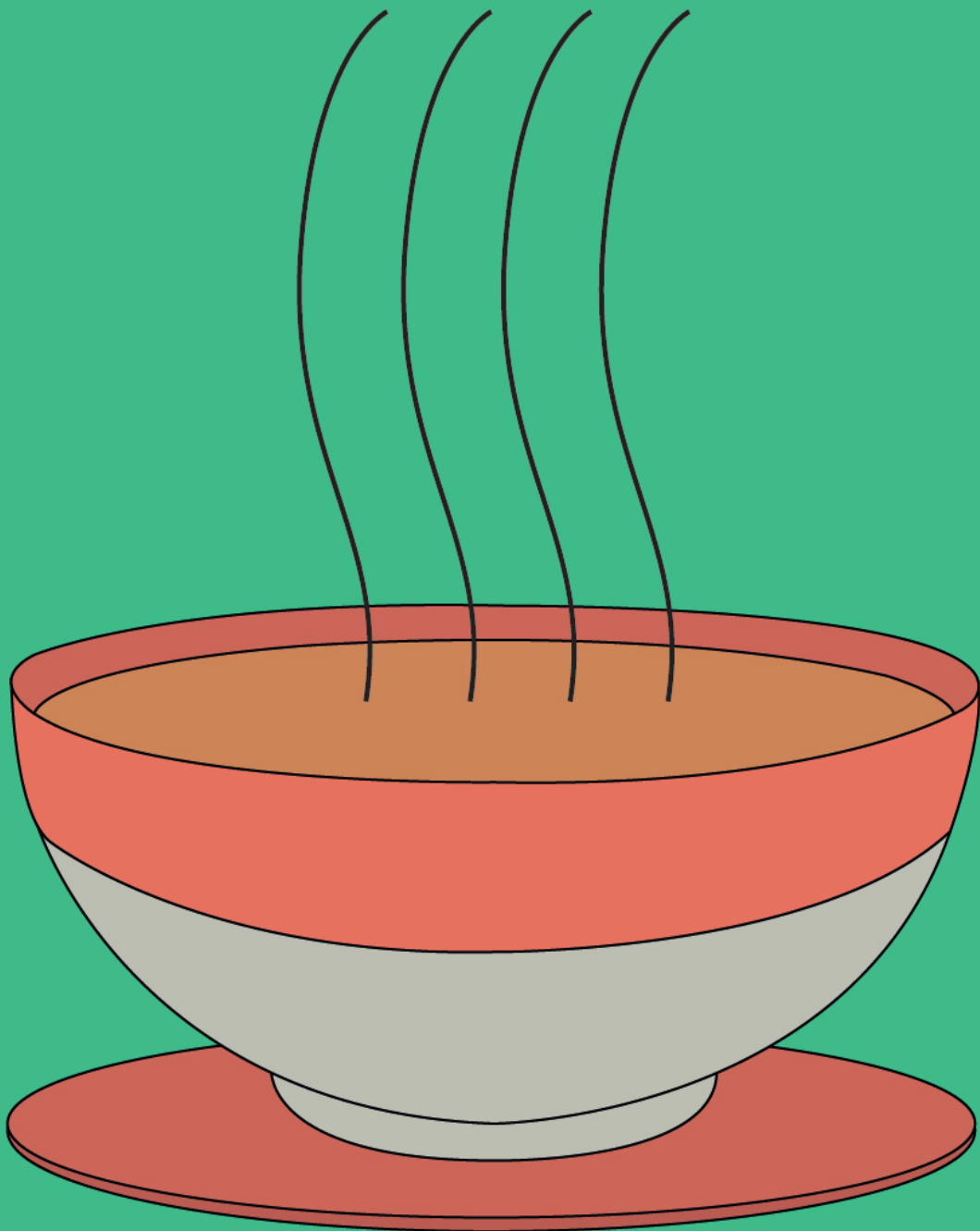
- Serve with rice, nachos or in a jacket potato

