



COOK, EAT AND PLAY

Recipe Book





ACKNOWLEDGEMENTS

We would like to thank Brakes and The Grub Club for providing the recipes. We would also like to thank Flashpoint Play Centre, Harrow Club Old Oak Community Centre and Bede House for providing the photos.

“Kitchen Social brings together community groups, boroughs, businesses, foundations, charities and individuals to ensure that the city’s young people do not go hungry or feel alone over the school holidays. Crucially, it also puts mental and physical well-being and social integration at the heart of its work, ensuring young Londoners are equipped with the skills and good health they need to get ahead and flourish upon their return to school.”

Greater London Authority

INTRODUCTION

KITCHEN SOCIAL works with local community groups to provide healthy meals, together with a range of social development activities for children and young people during the school holidays.

Cook, Eat and Play is a collection of fun and delicious recipes for you try at your club.

Throughout this book we have included ideas on how to engage children and young people, bringing a fun element to cooking.

LOOK OUT FOR THESE SYMBOLS!

Throughout this booklet you will find different symbols to highlight resources, tools and helpful ideas:



ENGAGEMENT:

This indicates examples of where children and parents can get involved



TOP TIPS: These are top tips provided by chefs for food safety, getting creative with recipes and general helpful advice around the kitchen



PREP TIME: Recipe preparation time based on one person preparing



COOK TIME: Time to cook the recipe

IMPORTANT:



Indicates allergen

If allergens are present, they will appear listed at the bottom of the page

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LIGHT MEALS

LIGHT MEALS

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“It's actually fun to eat healthy”



CHICKEN AND VEGETABLE SOUP

Serves 20



30min



60min

Ingredients

- 1 British chicken (oven ready)
- 200 g leeks
- 200 g onions
- 150 g carrots
- 100 g parsnips
- 150 g baking potatoes
- 100 g celeriac
- 150 g butternut squash
- 100 g spring greens
- 100 g vegetable stock
- 4 litre water
- 100 g spreadable butter
- 100 g plain flour

6

TOP TIP

This is a very adaptable recipe which allows you to use any veg that's in season or available.

Method

- Peel all vegetables and roughly cut/dice so that they are all the same size. Keep all vegetable peelings with the exception of the potato peelings
- 1. Fill a large pan with cold water and add all of the vegetable peeling to it, bring to the boil
- 2. Once boiled, turn down to a simmer and place chicken in water together with stock
- 3. Allow to simmer for approx. 20 minutes before carefully removing chicken, allow chicken to cool
- 4. In another large pan, melt butter before adding all of the chopped vegetables and cook for 5-6 minutes before adding flour and cook for another 2-3 minutes
- 5. Strain the vegetable stock that you cooked the chicken in and start to add slowly to the vegetable mixture – remembering to keep stirring
- 6. When you have added all of the stock, reduce the heat and allow to simmer until vegetables are cooked but still remembering to stir frequently
- 7. When chicken is cooled, remove cooked chicken from the bone discarding the skin, bones and any fat. Thinly slice spring greens
- 8. Chop chicken into small chunks, before adding to soup with thinly sliced spring greens and re-heat till piping hot
- 9. Check seasoning before serving and add a little boiling water if soup is too thick



Cereals containing Gluten



Wheat



Milk or Milk Products

LEEK AND POTATO SOUP

Serves 20  20min  30min



Ingredients

- 30 g vegetable oil
- 200 g onions
- 600 g potatoes
- 400 g leeks
- 75 g vegetable stock
- 3000 ml water
- 500 ml of double cream



Method

- Peel and chop onions
 - Peel and chop potatoes
 - Wash and chop leeks
 - Use vegetable broth to make 3 litres of stock
1. Heat the oil in a large thick bottomed pan and add the onions, potatoes and leeks. Cook for 5 minutes until starting to soften
 2. Add vegetable stock and bring to the boil. Season well and simmer until vegetables are tender
 3. Blend with hand held blender until smooth. Put into a clean pan, check seasoning and finish with double cream
 4. Serve in warm bowls



Cereals containing Gluten Wheat Milk or Milk Products Celery / Celeriac Products



TOMATO SOUP

Serves 28



20min



40min

Ingredients

- 200 g onions
- 300 g courgette
- 150 g carrots
- 100 g celery
- 1600 g canned tomatoes
- 75 g tomato puree
- 3 g garlic
- 4 g fresh oregano
- 15 g worcestershire sauce
- 2840 ml water
- 55 g olive oil

Method

- Chop onions, courgette, carrots and celery to equal sizes
 - Finely chop garlic
1. Gently sweat off the onions, celery, courgettes, carrots and garlic for approximately 8-10 minutes
 2. Add the chopped tomatoes, tomato puree, stock, worcestershire sauce, oregano and season
 3. Bring to a gentle simmer and cook for approximately 20–30 minutes
 4. Using a food processor, blend until smooth



Fish and Fish Products

KID'S BRITISH CHICKEN WRAP

Serves 1



5min



10min



Ingredients

- Half a British chicken breast
- Half a 12" wheat bran wrap
- 10 g salad mix
- 1 red cherry tomatoes
- 10 g light mayonnaise
- 1 serving salad garnish
- 1 piece of fruit

SALAD GARNISH

- 20 g herb salad mix
- 5 g cucumber
- 40 g tomatoes
- 5 g red onions
- 10 g mixed peppers

1. Mix all ingredients together

Method

- Slice cherry tomatoes
1. Grill the chicken on a medium heat, turning occasionally until cooked through
2. Take the wrap, spread over the mayonnaise, fill with the salad
3. Slice the chicken and arrange over the leaves and add cherry tomatoes
4. To finish, fold the sides of the wrap into the centre and roll
5. Cut the wrap in half. Serve with salad garnish and 1 piece of fruit

TOP TIP

Following the same methodology you can replace chicken with beef or pork.



