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LIVE LEARN GROW



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"You don't have to cook fancy or complicated masterpieces, just good food from fresh ingredients"

JULIA CHILD

Adventure Hyndburn

LIVE LEARN GROW

Great Food For Pregnancy



simple • affordable • nutritious

formerly 
HYNDBURN

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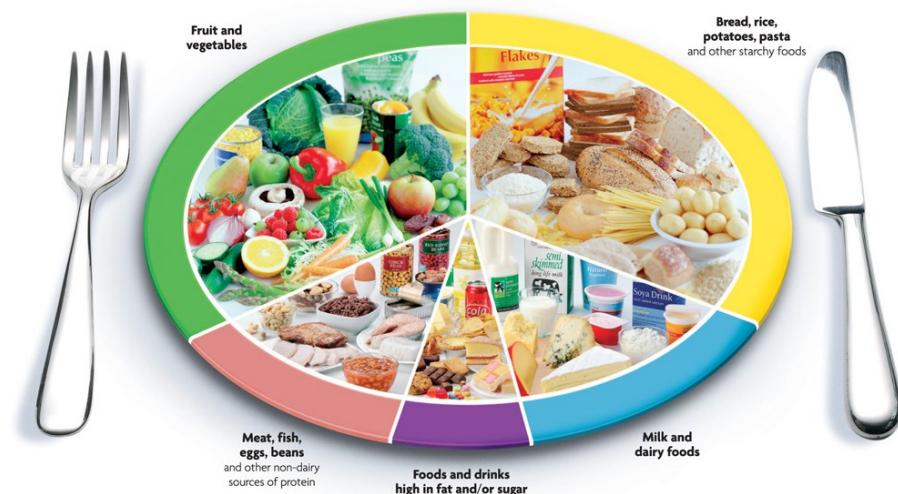
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The Eatwell Plate

The eatwell plate



Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Top Tips:

- * Eating a portion of oily fish each week can help your baby's development
- * Trying to drink at least 6-8 mugs or glasses of fluid a day keeps you hydrated
- * Try to reduce your intake of foods high in fat
- * Limit sugary foods and drinks in your diet
- * Keep active — try to exercise for 30 mins, five days of the week. It doesn't have to be in one go – get off the bus one stop early, walk up stairs instead of lift, etc.

Resources: Diet and Pregnancy

Contents

Books:

- * What to Eat when you're Pregnant
By R Conway (2009. Pearson Education Ltd)
- * Vegetarian Pregnancy and Baby Book
By A Grant (2005, Mitchll Beazley Food)
- * Super Fit Mama: Stay Fit During Pregnancy and Get your Body Back after Baby
By T Mallett (2009) Kindle
- * Healthy Pregnancy— The Ultimate Guide to Keep Excess Weight Off and Maintain Good Health During Pregnancy
By J Morrow (2012) FREE download

Mobile Phone/Tablet Apps:

Check out these apps for daily tips and advice for you throughout your pregnancy.

- * Baby Buddy app (Best Beginnings)
<http://app.bestbeginnings.org.uk/web/lets-get-started>
- * My Pregnancy Tool app (Baby Centre)
<http://www.babycentre.co.uk/c1048266/my-pregnancy-today>

Websites:

- * <http://www.nhs.uk/start4life>
- * <http://www.bbcgoodfood.com/howto/guide/balanced-diet-pregnancy>

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Eat for You, Not for Two!

Only in the final three months of pregnancy do you need an extra 200 calories a day – that's the same as two slices of wholemeal or wholegrain toast or bread.

Foods to Avoid

- * Liver and food containing liver, including pate. This may contain a high level of Vitamin A which can harm your baby.
- * Shark, swordfish and marlin as these may contain mercury which is harmful to your baby.
- * Raw shellfish can contain bacteria that causes food poisoning; ensure that all shellfish are cooked thoroughly.
- * Mould-ripened cheeses, such as camembert, brie and blue-veined cheeses such as stilton.
- * Unpasteurised dairy foods such as unpasteurised cow's, goat's or sheep's milk and food made from them.
- * Raw eggs and foods made with them such as home-made mayonnaise or ice-cream. All eggs need to be cooked until hard right through to avoid the risk of food poisoning.
- * Under-cooked meat and poultry can contain a parasite that can cause harm to your baby.
- * Alcohol should be avoided altogether – it can cause permanent damage to your unborn baby.
- * Pate (including vegetarian) as it may contain listeria.

6. Lay out onto a lightly floured surface and press gently using fingers until the dough is about 3cm thick.
7. Cut out using round cutters.
8. Transfer to a lightly floured baking sheet then brush the scones with the remaining milk.
9. Bake for 12-15 minutes until golden and well risen.