Ingredients

- Vegetable oil
- 250g of lean beef, turkey or quorn/soya mince (it doesn't matter if a bit over or under this amount)
- Onion, finely chopped
- Peppers, chopped
- Garlic cloves, sliced/crushed or 1 teaspoon of garlic paste
- 1 - 2 teaspoons of mild or hot chilli powder
- 1 teaspoon of cumin
- 1 stock cube (vegetable or meat e.g. Oxo cubes)
- 1 tablespoon of tomato puree or tomato ketchup
- 1 tin of chopped tomatoes (400g)
- 1 tin of drained kidney beans (200g)

Chapter 8

Soup



Choose your own veggies soup

Equipment

- Measuring spoon
- Chopping board
- Knife
- Medium saucepan
- Hand blender or alternative
- Measuring jug

Ingredients

- 3 large handfuls of your favourite vegetables e.g. courgettes, carrots, broccoli, tomatoes, peppers, leeks, potato
- 1 small onion, chopped
- Approximately 1½ litres of vegetable stock
- Salt and pepper

Top Tip

- Add a tablespoon of cream cheese for a creamier flavour

Method

STEP 1

Cut your onion and chosen vegetables into small pieces about 2–3cm across

STEP 2

Heat the oil in the saucepan over a medium heat

STEP 3

Add the onions and vegetables and cook for 5 minutes

STEP 4

Add enough stock to fully cover the vegetables

STEP 5

Season with salt and pepper

STEP 6

Simmer on a low heat for about 35 minutes until all the vegetables are soft

STEP 7

Allow the soup to cool slightly and then blend with a hand blender

STEP 8

If the soup is too thick add some more stock



Preparation Time

15 Mins



Cook Time

35 Mins



Serves

2

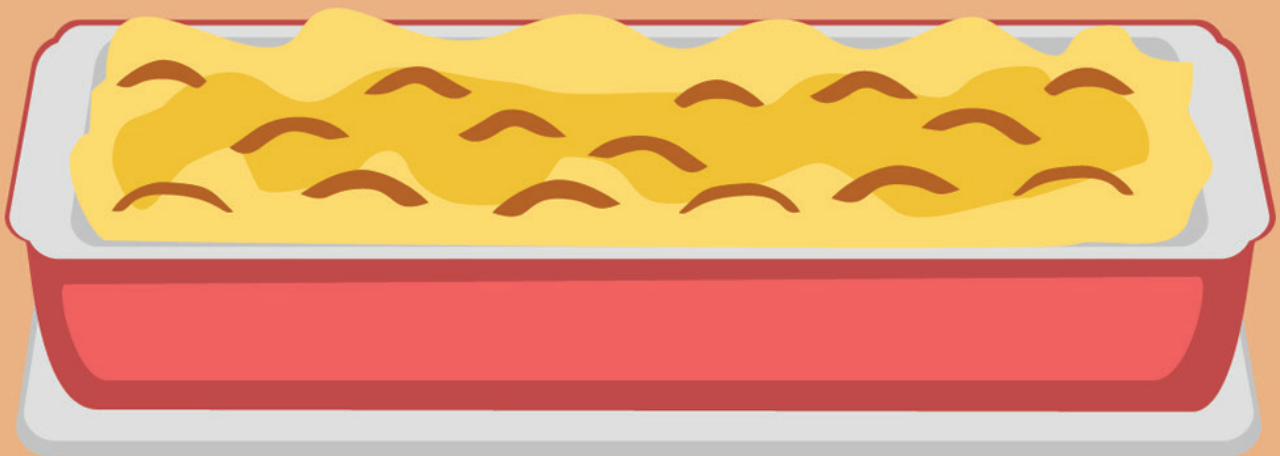


Difficulty Rating

Medium

Chapter 9

Pies



Cottage pie

Equipment

- Measuring jug
- Measuring spoons
- Medium-sized ovenproof dish
- Wooden spoon
- Sieve or colander
- Sharp knife
- Vegetable peeler
- Chopping boards
- Frying pan or saucepan
- Medium saucepan
- Fork or potato masher

Ingredients

- 500g beef mince (or meat substitute mince e.g. quorn or soya)
- 1 tablespoon oil
- 500ml stock (meat or vegetable)
- Salt and pepper
- 3 large potatoes (any type)
- Large splash Worcestershire sauce (optional)
- 1 onion, chopped
- 1 handful of frozen peas
- 2 medium carrots, chopped
- 1 tablespoon of butter or spread
- 2 tablespoons tomato purée
- 1 tablespoon of corn flour
- 3 tablespoons of milk