Cereals containing Gluten



Wheat



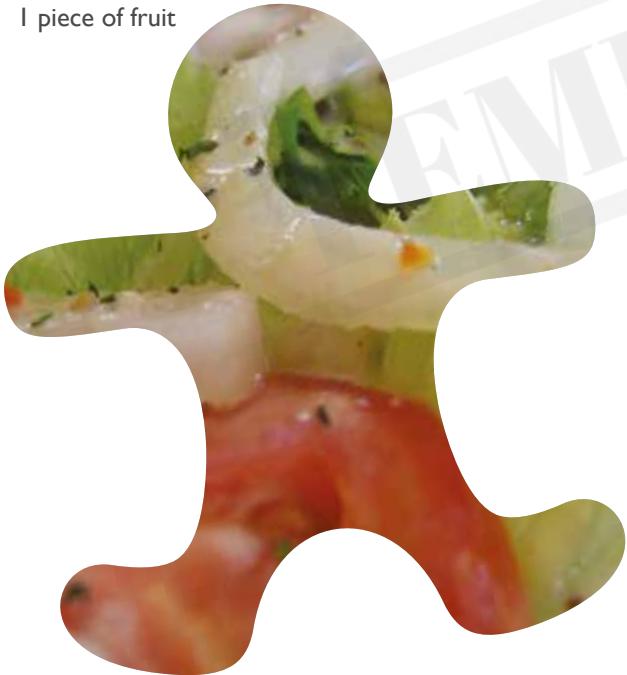
Eggs / Egg Derivatives



10

Ingredients

- 1 10" fully baked flour tortilla
- 62 g tuna chunks in brine
- 30 g cucumber
- 1 carrot
- 1 serving salad garnish (see page 9)
- 10 g of light mayonaise
- 10 g of salad mix
- 1 piece of fruit



TUNA AND CUCUMBER WRAP

Serves 1



10min



10min

Method

- Cut tomatoes into wedges
 - Cut cucumber into sticks
 - Grate carrot
1. Drain the tuna and place in a bowl. Add mayonnaise (optional) and mix well
 2. Take the wrap and fill with the salad. Add the tomatoes, cucumber and carrot on top, then add the tuna
 3. To finish, fold the sides of the wrap into the centre and roll
 4. Cut the wrap in half. Serve with salad garnish and 1 piece of fruit

TOP TIP

Use cheese or ham instead of tuna.

Cereals containing Gluten Wheat Eggs / Egg Derivatives Fish and Fish Products

LUNCH AND SUPPER

A photograph of two young girls, one wearing glasses, smiling and looking towards the camera. They appear to be in a kitchen or dining setting, with food visible in the background.

LUNCH & SUPPER | MEAT

“This programme is about so much more than just food. Learning about healthy eating, skills development, social inclusion and development of staff are some of the additional benefits created.”

Willesden Green Library – Brent Council



CHICKEN CASSEROLE

Serves 10



15min



40min

Ingredients

- 750 g diced chicken
- 75 g onions
- 4 g garlic
- 50 g celery
- 140 g carrots
- 75 g swede
- 100 g unsmoked rindless streaky bacon
- 25 g plain flour
- 25 g vegetable flavour broth paste
- 1 litre water
- 400 g chopped tomatoes in tomato juice
- 20 g italian tomato paste
- 5 g thyme
- 40 g pearl barley
- 50 g choice garden peas
- 33 ml sunflower oil

TOP TIP

Substitute the chicken with diced beef, pork or lamb to make alternative casseroles.
Add sliced potatoes to the top as a twist on a traditional hotpot or top with leftover mashed potato.

Method

- Peel and dice onions
 - Peel and chop garlic
 - Cut celery into three-length ways and dice
 - Peel and dice carrots
 - Peel and dice swede
 - Cut bacon into lardons
 - Mix vegetable broth paste with boiling water to make stock
1. Gently sweat off the onions, garlic, celery, carrots and swede in about three tablespoons of oil for approximately 8-10 minutes. Remove from the pan. Fry the bacon until crispy, and then remove from the pan
 2. Seal the chicken in a little oil until golden brown for approximately 4-6 minutes. Return the vegetables and bacon to the pan, add the flour and stir well. Now add the vegetable stock and stir. Add the chopped tomatoes, tomato paste, thyme
 3. Bring the casserole to a gentle simmer and cook for 15-20 minutes. Add the pearl barley and cook for a further 15 minutes, then add the frozen peas and cook for another 5 minutes
 4. Serve with a chunk of crusty bread



Cereals containing Gluten



Wheat



Barley



Celery / Celeriac Products

CHICKEN CURRY AND RICE

Serves 10  20min  35min



Ingredients

- 100g vegetable oil
- 200 g red onions
- 200 g courgettes
- 1 butternut squash
- 300 g button mushrooms
- 2 red peppers
- 800 g cauliflower
- 2000 g tikka sauce
- 3 g table salt
- 2 g cracked black pepper
- 1000 g British chicken breast diced

Method

- Peel and dice onions
 - Wash and dice courgettes
 - Peel and dice butternut squash
 - Wash and cut mushrooms into quarters
 - Deseed and dice red pepper
 - Cut cauliflower into florets
1. In vegetable oil fry the chicken, onion and garlic for 5 minutes
 2. Add the prepared vegetables and stir well together
 3. Add tikka sauce and simmer for 25-30 minutes checking all the time to ensure curry does not burn. Check chicken and vegetables are fully cooked before service
 4. Serve with rice

TOP TIP

Make the sauce from scratch. Ingredients and methodology can be found on many websites including www.bbc.co.uk/food and www.jamieoliver.com/recipes

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CHICKEN ENCHILADAS

Serves 6



15min



60min

Ingredients

- 1 tbsp rapeseed oil
- 1 large onion, sliced
- 1 sweet pepper, sliced
- 3 red chillies, 2 deseeded and chopped, (2 tsp dried chilli flakes can be used)
- Small bunch coriander, stalks finely chopped, leaves roughly chopped
- 1 garlic clove, crushed
- 1 tsp. ground coriander
- 1 tsp. smoked paprika
- 6 skinless chicken thighs cut into small chunks
- 435g can of refried beans
- 198g can of sweetcorn
- 700ml bottle passata
- 6 tortillas
- 1 x 142ml pots half fat soured cream
- 100g cheddar cheese

TOP TIP

This could be made gluten free by using gluten free tortillas. Use Quorn® chicken pieces, 'Free From' cheese and a soya alternative for sour cream to create a vegetarian and vegan dish.