★ Top Tips ★

- Serve with clotted cream and jam.
- Have your scone with a nice drink for afternoon tea.
- Encourage children to rub the mixture with their fingers.

Notes: Cherry Scones

Recipe 29: Cherry Scones



Approximate Total Cost: £1.95

Approximate Cost Per Person (approx. 6 servings): 17p

Ingredients (makes approx. 6-8 scones):

225g	Self Raising Flour
1/2 Teaspoon	Bicarbonate of Soda
1/2 Teaspoon	Salt
50g	Butter
2 Tablespoons	Caster Sugar
142ml	Buttermilk
2 Tablespoon	Milk
2 Teaspoon	Vanilla Extract
50g	Glacé Cherries

Method:

1. Heat oven to 200°C/180°C fan/gas mark 6 .
2. Put the flour, salt, bicarbonate of soda and butter into a bowl.
3. Rub with your fingers until the mixture resembles breadcrumbs.
4. Mix in the sugar.
5. Quickly mix in the buttermilk, a splash of milk, vanilla and cherries and bring together to make a soft dough.

Five Key Nutrients for Pregnancy

Folic Acid

Why?

Helps prevent central nervous system defects in unborn babies. Women who are trying to get pregnant are recommended to take a daily folic acid supplement of 400µg until the 12th week of pregnancy.

Where?

Green leafy vegetables such as spinach, broccoli and brussel sprouts, peas, chickpeas, brown rice, fortified cereals.

Vitamin D

Why?

Essential for bones and teeth, and also helps support the immune system. Around a third of women have low levels of vitamin D, and pregnant women are recommended to take a daily supplement of 10µg.

Where?

Most of our vitamin D comes from direct sunlight on the skin. Dietary sources include oily fish such as salmon, sardines and mackerel, eggs, fortified margarines and fortified cereals.

DHA (Omega-3 Fatty Acids)

Why?

DHA helps the development of your baby's brain, eyes and nervous system, especially during the last trimester of your pregnancy when the baby is growing rapidly. Your levels of these 'good fats' vary depending on your diet.

Where?

Oily fish such as salmon, sardines and mackerel. Women should aim for one portion of oily fish a week; no more than two if pregnant.

Iron

Why?

Helps to build tissues and also to develop and maintain the placenta, as well as keeping blood healthy and reducing fatigue. Low iron levels are common in pregnant women in the UK, so plenty of iron-rich foods should be eaten before and during pregnancy.

Where?

Red meat, beans, nuts, dried fruit such as dried apricots, wholegrains such as brown rice, green leafy vegetables.

Iodine

Why?

Vital for your baby's brain and nervous system development, and also supports your own metabolism. It is important to eat iodine-rich foods if you are trying for a baby or pregnant.

Where?

Sea fish, shellfish, cereals, grains, milk and dairy products.

Before You Begin: Top Tips

- Always read through the recipe to ensure you have all the ingredients and equipment needed.
 - When following the recipe use either grams or ounces, but don't mix them up.
 - Always arrange the shelves in your oven before you turn it on, ensuring there is enough space in the oven and in-between each shelf.
 - When using a sauce pan or frying pan, always make sure that the handle is turned to the side of your cooker, away from the heat.
 - Take care that you don't touch anything hot. Wear oven gloves whenever you put dishes into, or take them out of your oven.
 - Don't leave the kitchen while you're cooking on gas or electric rings. Always turn off your oven, rings or grill when you finish.
4. Place the chopped vegetables in a baking tray and drizzle with oil. Add salt, pepper and spices if desired.
 5. Roast in the oven for approximately 30 minutes until soft and browned.
 6. Place the cooked vegetables in a mixing bowl.
 7. Add the chopped tomatoes, beans, tomato puree and sweet corn. Mix well.
 8. Spoon the mix into the flour wraps, leaving some aside for the topping.
 9. Roll the wraps up and place them side by side in the baking tin/dish.
 10. Spoon the rest of the tomato mixture onto the top of the wraps in the dish.
 11. Sprinkle the grated cheese over the top.
 12. Bake in the oven for approximately 15-20mins until the cheese is melted, the wraps are slightly browned and the mixture is piping hot throughout.

★ Top Tips ★

- Use chicken or mince to make meat enchiladas
- Add other vegetables such as Mushrooms, spinach and Carrots.
- Encourage children to join in and add the mixture to the wraps.