Top Tips

- Make vegan by using vegan mince substitute, vegetable spread, vegetable stock and a milk alternative, such as soya milk
- Make shepherd's pie by swapping the beef mince for lamb mince

Method

STEP 1

Heat oil in a saucepan over a medium heat and add chopped onions and carrots

STEP 2

Cook over a low to medium heat for 8 minutes

STEP 3

Turn up the heat, add in the mince and peas, mix well and cook for approximately 10 minutes until the meat is brown

STEP 4

Add the tomato purée and a large splash of Worcestershire sauce, if using and cook for a few more minutes, stirring well

STEP 5

Add the cornflour and stir well

STEP 6

Pour in the stock, reduce heat and simmer, then cover and cook for 30 minutes, stirring regularly

STEP 7

Meanwhile, prepare the mashed potato

STEP 8

Peel and chop the potatoes into quarters and place in the saucepan

STEP 9

Add enough water to the saucepan to fully cover the potatoes and bring to the boil

STEP 10

Boil the potatoes for about 15 – 20 minutes or until you can easily push a fork through them

STEP 11

Drain the potatoes and then put them back in the pan

STEP 12

Mash the potatoes with a masher or fork until smooth

STEP 13

Add the milk and butter and season with salt and pepper, then mix together

STEP 14

Pre-heat the oven to 190°C or gas mark 5

STEP 15

Put the mince mix into an ovenproof dish, evenly top with the mashed potato

STEP 16

Bake in the oven for 25 mins until the top is starting to colour and the mince is bubbling through at the edges

STEP 17

Leave to stand for 5 minutes before serving

**Preparation Time**

15 Mins

**Cook Time**

60 - 80 min

**Serves**

4

**Difficulty Rating**

Hard

Meg's corned beef pie

Equipment

- Measuring spoon
- Fork
- Knife
- Large ovenproof dish
- Colander
- Measuring jug
- Spatula
- Tin opener
- Plate

Ingredients

- 1 carton of tomato passata or 1 tin of chopped tomatoes
- 1 tin of corned beef, sliced
- 1 handful of dried pasta (any shape)
- Salt and pepper
- 3 teaspoons of gravy powder/granules
- Cheese, grated
- Mushrooms, sliced
- 1 tin of potatoes, sliced
- Mixed herbs (optional)