- Pre-heat oven to 200°C / Fan 180°C / Gas Mark 6
- Heat 1 tbsp. of oil in a large pan, and fry the chicken on a high heat in batches until browned. Remove the chicken from the pan, onto a plate with kitchen paper and set to one side. Fry the onions, peppers, chopped chilli (or chilli flakes) and coriander stalks with half the garlic for 10 minutes until soft. Stir in 2 tsp. ground coriander and fry for 1 minute more. Now add the chicken back to the pan with the vegetables



- Stir the beans, sweet corn, coriander leaves and 150ml of the passata into the veg and chicken. In a bowl, mix the rest of the passata with the other half of crushed garlic, the remaining spices and then set aside



- To assemble, lay the tortillas onto a board and divide the chicken mixture between them, folding over the ends and rolling up to seal. Pour the passata sauce into an ovenproof dish and then place the enchiladas onto the sauce. Dot over the soured cream and sprinkle with grated cheese then scatter with the sliced chilli and coriander leaves

- Place the filled dish into the oven and bake for 30 minutes



This is great served with a freshly made salad and rice.



Cereals containing Gluten Wheat Milk and Milk Products

CHICKEN JAMBALAYA

Serves 10  10min, Marinade 60-120minutes
 100min



Ingredients

- 300 g long grain rice
- 600 g British chicken thighs
- 2 green peppers
- 2 red peppers
- 200 g onions
- 30 ml sunflower oil
- 15 g cajun seasoning
- 100 g italian tomato paste
- 12.5 g chicken flavour stock
- 500 ml water
- 800 g chopped tomatoes in tomato juice
- 2 bay leaves
- 30 g curly parsley

TOP TIP

For a spicier taste add a dash of Tabasco. You can also add some already cooked king prawns.

 Celery / Celeriac Products

Method

- Pre-heat oven to 190°C / Fan 170°C / Gas Mark 5
 - Peel and chop onion
 - Deseed and chop peppers
 - Make up chicken stock
1. Mix the cajun spice with the diced chicken and allow to marinade for 1-2 hours
 2. Heat oil in large roasting dish, add chicken and fry for 4-5 minutes until lightly browned, remove chicken from roasting dish and set aside
 3. Add the chopped onion and peppers and cook for approx. 4-5 minutes until soft
 4. Stir in the rice and add tomato puree, stock and tinned tomatoes
 5. Finally, add the chicken back to the pan with bay leaves, cover tray with foil and place in pre-heated oven and cook for approx. 75-90 minutes until all of the liquid has been absorbed
 6. Remove bay leaves and stir in chopped parsley prior to serving



Ingredients

- 4 cloves of garlic, roughly chopped
- 20 g fresh root ginger, roughly chopped
- 2 Scotch bonnet chillies (or 2tbsp of dried chilli flakes)
- 2 tbsp. dried thyme
- 2 tbsp. ground coriander
- 2 tbsp. ground cloves
- 2 tbsp. ground mixed spice
- 2 tbsp. curry powder
- Salt and ground black pepper
- 150 ml vegetable oil
- 12 boneless chicken thighs
- 2 tbsp. rapeseed or vegetable oil

TOP TIP

If you do not have a food processor don't worry, use a grater for the garlic and ginger and finely chop the chilli.

JERK CHICKEN WITH RICE AND PEAS

Serves 6



15min



45min

Marinade: Overnight or 2-4hrs

Method



1. For the jerk chicken, put all the ingredients except the chicken thighs into a food processor and pulse to a rough paste. Rub the paste all over the chicken thighs. Then ideally marinade overnight. If this isn't possible, marinade for 2-4 hours



2. Lay the chicken thighs onto a pre-greased tray. Place into the oven at 175°C and cook for 25 minutes, turning the thighs over halfway through. The chicken should be golden-brown and cooked through. (The juices will run clear when the chicken is pierced in the thickest part with a skewer)



3. To make the rice and peas, heat the oil in a frying pan and fry the onion on a low heat until see through

4. Add the rice, stir well and add the coconut milk and cold water. Bring to the boil

5. Add the kidney beans and thyme, simmer, and cover, for about 20 minutes until the rice is cooked. Season with the salt, ground black pepper, and serve



BBQ CHICKEN KEBABS

Serves 6



15min



60min



Ingredients

- 12 boneless chicken thighs chopped into bite size pieces
- 1 tbsp. rapeseed oil

FOR THE CHICKEN RUB

- 2 tsp. soft brown sugar
- 2 tsp. smoked paprika
- 2 tsp. salt
- 1 tsp. chilli powder
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 tsp. dried thyme

BBQ SAUCE

- 340 g tomato ketchup
- 55 g soft brown sugar
- 3 tbsp. honey
- 2 tbsp. cider vinegar
- 1 tsp. dijon mustard
- 1 tbsp. rapeseed oil
- 1 teaspoon reserved spices (see method)

TOP TIP

Serve with Salad,
potato wedges or
jacket potatoes.

Method

- Pre-heat oven to 200°C / Fan 180°C / Gas Mark 6
- If using wooden skewers, soak for at least 30 minutes in water before baking the kebabs
- Mix all of the dried chicken rub ingredients together in a small bowl. Remove 1 teaspoon of the spices to a small saucepan for the barbecue sauce
- Add chicken to large bowl and drizzle with 1 tablespoon rapeseed oil. Mix evenly to coat. Add chicken rub and evenly coat all the chicken
- Thread chicken onto skewers. Lie onto a greased baking tray, cover with cling film and place onto the bottom shelf of the fridge until needed
- In a small saucepan add the 1 teaspoon of leftover spices and all of the BBQ sauce ingredients and warm up over medium heat until sauce is heated through
- Take off the cling film and place the chicken into the oven for 8 minutes. Remove and then brush the tops of chicken with the barbecue sauce. Return to the oven for 4-6 minutes. Turn the chicken over and then brush the other side of chicken. Cook for a further 4-6 minutes or until the chicken is thoroughly cooked. Bring the remaining BBQ sauce to the boil and serve with the chicken



Mustard Products



CHICKEN PASTA BAKE

Serves 20



15min



40min

Ingredients

- 400 g pasta, plain, fresh, cooked
- 1500 g chicken, meat only
- 200 g peppers, capsicum, green
- 200 g peppers, capsicum, red
- 300 g sweetcorn (kernels, canned, re-heated, drained)
- 350 g courgette
- 150 g mushrooms, common
- 60 g onions
- 44 g sunflower oil
- 28 serving béchamel sauce