Notes: Enchiladas

Recipe 19: Enchiladas



Approximate Total Cost: £2.45

Approximate Cost Per Person: 61p

Ingredients (makes enough for 4):

1 Tablespoon	Olive Oil
1/2	Red Onion (thinly sliced)
1/4	Butternut Squash (peeled, deseeded and cut into 1cm cubes)
1 Tin	Chopped Tomatoes
2 Tablespoons	Tomato Purée
1/2	Courgette (diced)
1/2 Tin	Sweetcorn (drained)
1/2 Tin	Beans
3	Flour Wraps/Tortillas
1 Small Block	Cheese (grated)

Method:

1. Preheat the oven to 200°C/180°C fan/gas mark 6.
2. Peel the onion and butternut squash.
3. Chop the onion, butternut squash and courgette into small cubes.

The Cooking Dictionary (A-B)

BAKE: To cook by free-circulating dry air. The oven must be preheated before putting in the food and the food must not be overcrowded in the oven (too many pans) or it will not cook evenly.

BARBECUE: To cook meats, poultry, or vegetables over woods, charcoal, or gas on a grill, in open pits or on a spit over high heat. Sometimes marinating first and basting during the cooking time.

BASTE: To keep foods moist during cooking by brushing, drizzling or spooning on a sauce, pan juices, or wine.

BEAT: To mix ingredients quickly so that air is incorporated, creating a smooth creamy mixture.

BIND: To add an ingredient such as eggs, which hold together the other ingredients.

BLANCH: To plunge vegetables, fruit, or seafood into boiling water for a very brief amount of time to bring out the color or to loosen skins for peeling. It is best to blanch vegetables and then refresh under cold, running water.

BLEND: To combine ingredients together to a certain consistency. Sometimes until smooth, other times until just mixed together (such as with biscuits).

BLIND BAKE: To bake a pastry before it is filled to create a crisper crust and to prevent puffing during baking. The pastry is lined with foil and filled with pie weights, dry beans or uncooked rice. (*Note: The beans or rice may be used a few times before discarding, after a few uses they lose all moisture which results in less weight*) The foil and weights are removed shortly before the end of the baking time, allowing for the pastry to brown lightly before filling.

BOIL: To heat water or other liquids to 100°C.

The Cooking Dictionary (B-F)

BROWN: To cook food quickly in a preheated oven or hot pan to "brown" the outside and seal in the juices.

CARAMELIZE: To dissolve sugar and water slowly, then boil until it turns caramel brown. Or to cook meat or vegetables and bring out their natural sugars such as with caramelized onions.

CREAM: To mix a softened ingredient, such as butter, alone or with other ingredients, such as sugar, until well blended and smooth.

CUBE/DICE: To cut food into cube-shaped pieces, usually around 1 inch square.

DISSOLVE: To cause a dry substance to become incorporated/melt into a liquid so as to form a solution.

DRIZZLE: To slowly pour a very thin stream of liquid lightly over food.

DUST: To sprinkle very lightly with flour or sugar.

FILLET: To cut meat, chicken, or fish from the bones.

FOLD: To incorporate one ingredient into another without stirring or beating but instead by gently lifting from underneath with a rubber spatula, while turning the bowl.

FRY: To cook food in hot fat in a pan over high heat until brown and crisp.

3. Add the bacon to the pan and cook for three or four minutes, stirring it occasionally. Add all the vegetables together and cook them until they are soft.
4. Add the mince beef to the pan. Break up the meat with a spoon and cook it for 6-8 minutes, or until the meat is brown all over.
5. Boil a kettle of water. Crumble the stock cube into a measuring jug and pour in 125ml of water. Stir it well then add it to the meat.
6. Pour in the tomatoes . Stir in the puree and basil. Put a lid on and let the sauce bubble gently for 30-40 minutes. Remove the lid half way through.
7. As the Sauce is cooking, stir it occasionally to stop it from sticking. It will become thicker and the amount of liquid will reduce.
8. About 15 minutes before the sauce is ready, boil a pan of water. Add the pasta and cook for approximately 15 minutes. Drain and serve.

★ Top Tips ★

- To get even more of your 5-a-day try adding, mushrooms, peppers, or any vegetables from the fridge.
- If there is any left over try adding some kidney beans and chili powder to make a Chili-Con-Carne.