Method

STEP 1

Add 3 teaspoons of gravy granules into the measuring jug

STEP 2

Add 250ml boiling hot water and stir it until the granules dissolve

STEP 3

Add in the herbs and spices

STEP 4

Pour in the passata. The sauce is now ready

STEP 5

Pre-heat oven to 200°C or gas mark 6

STEP 6

Cook pasta according to packet instructions

STEP 7

Drain pasta and lay out in the ovenproof dish so it covers the bottom

STEP 8

Add the mushrooms

STEP 9

Layer the sliced corned beef on top of the mushrooms

STEP 10

Pour the sauce/gravy mix all over

STEP 11

Layer the sliced potato on top and sprinkle the grated cheese all over

STEP 12

Place in the oven for 20 minutes



Preparation Time

15 Mins



Cook Time

30 Mins



Serves

3

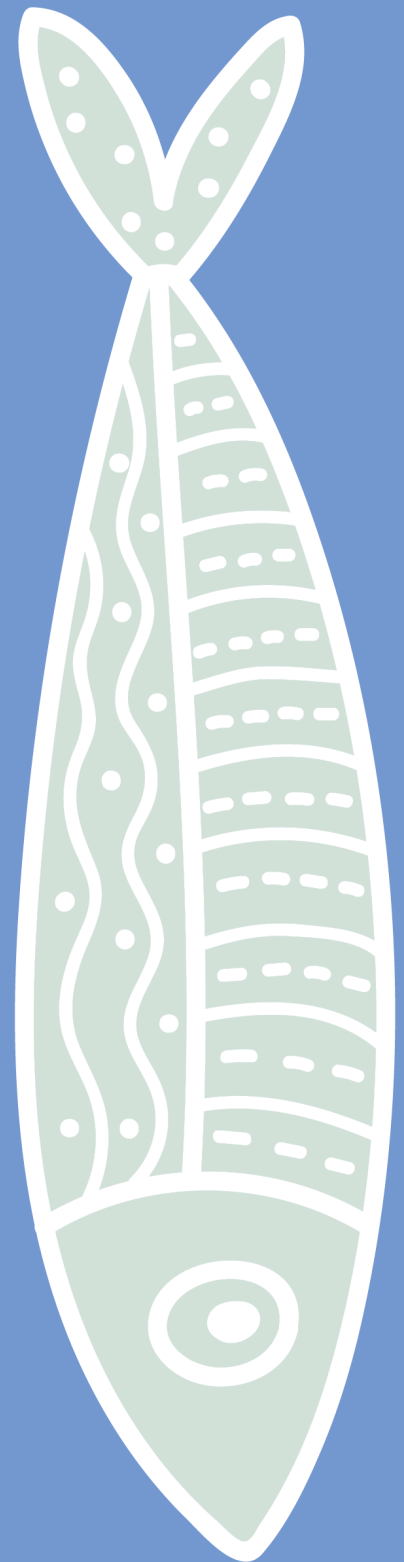


Difficulty Rating

Hard

Chapter 10

Fish



Fish in parsley sauce

Ingredients

- 150g fish fillet such as cod, salmon or haddock (boneless)
- 1 serving of white sauce or cheese sauce (see pages 24 & 25)
- 1 tablespoon of fresh parsley, chopped
- Salt and pepper

Equipment

- Whisk
- Saucepan
- Wooden spoon
- Greaseproof baking paper
- Bowl
- Measuring spoons
- Baking tray

Method

STEP 1

Preheat the oven to 200°C or gas mark 6

STEP 2

Make 1 serving of white sauce or cheese sauce

STEP 3

Add the parsley to the sauce and cook for a further five minutes

STEP 4

Meanwhile, place the fish on a baking tray lined with greaseproof paper

STEP 5

Season with salt and pepper and put in the oven for 10 - 12 minutes or until the fish is cooked through. The fish will flake easily when it is cooked

STEP 6

To serve, place the fish on a plate and pour over the parsley sauce

Top Tips

- Serve with your choice of potato (see pages 8-11)
- If you have left over fresh parsley, freeze it and use at a later date



Preparation Time

5 Mins



Cook Time

10 Mins



Serves

1



Difficulty Rating

Medium

Fish cakes

Ingredients

- 4 tablespoons breadcrumbs (shop bought or crushed savoury biscuits)
- 105g tin salmon or tuna (boneless)
- 1 tablespoon of fresh parsley, chopped
- Pinch of pepper
- 1 tablespoon of tomato ketchup
- 1 spring onion

Method

STEP 1

Preheat the oven to 220°C or gas mark 7

STEP 2

Line the baking tray with greaseproof baking paper

STEP 3

Remove the top and tail of the spring onion and throw away

STEP 4

Finely chop the spring onion

STEP 5

If preparing your own breadcrumbs crush 6 savoury biscuits in a freezer bag using a rolling pin or similar heavy object

STEP 6

Mix in a bowl 1 tablespoon of the breadcrumbs with the parsley and spring onion

Equipment

- Tin opener
- Measuring spoons
- Wooden spoon
- Greaseproof baking paper
- Mixing bowl
- Plate
- Fork
- Baking tray
- Rolling pin and freezer bag (if making breadcrumbs from savoury biscuits)

STEP 7

Drain the fish in the tin and add to the breadcrumbs and parsley, along with the ketchup and a pinch of pepper and mix well

STEP 8

Divide the mixture into 2 equal portions and roll them into balls

STEP 9

Roll the balls in the remaining breadcrumbs until they are covered

STEP 10

Put them on the baking tray and squash them slightly with your hands

STEP 11

Place in the pre-heated oven for 20 minutes



Preparation Time

20 Mins



Cook Time

20 Mins



Serves

2



Difficulty Rating

Medium

Chapter 11

Sweet treats



Fruit smoothies

Liquid options

- Pure fruit juice
- Skimmed or semi-skimmed milk
- Dairy free alternative to milk e.g. soya milk or oat milk