BASIC BÉCHAMEL SAUCE

- 150g butter
- 150g plain flour
- 2150ml of milk

FOR A SPECIAL BÉCHAMEL SAUCE ADD

- 3 tbs of dijon mustard
- 250g of cheese

Method

- Pre-heat oven to 190°C / Fan 170°C / Gas Mark 5
- Deseed and cut up peppers
- Cut up courgettes into slices, then into halves
- Cut mushrooms into slices
- Peel and chop up onions
- I. Sweat off the vegetables in approximately 4 tablespoons of oil for approximately 8-10 minutes. Remove from the pan and seal off the chicken until golden brown for approximately 6-8 minutes
2. To make the béchamel sauce, melt the fat in a pan, add the flour and whisk together to form a roux. Gradually add the warmed milk continuously whisking for approximately two minutes, season with salt and pepper
3. In one pan mix together the pasta, vegetables and chicken. Add 2/3 spoons of the sauce and combine all of the ingredients
4. Place the mixture into a suitable oven proof dish, top with the remaining sauce and sprinkle with cheese. Bake in a pre-heated oven for approximately 15 minutes

Cereals containing Gluten

Wheat

If using special Béchamel sauce:

Milk or Milk Products

Mustard Products

BEEF HOTPOT

Serves 6



15min



60min



Ingredients

- 2 tbsp. rapeseed oil (or a vegetable oil alternative)
- 1 kg braising steak, excess fat trimmed, cut into small chunks
- 1 kg potatoes, sliced
- 60 g swede, diced
- 60 g carrots, diced
- 1tbsp. plain flour
- 1 large onion, finely chopped
- 1 punch of fresh chopped parsley
(3 tbsp. dried parsley can also be used)
- 1 dessert spoon of dried thyme
- 1 tbsp. worcestershire sauce
- Salt and pepper to season
- 600ml beef stock



Method

- Pre-heat oven to 170°C / Fan 150°C / Gas Mark 3
- Peel and dice the swede, carrot and onions and set to one side
- Peel and slice the potatoes. The potatoes should be 5mm (1/4inch) thick. Place the potatoes into a bowl filled with cold water ensuring the potatoes are covered and set to one side (this prevents them from turning brown)
- Place a casserole dish or large saucepan onto the stove and add half of the rapeseed oil and heat. Place the diced beef into the casserole dish or saucepan and *sear the beef (*This is when you brown the meat quickly at a high temperature). Take the dish off the heat, remove the beef from the dish, and set aside
- Place the casserole/saucepan back onto the heat, add the remaining oil and fry the diced onions and swede until soft. Pour the beef back into the saucepan, pour the flour over the meat and vegetable and stir thoroughly to ensure the flour is evenly distributed
- Add the beef stock, worcestershire sauce, seasoning and the herbs. Stir all the ingredients together
- Now place the sliced potatoes on top and evenly sprinkle the remainder of the oil onto the potatoes. Cover with a lid or kitchen foil (ensure neither the lid or the foil touches the potatoes). Place the hotpot into a pre-heated oven for 1 hour. Remove the lid or foil and increase the oven temperature to 200°C/Fan 180°C/Gas 6 for 30 minutes



TOP TIP

**Don't like beef?
Try it with
lamb or chicken
thighs.**

TOP TIP

**Remember to
wash hands
after handling
raw meat.**



Cereals containing Gluten



Wheat



Fish and Fish Products



HOMEMADE BEEF CHILLI

Serves 10 10min 30–60min

Ingredients

- 1.5 kg lean beef mince
- 100 g onions
- 6 g garlic purée
- 800 g red kidney beans in water
- 200 g Italian tomato paste
- 800 g chopped tomatoes in tomato juice
- 15 ml sunflower oil
- 40 g mild chilli powder
- 2 red peppers

Method

- Peel and finely chop onion
 - Finely chop red pepper
 - Drain kidney beans and rinse with cold water
1. In a large pan heat vegetable oil on a medium heat then add finely chopped onion and red pepper, cook until soft
 2. Add garlic puree and cook for a further 1 minute
 3. Add mince and cook for approx. 4-5 minutes before adding tomato puree and cooking for a further 2 minutes
 4. Add chopped tomato and chilli powder, turn heat down and cook on a low heat until chilli thickens
 5. Add drained red kidney beans to chilli and heat through until piping hot
 6. Check seasoning before serving





WHOLEMEAL SPAGHETTI BOLOGNAISE

Serves 12 10min 60min

Ingredients

- 22 g sunflower oil
- 750 g lean beef mince
- 200 g onions
- 100 g carrots, old
- 750 g bolognese sauce
- 1500 g spaghetti, wholemeal, boiled

Method

- Peel and chop onions
 - Peel and chop carrots
1. Dry fry chopped onions and mince
 2. Cook for a few minutes, add the chopped carrots and water to required consistency. Simmer for 30-40 minutes
 3. Cook off the pasta. Drain well and mix with the bolognese. Top with grated cheese and finish off in the oven for approximately 10 minutes



Cereals containing Gluten Wheat



SHEPHERDS PIE

Serves 6



15min

120min (incl.
60-90min baking)

Ingredients

- 1 tsp sunflower oil
- 1 large onion, chopped
- 4 medium carrots, chopped
- 500 g lamb mince
- 2 tsp tomato purée
- Splash of worcestershire sauce
- 150 ml beef or lamb stock
- 600 g potatoes cut into chunks
- 2 tsp milk

TOP TIP

This could be made gluten free by using a gluten free worcestershire sauce.

Why not serve the pie with fresh seasonal vegetables?

Swap the lamb mince and stock for Quorn® and vegetable stock to create a vegetarian alternative.

Method

- Pre-heat oven to 180°C / Fan 160°C / Gas Mark 4 or if cooking from frozen, 160°C / Fan 140°C / Gas Mark 3
- 1. Heat the oil in a large saucepan and then soften the onion and carrots for a few minutes. When soft, turn up the heat, crumble in the lamb and brown, tipping off any excess fat. Add the tomato purée and worcestershire sauce and then fry for a few minutes. Pour over the stock, bring to a simmer, then cover and cook for 40 minutes, uncovering halfway
- 2. To make the mash, boil the potatoes in salted water for 10-15 minutes until tender. Drain, then mash with the milk
- 3. Put the mince into an ovenproof dish, top with the mash and ruffle with a fork. The pie can now be chilled and frozen for up to a month. Bake for 20-25 minutes until the top is starting to colour and the mince is bubbling through at the edges. (To bake from frozen, cook at 160C/fan 140C/gas 3 for 60-80 minutes. 20 minutes until piping hot in the centre. Flash under the grill to brown, if you like.) Leave to stand for 5 minutes before serving