Notes: Spaghetti Bolognese

Recipe 18: Spaghetti Bolognese



Approximate Total Cost: £3.40

Approximate Cost Per Person: 85p

Ingredients:

400g	Dried Pasta/Spaghetti
2 Tablespoons	Oil
2 Rashers	Bacon
1	Onion
1	Carrot
1 stick	Celery
1 Clove	Garlic
225g	Minced Beef or Lamb/Meat Free Alternative
225g Can	Chopped Tomatoes
2 Tablespoons	Tomato Puree
1	Beef or Vegetable Stock Cube
125ml	Boiling Water
1 Teaspoon	Dried Basil
1 Pinch	Pepper

Method:

1. Peel the carrot then grate it. Crush the garlic and chop the bacon, onion and celery finely.
2. Heat the oil in a saucepan over a medium heat.

The Cooking Dictionary (G-P)

GLAZE: To coat foods with glossy mixtures such as jellies or sauces.

GRATE: To rub foods against a serrated surface to produce shredded or fine bits.

GREASE: To rub the interior surface of a cooking dish or pan with lard, oil, or butter to prevent food from sticking to it.

GRILL: To cook food on a rack under or over direct heat, such as on a barbecue.

GRIND: To reduce food to tiny particles using a grinder or a food processor.

KNEAD: To blend dough together with hands or in a mixer to form a pliable mass.

MARINATE: To soak in a flavoured liquid; usually refers to meat, poultry, or fish.

MINCE: To cut into tiny pieces, usually with a knife.

PARBOIL: To partially cook by boiling. Usually done to prepare food for final cooking by another method.

POACH To cook gently over very low heat in barely simmering liquid, just to cover.

PUREE: To mash or grind food until completely smooth, usually in a food processor, blender, sieve, or food mill.

The Cooking Dictionary (Q-Z)

REDUCE: To thicken a liquid and concentrate its flavour by boiling.

ROAST: To cook a large piece of meat or poultry uncovered with dry heat in an oven.

SHRED: To cut food into narrow strips with a knife or a grater.

SIMMER: To cook in liquid just below the boiling point; bubbles form but do not burst on the surface of the liquid.

STEAM: To cook food on a rack or in a steamer set over boiling or simmering water in a covered pan.

STEW: To cook covered over low heat in a liquid.

WHIP: To beat food with a whisk or mixer to incorporate air and produce volume.

WHISK: To beat ingredients (such as whipping cream, eggs, salad dressings, or sauces) with a fork or whisk to mix, blend, or incorporate air.

ZEST: The outer, coloured part of the peel of citrus fruit.

3. Lightly beat the egg and golden syrup together, combine with the dry mixture. Tip the dough out, knead briefly until smooth, wrap in cling film and leave to chill in the fridge for 15 minutes.
4. Roll the dough out to a 0.5cm/ $\frac{1}{4}$ in thickness on a lightly floured surface. Using cutters, cut out the gingerbread men shapes (or any shapes you have) and place on the baking tray, leaving a gap between them.
5. Bake for 12-15 minutes, or until lightly golden-brown. Leave on the tray for 10 minutes and then move to a wire rack to finish cooling.

★ Top Tips ★

- Be careful to measure the ingredients as accurately as possible as too much golden syrup can make the biscuits too hard.
- Encourage children to get involved by helping to knead and roll out the dough and then pressing down the cutters.
- Use any cutters you have—as long as the biscuits are of similar size they will cook evenly.

Notes: Gingerbread Biscuits

Recipe 17: Gingerbread Biscuits



Approximate Total Cost: £1.13

Approximate Cost Per Person: 28p

Ingredients:

175g/6oz	Plain Flour (plus extra for rolling out)
1/2 Teaspoon	Bicarbonate of Soda
1 Teaspoon	Ground Ginger
1/2 Teaspoon	Ground Cinnamon
70g/2oz	Butter
90g/3oz	Brown Sugar
1	Egg
2 Tablespoon	Golden Syrup

Method:

1. Preheat the oven to 180°C/fan 160°C/gas mark 4.
Line two baking trays with greaseproof paper.
2. Sift together the flour, bicarbonate of soda, ginger and cinnamon and pour into a bowl, add the butter and blend until the mix looks like breadcrumbs. Stir in the sugar.

Cooking Hints

Making a Stock

- Crumble a stock cube into a measuring jug then pour boiling water into the jug. Stir it with a spoon until the cube dissolves.

Sifting

- You sift an ingredient to get rid of any lumps. Place your sieve over a large bowl and spoon in the correct amount.
- Lift the sieve slightly and shake it from side to side. You may need to use a spoon to push the last bit through the sieve.

Beating a Mixture

- Before you begin to beat a mixture, put a damp dishcloth under your bowl. This stops the bowl from slipping as you beat.