Extras

- Plain yoghurt
- Fruit flavoured yoghurt
- Ice

Fruit options

- Banana - recommended to sweeten and thicken
- Frozen fruit
- Soft fresh fruit e.g. strawberries, blueberries, nectarines, kiwis
- Tinned fruit in natural juices

Equipment

- Chopping boards
- Sharp knives
- Measuring jug
- Tin opener
- Tablespoons
- Hand blender

Method

STEP 1

Measure out 500ml of liquid using a combination of the suggested options e.g. 250ml fruit juice and 250ml milk or just 500ml of juice, etc

STEP 2

Prepare your chosen fruit(s) by chopping/slicing them into small pieces, where necessary. Bananas are recommended to sweeten and thicken the smoothie but are not essential

STEP 3

Add about 2 handfuls of your chosen fruits to the liquid

STEP 4

Add 2 tablespoons of your chosen extra ingredients, if using

STEP 5

Use a hand blender to blend the mixture until smooth

STEP 6

Taste it and improve by adding more ingredients if necessary

Top Tips

- Make it vegan by using a milk alternative such as soya
- Freeze your smoothie mixture to make a healthy pudding



Preparation Time

10 Mins



Serves

1-2



Difficulty Rating

Easy

Fruity pud

Equipment

- 2 tall glasses
- Mixing bowls
- Fork

Ingredients

- 1 handful of strawberries
- 1 handful of raspberries
- 3 tablespoons low fat soft cheese
- 3 tablespoons of low fat natural yoghurt
- 1 teaspoon vanilla extract
- 1 tablespoon of runny honey

Method

- STEP 1** Cut the strawberries in half
- STEP 2** Combine the strawberries and raspberries in a bowl and mash with a fork
- STEP 3** With a fork beat together the soft cheese, yoghurt, vanilla extract and honey in a bowl
- STEP 4** In each glass, layer the fruit and then cream cheese mixture, alternately until you reach the top
- STEP 5** Chill in the fridge until ready to eat

Top Tip

- To make it cheaper use frozen berries



Chill Time
30 Mins



Preparation Time
15 Mins



Serves
2



Difficulty Rating
Easy

Fruity fool

Equipment

- 4 tall glasses
- Measuring spoons
- Sharp knife
- Sieve
- Chopping board
- Food processor/hand blender

Ingredients

- 400g tinned fruit of your choice in juice
- 400g of yoghurt
- 2 large handfuls of chopped fruit e.g. grapes, blueberries, strawberries
- Optional toppings: crushed biscuits, chocolate flakes/chips, or flaked almonds

Top Tip

- To make it cheaper use frozen berries

Method

STEP 1

Drain the juice from the tinned fruit

STEP 2

Blend the tinned fruit until smooth puree

STEP 3

Spoon the fruit puree, yoghurt and fruit in alternating layers into the four glasses or dishes, swirling them together to give a marbled effect

STEP 4

Top with your chosen toppings

STEP 5

Chill in the fridge until ready to eat



Preparation Time

15 Mins



Chill Time

30 Mins



Serves

4



Difficulty Rating

Easy

Biscuit and berry mess

Ingredients

- 200g fromage frais or yoghurt
- 4 crushed biscuits of your choice
- 250g mixed strawberries and raspberries
- 2 teaspoons honey

Equipment

- Mixing spoon
- Measuring spoons
- Sharp knife
- Mixing bowl
- Weighing scales
- 2 glasses or dessert bowls

Method

STEP 1 Chop the strawberries into small pieces

STEP 2 Crush the biscuits into small pieces

STEP 3 Put all the ingredients into a large bowl

STEP 4 Mix together

STEP 5 Spoon the mixture into 2 glasses or dessert bowls

STEP 6 Chill in the fridge until ready to eat

Top Tip

- To make it cheaper use frozen berries



Preparation Time

10 Mins



Chill Time

30 Mins



Serves

2



Difficulty Rating

Easy

Fruit crumble

Crumble toppings

- 50g sugar
- 100g plain white or wholemeal flour (or a mix)
- 50g butter/margarine (fridge temperature)

Fruit fillings

- 4 large handfuls of tinned or frozen fruit of your choice, or a mix of both
- 1 tablespoon sugar if using sour fruit such as berries