Fish and Fish Products

COWBOY PORK CASSEROLE

Serves 10



10min



60min (incl.
30 min baking)



Ingredients

- 20 pork sausage eights
- 5 rindless back bacon
- 300 g button mushrooms
- 80 g bbq sauce
- 100 g onions
- 800 g cannellini beans in water
- 200 g italian tomato paste
- 800 g chopped tomatoes in tomato juice
- 30 ml sunflower oil
- 5 g granulated sugar
- 15 g vegetable stock
- 500 ml water



Method

- Pre-heat oven to 190°C / Fan 170°C / Gas Mark 5
- Peel and finely chop onions
- Drain beans and rinse thoroughly under cold water
1. Grill sausage and bacon
2. In a large pan warm up vegetable oil on a medium heat then add finely chopped onion and cook until translucent
3. Chop cooked bacon in to large chunks
4. Then add tomato puree and cook for a further 1 minute before adding chopped tomato, sugar, vegetable stock, mushrooms and drained beans
5. Turn the heat down and add sausage and bacon, place in pre-heated oven for approx. 30 minutes
6. Finish with BBQ sauce and check seasoning before serving

Cereals containing Gluten Wheat Soya Sesame Seed or Sesame Seed Products
 Sulphur dioxide/sulphites Fish and Fish Products



PORK AND NOODLE STIR FRY

Serves 6



20min



15min

Ingredients

- 600 g medium egg noodles
- 9 tbsp (130ml) dark soy sauce
- 4 tbsp clear honey
- 1tbsp sesame oil
- 1tbsp cornflour
- 4 carrots
- 2 sweet peppers
- 1tbsp rapeseed oil
- 600 g pork
- 2 clove garlic, crushed
- 4 cm (2inch) ginger
- 1 tbsp. dried chilli, flakes
- 1 large onion
- 300 g mangetout
- 300 g chinese bean-shoots

Method

- Cut the carrots into slim matchsticks
- Deseed and slice the red peppers
- Slice onion and mangetout and ginger
- Cut pork into thin strips
- Crush garlic
1. Cook the noodles as per packet directions
2. Mix the soy sauce and honey with the sesame oil. Add the cornflour and mix thoroughly
3. Heat the oil in a wok or frying pan and fry the pork for 5-6 minutes, until almost cooked. Remove and set aside. Add the garlic, ginger, chilli, onions, peppers and carrots and stir-fry for 2-3 minutes. Return the pork to the pan, add the soy, honey and cornflour mixture along with the chinese bean-shoots and mangetout. Cook for a further 2-3 minutes
4. Stir in the noodles, heat through and serve

TOP TIP

Pork can be replaced with beef, Quorn® or chicken. Noodles can be substituted with rice if preferred.

BAKED FISH WITH COUSCOUS CRUMB

Serves 10  10min  20min



Ingredients

- 1000 g of fish portions
- 10 g flat leaf parsley
- 50 g spring onions
- 20 g lemon juice, fresh
- 75 g couscous

Method

- Pre-heat oven to 220°C / Fan 200°C / Gas Mark 7
- Finely chop parsley and spring onions
- Juice and zest 1 lemon
1. Prepare couscous as per packet instructions
2. On a buttered backing tray lay out the fish portions. The portions should not touch each other
3. Drizzle with olive oil and season with salt and pepper
4. Top the fish with the couscous so it completely covers them and the whole tray
5. Bake for 20 minutes



Cereals containing Gluten



Wheat



Fish or Fish Products



CAJUN SPICED FISH GOJONS

Serves 10



5min



15min

Ingredients

- 10 white fish portions
- 30 ml sunflower oil
- 30 g smoked paprika
- 15 g mixed herbs
- 1 tsp garlic powder
- ½ tsp pepper
- ½ tsp salt
- 50g plain flour
- 2 large eggs
- 2 handfuls of breadcrumbs

TOP TIP

Instead of fish you can use chicken.

Method

- Pre-heat oven to 220°C / Fan 200°C / Gas Mark 7
1. Cut the fish into strips
2. Place flour in a bowl and add the spices together
3. In a separate bowl, crack the eggs and beat lightly and place breadcrumbs on a separate plate
4. Coat the fish goujons with the seasoned flour, dipping them in the eggs, then coating with the breadcrumbs.
5. Place them on the oiled tray and bake for 10–15 minutes



Cereals containing Gluten Wheat Fish or Fish Products Eggs / Egg Derivatives

MEDITERRANEAN FISH PASTA

Serves 10



15min



45min



Ingredients

- 30 ml sunflower oil
- 100 g red peppers
- 100 g yellow peppers
- 100 g courgettes
- 100 g red onions
- 1 g fresh garlic
- 30 g italian tomato paste
- 800 g italian chopped tomatoes
- 450 g wholemeal pasta
- 10 g flat leaf parsley
- 600 g hot smoked mackerel fillets
- 50ml of water
- Olives

Method

- Pre-heat oven to 220°C / Fan 200°C / Gas Mark 7
 - Chop peppers, courgette, red onion, olives, garlic and parsley
 - Debone and flake mackerel
1. Roast the peppers and courgettes in half of the oil in the oven for 20 minutes
 2. In a large pan fry the onion and garlic for 3-4 minutes
 3. Add the tomato puree and cook for a further 2 minutes
 4. Add the tomatoes and 50ml of water and simmer for 5 minutes
 5. Cook the pasta in a large pan of boiling water until tender, drain
 6. Stir in the olives, mackerel and pasta to the vegetable mix and heat through
 7. Garnish with parsley



Cereals containing Gluten



Wheat



Fish or Fish Products



Ingredients

- 1.5 kg assorted fish
- 1.5 litre whole fresh milk
- 100 g un-salted butter
- 100 g plain flour
- 500 g garden peas
- 300 g sweet potatoes
- 1 kg baking potatoes
- 600 g carrots
- 400 g chantenay carrots
- 600 g fine beans



ROSTI TOPPED FISH PIE

Serves 20



15min



30min

Method

- Pre-heat oven to 220°C / Fan 200°C / Gas Mark 7
- Peel sweet potatoes, potatoes and carrots
- Defrost fish
1. Place peeled sweet potato, potato and carrots into a pan of cold water and bring to the boil and allow to cook for 2-3 minutes depending on size of vegetables
2. Place defrosted fish in a large pan together with the milk bring pan to the boil and turn off immediately and allow to stand
3. Drain fish ensuring you reserve the milk
4. Drain vegetables and allow to cool for a couple of minutes before coarsely grating – thoroughly mix together and set aside until required (this is your rosti)
5. In another pan, allow butter to melt over a low heat before adding flour and make a soft roux, allow to cook for 2 minutes before gradually adding milk to form a smooth white sauce
6. Add peas and return cooked fish to mixture, stir gently and remove from heat
7. Place fish mixture into serving dish then top with the vegetable rosti mix
8. Place into a hot oven on the top shelf and cook for 10-12 minutes or until the top is golden brown and crispy
9. Serve with steamed green beans and carrots

Cereals containing Gluten Wheat Fish or Fish Products Milk or Milk Products

SALMON AND PEAS FISHCAKES

Serves 6



15min



60min



Ingredients

- 1 large onion, peeled and finely chopped
- 375 g frozen peas
- 6 eggs
- 150 g fresh breadcrumbs
- 600 g mashed potato
- 2 tablespoons dried dill
- 300 g boneless salmon fillets
- 6 tablespoons rapeseed oil
- 300 g plain flour for coating
- vegetable oil in a spray can

TOP TIP

This would be great to serve with seasonal vegetables either fresh or frozen. Steam the vegetables to maximise taste and to prevent overcooking.

You could even use a microwave. Place veg into a suitable bowl, add a few tbsp. of water, cover with clingfilm and cook for 4-8 minutes depending on amount of vegetables.

Method

- Pre-heat oven to 180°C / Fan 160°C / Gas Mark 4
- Peel the potatoes and cut into equal small pieces (this ensures they cook evenly)
 - Fill a saucepan with hot tap water, add salt and bring to the boil. Place the potatoes into the water and cook for 15 minutes or until a knife can be placed into a potato very easily
 - Arrange the salmon onto a tray and place into a pre heated oven – cook until the flesh can be flaked with a fork (10 minutes)
 - Drain the water from the potatoes using a colander. Tip the potatoes into the mixing bowl and mash with a fork or masher
 - Heat 1 tablespoon of oil in a frying pan. Add the onion and fry until translucent. Add the peas and fry for 2 minutes
 - Crack the eggs into a separate bowl and beat
 - Mix half the breadcrumbs with the mash; add the salmon and half of the beaten eggs. Add the pea mixture and combine
 - Divide the mixture into 6 patties. Coat in the flour then dip into the other beaten egg, followed by the remaining breadcrumbs
 - Spray the cakes with some veg or olive oil. Place onto a baking tray and cook in the oven for 15-25 minutes. Make sure to turn halfway to ensure even cooking

Cereals containing Gluten

Wheat

Fish or Fish Products

Eggs / Egg Derivatives



HOMEMADE FIVE BEAN CHILLI

Serves 10



10min



25min

Ingredients

- 800 g red kidney beans in water
- 800 g chick peas in water
- 800 g cannellini beans in water
- 800 g borlotti beans in water
- 800 g blacked eyed beans
- 100 g onions
- 6 g garlic purée
- 800 g red kidney beans in water
- 200 g italian tomato paste
- 800 g chopped tomatoes in tomato juice
- 30 ml sunflower oil
- 40 g mild chilli powder
- 2 red peppers
- 25 g vegetable stock
- 500 ml water

Method

- Peel and finely chop onion
 - Peel and finely chop red pepper
 - Drain all beans and rinse in cold water, leave to drain
1. In a large pan, warm up vegetable oil on a medium heat then add finely chopped onion and red pepper and cook until soft
 2. Add garlic puree and cook for a further 1 minute
 3. Add chilli powder to pan and cook for a further 1 minute before adding tomato puree, vegetable stock and chopped tomato
 4. Heat through before adding the beans
 5. Allow to cook for a further 6-8 minutes stirring regularly
 6. Check seasoning before serving



Sulphur dioxide/sulphites



SUMMER VEGETABLE PUFF TART

Serves 6

25min

30min

Ingredients

- 1 x 375 g pack ready-rolled lighter puff pastry
- 3 medium eggs, beaten
- 1 x 250 g ricotta cheese
- 1 tbsp dijon mustard
- 1 large onion, sliced
- 1 tbsp mint, chopped
- 1 tbsp dried parsley
- 1 tbsp dried chives
- 220 g asparagus
- 150 g frozen garden peas
- 150 g frozen broad beans
- 100 g feta, crumbled
- 1 tsp rapeseed oil
- 1 lemon, zested and juiced



Method

- Pre-heat oven to 190°C / Fan 170°C / Gas Mark 5
1. Line a baking tray with parchment paper. Lay the puff pastry on top. Score a line into the pastry 1cm (1/2inch) in from the edge. Prick the inner base
2. Whisk the eggs with the ricotta, and dijon until smooth. Add the onions, mint, and parsley and 1 tbsp. chives. Season to taste. Spoon mixture into the pastry, within the scored line. Fold up the sides to create a lip. Cook for 20-25 minutes
3. Defrost the garden peas and broad beans by pouring them into a colander and run under cold water. Drain, then remove the outer skin from the broad beans
4. Cut the asparagus in half
5. Put the veg in the tart, scatter over the feta and remaining chives. Drizzle over the oil
6. Cook for 5-10 more minutes
7. Top with the lemon zest and squeeze the lemon juice over

Serve with boiled new potatoes.

TOP TIP

Cereals containing Gluten Wheat Milk or Milk Products Eggs / Egg Derivatives
 Mustard Derivatives



Ingredients

- 375 g dried pasta shells
- 450 g passata sauce
- 300 g butterbeans, drained
- 1 sweet pepper, diced
- 1 large onion, diced
- 300 g frozen sweetcorn
- 6 tomatoes, sliced
- 3 clove of garlic, chopped small
- 1 tbsp. dried parsley
- 1 tbsp. dried basil
- 200 g grated cheddar and mozzarella



TOP TIP

Don't want butterbeans?
Not a problem – these can be substituted for other beans, cooked chicken or tinned tuna. You could even try a variety of vegetables instead of those stated in the recipe as long as they are roasted.