Equipment

- Sharp knives
- Chopping boards
- Medium ovenproof dish
- Tin opener
- Measuring spoons
- 2 x mixing bowls
- Wooden spoons

Method

STEP 1

Preheat oven to 190°C or gas mark 5

STEP 2

If using tinned fruit, drain the juice into a bowl and slice fruit into bite-sized pieces

STEP 3

Mix all your chosen fruit (tinned and/or frozen) in a mixing bowl and stir in a tablespoon of sugar if using sour fruit

STEP 4

Pour the fruit mixture into a medium-sized ovenproof dish

STEP 5

Measure out the flour into a mixing bowl

STEP 6

Cut the butter/margarine into small cubes and add to the flour

STEP 7

Using your fingertips rub the butter/margarine into the flour until it resembles breadcrumbs (ensure that your hands are dry and the butter/margarine is cold from the fridge)

STEP 8

If the mixture is too dry add a small amount of butter/margarine. If the mixture is too damp and sticky add some more flour

STEP 9

Stir in the sugar to the crumble mixture

STEP 10

Sprinkle the crumble topping over the fruit and place in the pre-heated oven for approximately 30 minutes or until golden brown



Preparation Time

25 Mins



Cook Time

30 Mins



Serves

3-4



Difficulty Rating

Easy

Microwave brownie in a mug

Equipment

- Mixing bowl
- Mug
- Measuring spoons

Ingredients

- 2 tablespoons of vegetable oil
- 4 tablespoons of plain flour
- 2 tablespoons of sugar
- 2 tablespoons of cocoa powder
- Pinch of salt
- 1/2 teaspoon of vanilla extract (optional)
- 3 tablespoons of milk, milk alternative, or water
- 1 tablespoon of chocolate chips (optional)
- Ice cream, whipped cream, or heavy cream, for serving

Top Tip

- Don't use a mug with metal in the ceramic glaze, as it will overheat in the microwave

Method

STEP 1

Place the flour, sugar, cocoa and salt in a microwave-safe ceramic mug. Stir with a fork until it resembles brown sand and there are no clumps

STEP 2

Stir in the oil with a fork until a paste forms

STEP 3

Then add the milk (or water) and vanilla extract and chocolate chips, if using

STEP 4

Stir with the same fork until smooth. The batter may look a little thin, but don't worry - that's how it's supposed to be

STEP 5

Microwave, uncovered, on high power for 2 minutes

STEP 6

Let the brownie rest for 4 minutes. The inside of the brownie is very hot and still cooking

STEP 7

Serve with a scoop of vanilla ice cream or cream



Preparation Time

5 Mins



Cooking and Rest Time

6 Mins



Serves

1



Difficulty Rating

Easy

Additional information

Top tips for keeping your food safe

Cooking food safely

- Cooking food at the right temperature and for the correct length of time will ensure that any harmful bacteria are killed.
- Always check the advice on food packaging and follow the cooking instructions provided.

Cooking meat

Before you serve white meat and minced meat, make sure it is steaming hot and cooked all the way through. When you cut into the thickest part of the meat, check that none of the meat is pink and that any juices run clear. Follow this advice when cooking:

- turkey
- chicken
- duck
- goose
- pork
- minced meat products such as kebabs, sausages and burgers.

Chilling your food

Chilling food properly helps stop harmful bacteria from growing. To keep your food safe:

- Store any food with a 'use by' date, along with cooked dishes, salads and dairy products in your fridge

- Keep chilled food out of the fridge for the shortest time possible during preparation
- Cool cooked food quickly at room temperature and then place in the fridge within one to two hours
- Don't overfill your fridge. Leaving space allows air to circulate and maintains the set temperature
- Store raw meat and poultry at the bottom of the fridge and properly wrap or cover it to avoid raw juices contaminating other foods.

Defrosting your food

- When you take food out of the freezer, it's important to defrost it safely before cooking or eating it, unless the packaging says the food can be cooked from frozen.
- Don't defrost food at room temperature. Ideally, food should be defrosted fully in the fridge. If this isn't possible, use a microwave on the defrost setting directly before cooking.
- Make sure your food is fully defrosted before cooking. Partially defrosted food may not cook evenly, meaning that harmful bacteria could survive the cooking process. Once food has been defrosted, use it within 24 hours and cook until steaming hot before serving.
- If you freeze leftover meals, defrost first and only reheat it once.