TOMATO AND BUTTERBEAN PASTA BAKE

Serves 6



15min



60min

Method

- Pre-heat oven to 200°C / Fan 180°C / Gas Mark 6
- 1. Bring a large pan of water with a little salt and olive oil to the boil, add the pasta and cook for 8-10 minutes. Drain. Tip the cooked pasta into a bowl
- 2. Dice the onion, pepper and garlic. Place onto a tray and coat with a little oil then roast for 5-8 minutes
- 3. Add the passata, butterbeans, sweet corn, roasted pepper, onion and garlic to the warm pasta
- 4. Now add the dried parsley (leave some parsley to garnish at the end) and basil. Mix all the ingredients together
- 5. Tip the mixture into a baking dish and sprinkle the cheese over the top, then layout the sliced tomatoes on top
- 6. Cook for 30 minutes, until golden and bubbling
- 7. Garnish with the remaining parsley just before serving

ROASTED VEGETABLE AND PESTO QUICHE

Serves 10  20min  45min



Ingredients

- 450 g ready made shortcrust pastry
- 50 g red peppers
- 50 g red onions
- 2 g fresh garlic
- 150 g courgettes
- 30 g pesto sauce
- 5 small eggs
- 100 g skimmed milk
- 125 g reduced fat cheese

Method

- Pre-heat oven to 230°C / Fan 210°C / Gas Mark 8
 - Dice red pepper
 - Slice red onion
 - Chop garlic
 - Wash and dice courgette
 - Grate cheese
1. In a large bowl, combine all vegetables and coat with pesto sauce
 2. Place into an ovenproof tray and roast for 25 minutes, turning once half way through. Leave to cool
 3. In a measuring jug, beat the eggs with the milk
 4. On a floured surface, roll out the pastry and line 28cm loose bottom flan ring or half gastro tin and chill in a refrigerator for 20 minutes
 5. Prick the pastry with a folk and spread the roasted vegetables evenly across the base. Sprinkle with cheese then pour over the egg mixture until it finds its own level
 6. Bake on a hot preheated tray in the oven for 25 minutes, until golden brown
 7. Serve with salad



 Cereals containing Gluten  Wheat  Milk or Milk Products



VEGETABLE CURRY AND RICE

Serves 10



15min



40min

Ingredients

- 100 g vegetable oil
- 300 g red onions
- 300 g courgettes
- 1 butternut squash
- 400 g button mushrooms
- 2 red peppers
- 800 g cauliflower
- 700 g tikka sauce
- 800 g rice and vegetable mix
- 3 g table salt
- 2 g cracked black pepper

Method

- Peel and dice onions
 - Wash and dice courgettes
 - Peel and dice butternut squash
 - Wash and cut mushrooms into quarters
 - Deseed and dice red pepper
 - Cut cauliflower into florets
1. In vegetable oil, fry the onion and garlic without colour for 5 minutes using a heavy bottomed pan
 2. Add the prepared vegetables and stir well together
 3. Add tikka sauce and simmer for 25-30 minutes checking and stir all the time to ensure curry does not burn. Check vegetables are fully cooked before serving. Check seasoning and the consistency prior to serving
 4. Heat rice, check core temperature and serve immediately

TOP TIP

Serve a few condiments such as mango chutney, cucumber raita and lime pickle.

Try serving the vegetable curry in a poppadom basket on a bed of the rice.



Milk or Milk Products



Celery / Celeriac Products



Sulphur dioxide/sulphites



VEGETABLE KORMA

Serves 10



20min



40min

Ingredients

- 130 g onions
- 130 g sweet potatoes
- 130 g leeks
- 80 g celery
- 105 g sliced green beans
- 105 g carrots
- 105 g choice garden peas
- 105 g sweetcorn
- 2 g fresh garlic
- 525 g coconut milk
- 25 g dessicated coconut
- 22 g standard curry powder
- 50 g sultanas
- 8 ml sunflower oil
- 15 g cornflour
- 10 g vegetable flavour stock paste
- 400 ml water

Method

- Peel and dice onions
 - Peel and dice sweet potato into 1.5cm cubes
 - Wash and thinly slice leeks
 - Dice celery
 - Peel and dice carrots
 - Peel and finely dice garlic
 - Mix vegetable stock paste with boiling water
1. Heat the oil in a large pan and fry off the onions, sweet potato, leeks, celery, carrots and garlic and cook on a low heat for approximately 8-10 minutes. Add the curry powder and mix well, cook for 3-4 minutes to allow the spices to release their flavour
 2. Add the coconut milk, desiccated coconut, sultanas and stock, season and bring to a gentle simmer for approximately 10 minutes. Add the peas and sweetcorn and cook for a further 10-15 minutes
 3. Mix the cornflour with a little cold water to make a smooth paste and add to the curry to thicken

TOP TIP

Serve with rice or naan bread.

Ideal as a jacket potato filling.

Use Brakes Healthier Choice Korma Sauce instead of making the sauce.

Serve as part of an Indian themed menu.



Celery / Celeriac Products



Mustard Products



VEGETABLE PAELLA

Serves 10



20min



30min

Ingredients

- 500 g onions
- 600 g long grain rice
- 500 g butternut squash
- 400 g garden peas
- 500 g courgettes
- 200 g italian tomato paste
- 50 g vegetable stock mix
- 2 litres water
- 400 g cherry tomatoes
- 3 red peppers
- 30 ml sunflower oil

Method

- Pre-heat oven to 180°C / Fan 160°C / Gas Mark 4
- Peel and cut large dice butternut squash and courgettes
- Peel & finely chop onion
- I. Drizzle butternut squash and courgettes with a little of the oil and roast at 180°C for 12-15 minutes
2. In a large pan, warm up vegetable oil on a medium heat then add finely chopped onion and cook until translucent
3. Add tomato puree and stir thoroughly, before adding rice and stirring again
4. Lower heat before adding the vegetable stock, leave to simmer for approx. 8-10 minutes, checking regularly and adding peas half way through cooking
5. Whilst paella is cooking, cut cherry tomatoes in half and thinly slice red pepper
6. Check after 8-10 minutes to see if rice is cooked before adding roasted butternut squash and courgettes, cherry tomatoes, sliced pepper and stirring lightly
7. Serve with warm bread and cucumber salad



If bread served Cereals containing Gluten Wheat

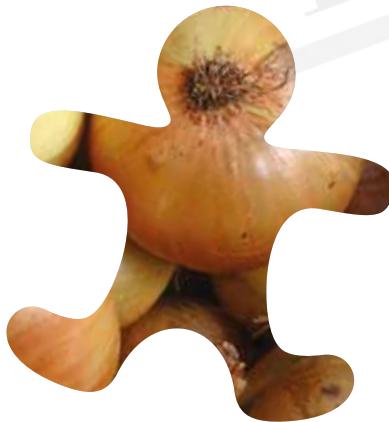


VEGETABLE WHOLEMEAL PASTA BAKE

Serves 10 15min 70min

Ingredients

- 15 ml sunflower oil
- 200 g onions
- 6 g fresh garlic
- 500 g vegetarian mince
- 200 g button mushrooms
- 100 g red peppers
- 500 g wholemeal penne pasta
- 15 g tomato puree
- 5 g thyme
- 400 g italian chopped tomatoes
- 100 g reduced fat grated white cheese



Method

- Pre-heat oven to 230°C / Fan 210°C / Gas Mark 8
- Slice onions
- Chop garlic
- Wash and slice mushrooms
- Dice red peppers
- Make up vegetable broth as directed
- Dry fry mince, onion and garlic
1. Heat the oil in a large pan and fry the onion and garlic, cook for 4-5 minutes until softened
2. Then add the peppers, mushrooms and continue to cook for another 5 minutes
3. Add the vegetarian mince and fry for a further minute until sealed
4. Stir in the tomato puree, canned tomatoes, stock, soy sauce and thyme and cook for 20 minutes
5. Meanwhile, boil the pasta as directed on pack, drain and rinse
6. Stir the pasta into the vegetable sauce
7. Place in an ovenproof dish and sprinkle with cheese
8. Cook for 25 minutes, until golden brown
9. Serve with a slice of garlic bread and a side salad



Cereals containing Gluten



Wheat



Soya



Milk or Milk Products



CHINESE STYLE QUORN® STIR FRY

Serves 10 10min 20min

Ingredients

- 100 g onions
- 2 fresh garlic
- 600 g Quorn® strips
- 150 g carrots
- 150 g green peppers
- 15 ml sunflower oil
- 250 g pineapple chunks in pineapple juice
- 400 g italian chopped tomatoes
- 15 g soft light brown sugar
- 25 g cornflour
- 5 g ground ginger
- 15 g light soy sauce
- 500 g medium egg noodles

Method

- Dice onions
 - Chop garlic
 - Dice green peppers
 - Slice carrots
 - Drain pineapple chunks and reserve juice, add water to make up 200ml
- I. Heat oil in a large pan and fry onion and garlic for 3-4 minutes
 2. Add the Quorn® and fry for 3-4 minutes
 3. Add carrots, pepper and fry for a further 5 minutes
 4. Add ginger, brown sugar, vinegar, tomatoes, pineapple and pineapple juice then simmer until vegetables are tender
 5. Mix cornflour with a little water and add to the sauce to thicken
 6. Heat a large pan of boiling water, add noodles and cook until tender
 7. Combine the noodles with the sauce and serve

Cereals containing Gluten Wheat Eggs / Egg Derivatives Soya

TREATS



“Yes, I would want to stay forever but I can’t because my mum said we have to spend time at home as well.”



APRICOT AND SULTANA FLAPJACK

Serves 10



10min



20min

Ingredients

- 250 g Sunflower Light Spread
- 200 g golden syrup
- 300 g oatflakes
- 75 g dried apricots
- 75 g sultanas
- 15 ml sunflower oil

Method

- Pre-heat oven to 160°C / Fan 140°C / Gas Mark 4
- 1. In a pan, melt the spread and syrup
- 2. Stir in the oats and fruits to combine well
- 3. Lightly oil a deep baking tray or ovenproof dish
- 4. Transfer the mixture to the dish
- 5. Place in oven and cook for approximately 20 minutes



Cereals containing Gluten

Oats

Contains Sulphur dioxide/sulphites

Milk or Milk Products



BANANA AND CHOCOLATE CHIP LOAF CAKE

10 slices 20min 40min

Ingredients

- 40g golden unrefined caster sugar
- 2 medium eggs
- 150g self-raising flour
- 75g oats
- 50g milk chocolate chips (plain or milk)
- 4 ripe bananas, mashed
- 1 tbsp. mixed spice
- 1 tsp. vanilla essence
- Fry light or vegetable oil, for greasing

Method

- Pre-heat oven to 190°C / Fan 170°C / Gas Mark 5
1. Combine the eggs, spices and banana in a large bowl and mix well. Sieve the flour and fold into the mixture, then add the oats and chocolate chips
2. Use fry light or vegetable oil to grease a 1 lb. loaf tin or a small deep baking tray and line with parchment paper. Pour in mixture and level the surface
3. Bake in the middle of the oven for 35-40 minutes. Allow the bread to cool for 15 minutes and turn out on to wire rack. Serve warm or cold

TOP TIP

Why not try dark chocolate chips. These contain less sugar.

Unrefined sugars retain natural nutrients, such as calcium, iron and magnesium unlike refined sugar.

Cereals containing Gluten Wheat Eggs / Egg Derivatives



RICE PUDDING WITH BLACK CHERRY AND RED PLUM COMPOTE

Serves 10



10min



120 min

Method

- 259 g short grain pudding rice
- 125 g caster sugar
- 100 g spreadable butter
- 1.7 litres semi skimmed milk
- 3 g ground nutmeg
- 810 g dark pitted cherries in light syrup
- 1.3 kg red plum halves in light syrup

- Pre-heat oven to 150°C / Fan 130°C / Gas Mark 2
- Wash and drain rice well
- Remove fruit from tins and drain well – keep all of the syrup from the tins

1. Butter a heatproof baking dish, then tip in the rice and sugar and stir through the milk. Sprinkle the nutmeg over top
2. Cook for 2 hrs or until the pudding wobbles ever so slightly when shaken
3. To make compote, place the drained juice in a large pan with the vanilla and place on to boil, until liquid is reduced by two thirds and you should have a sticky glaze left. Allow to cool before adding back to fruit
4. This can be served warm or cold with the rice pudding



GLOSSARY

Béchamel is white sauce

Dry fry is cooking foods that are high in fat, e.g. bacon or ground beef in a non-stick pan where only the melted fat from the meat is used

Roux is flour and fat cooked together and used to thicken sauces

Lardons are chunks or cubes of bacon

Sear / Seal is a technique used in which the surface of the food (usually meat, poultry or fish) is cooked at medium temperature until a crust forms

Sweat off to cook something over low heat in a small amount of fat to soften and release the moisture not to brown them



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