Avoiding cross-contamination

Bacterial cross-contamination is most likely to happen when raw food touches or drips onto ready-to-eat food, utensils or surfaces.

To prepare food hygienically:

- Use different utensils, plates and chopping boards for raw and cooked food
- Wash utensils, plates and chopping boards for raw and cooked food thoroughly between tasks
- Make sure you do not wash raw meat
- Wash your hands after touching raw food and before you handle ready-to-eat food.

To store food effectively:

- Cover raw food, including meat, and keep it separate from ready-to-eat food
- Store covered raw meat, poultry, fish and shellfish on the bottom shelf of your fridge.

Top tips for eating well on a budget

1. Write a shopping list

Draw up a weekly meal plan using ingredients you already have and make a shopping list of any missing items. Only buy what you need.

2. Don't shop when you're hungry

People who shop when hungry are more likely to spend more, especially on less healthy foods, such as high-fat and sugary snacks.

3. Choose where you shop carefully

There is a significant range in the prices supermarkets sell their produce at. Shopping in low budget supermarkets can help you make significant savings. Local convenience stores are often more expensive than supermarkets. Some supermarkets offer a free delivery service when a certain amount of money is spent.

4. Waste nothing

Be strict about buying only what you'll actually eat. Plan your meals so all the ingredients on your list get used. Freeze any unused food. Food storage bags and boxes will come in handy.

5. Save leftovers for the next day

Cook extra portions for your evening meal so you can have the leftovers for the next day, or freeze them for another time.

6. Buy frozen

Frozen fruit and vegetables come pre-chopped and ready to use. They are just as good for you and are often cheaper than fresh varieties, plus you don't waste any. Frozen vegetables are picked at the peak of freshness and then frozen to seal in their nutrients.

7. Try cheaper brands

You could save money by buying cheaper brands. There's not always much difference between value and premium ranges. Give it a go and let your taste buds be the judge, not the shiny label.

Additional information

1. Eat more veg

Meat and fish are typically the most expensive food ingredients. Try adding vegetables to meat dishes like casseroles to make your meals go further. Or try a few vegetarian meals during the week to keep costs down.

2. Cook with pulses

Pulses, such as beans, lentils and peas, are some of the cheapest foods on the supermarket shelf. These pulses are low in calories and fat but packed with fibre, vitamins and minerals, and also count towards your 5 a day. Use them in dishes to replace some of the chicken or meat, such as a chilli con carne with kidney beans or a chicken curry with chickpeas.

3. Freeze leftover bread

Bread is one of the most wasted household foods. Reduce waste by freezing bread, preferably in portions (for convenience) and when it's at its freshest (for taste). Store bread in an airtight container (such as a freezer bag) to avoid freezer burn.

4. Know your kitchen

Know what's in your kitchen store cupboard, fridge and freezer. You may find you have got enough ingredients to make a meal. Plan your week's meals to include ingredients you have already got in and avoid buying items you already have.

5. Cook from scratch

Save money by cutting back on takeaways. Preparing and cooking your own meals is

generally cheaper than buying a takeaway or a ready meal, and because it's easier to control what goes into your dish, it can be healthier.

6. Compare pre-packed with loose

Fruit and vegetables sometimes cost more pre-packed than loose. Check the price per weight (for example, £/kg). Also, pre-packed is not always the freshest and you may end up with more than you need.

7. Cut down on luxuries

If your regular shopping basket tends to include fizzy drinks, crisps, snack bars, biscuits and cakes, try trimming down on these non-essential items. Many of these are high in sugar, fat and salt. Think about cheaper and healthier alternatives.

8. Beware of BOGOF offers

Special discounts, such as buy-one-get-one-free (BOGOF) deals, can offer good value, but be careful. Only buy items you actually need and are likely to keep and use. Tinned or frozen fruit and vegetables, or rice and pasta, are good examples to buy.

9. Look out for end of the day offers

Most supermarkets discount fresh items towards the end of the day. If you time it right, the "reduced to clear shelves" can save you big money. But make sure the item gets used before the use by date and does not go off sooner than expected.

notes