Preparing Garlic

- A clove of garlic is just one section of a whole bulb.
- To remove a clove of garlic from the bulb, squeeze and twist the bulb until you split the outer layers of skin.
- Slice a small piece off the top and bottom of the clove, then peel off its skin. The garlic is now ready to crush.
- Put a clove of garlic inside a garlic press. Close the press and squeeze the handles together tightly.
- Run the blade of a knife over the holes on the press, to scrape off any crushed garlic which is still sticking to it. If you don't have a garlic press, put a clove of garlic under the back of a spoon. Push down firmly on the clove several times.

Chopping an Onion

- Put the onion onto a chopping board. Use a vegetable knife to cut off the top and bottom.
- Run your knife around one side to slice the skin and lift a piece of the skin at the cut, then peel the rest of the onion.
- Put the onion on the chopping board with the flat side down to cut it in half. Then slice thinly or cube where necessary.

★ Top Tips ★

- Flapjacks are a great energy food for lunchboxes or for when you are on the go.
- You could try adding different dried fruits instead of raisins or chocolate chips e.g. dried cranberries.

Notes: Flapjack

Recipe 16: Flapjacks



Approximate Total Cost: £2.26

Approximate Cost Per Person: 56p

Ingredients:

250g	Porridge Oats
125g	Butter
125g	Brown Sugar
2-3 tablespoons	Golden Syrup (try 3 if you like gooey flapjacks)
Pinch	Ground Ginger (optional)
1/2 Cup	Raisins/Chocolate Chips (optional)

Method:

1. Preheat the oven to 180°C/fan 160°C /gas mark 4.
2. Weigh all the ingredients and place them into a bowl and mix thoroughly.
3. Take your container and spoon in all the mixture.
4. Using the back of a spoon press into the corners so the mixture is flat.
5. Place in the oven and bake until golden brown (approximately 20 minutes).

Weights, Measures & Temperatures

Here are some useful hints and tips when weighing and measuring.

- When measuring liquid, for a more accurate measurement, look at the measuring jug/cup at eye level, not from above.
- When measuring with a spoon ensure the ingredient is level with the edge of the spoon and not heaped up.
- If you are measuring onto a spoon don't hold the spoon over the mixture when you are cooking, just in case some spills off the spoon.

Please note these conversions are equivalent measurements which are easy to use when cooking. They are not exact conversions.

Liquids		
Spoons	Cups	Fluid Ounces
3 Teaspoons	1/8 Cup	—
1 Tablespoon	15ml	½ floz
2 Tablespoons	25ml	1 floz
4 Tablespoons	50ml	2 floz
8 Tablespoons	75ml	4 floz
¼ Pint	150ml	5 floz
½ Pint	300ml	10 floz
¾ Pint	450ml	15 floz
1 Pint	600ml	20 floz
1 ¾ Pint	1 Litre	35 floz

Solids	
Grams	Ounces/Pounds
25g	1 oz
50g	2 oz
75g	3 oz
125g	4 oz
150g	5 oz
175g	6 oz
225g	8 oz
350g	12 oz
400g	14 oz
450g	16 oz (1lb)

Oven Temperatures					
Electric Ovens		Gas Ovens	Electric Ovens		Gas Ovens
Celsius	Fahrenheit	Mark	Celsius	Fahrenheit	Mark
170° C	325° F	3	220° C	425° F	7
180° C	350° F	4	230° C	450° F	8
190° C	375° F	5	240° C	475° F	9
200° C	400° F	6			

Vegetables



Parsnip



Swede



Aubergine



Turnip



Sweet Potato



Carrot



Courgette



Butternut Squash



Red Onion



Leek



Asparagus



Avocado



Cabbage



Garlic Bulb/
Clove



Spinach

★ Top Tips ★

- Encourage children to get involved by helping to mix the tuna and vegetables or grating the cheese, demonstrating the safest way to do it.
- Why not try swapping tuna for any other meat, or using up any vegetables from the fridge.

Notes: Vegetable Pasta Bake

Recipe 15: Vegetable Pasta Bake



Approximate Total Cost: £3.29

Approximate Cost Per Person: 82p

Ingredients (serves 4 people):

300g	Pasta
1 tin	Tuna
1/2 tin	Chopped Tomatoes
3 tablespoons	Sweetcorn
3 tablespoons	Peas
Block	Cheese (grated)
Pinch	Salt and pepper
Pinch	Paprika

Method:

1. Add 300g of pasta to a pan of water.
2. Boil pasta for 10-12 minutes.
3. Whilst pasta is boiling, Mix your tuna and vegetables into a bowl.
4. Once soft, Add pasta to vegetables and mix together.
5. Add all ingredients to ovenproof dish.
6. Put grated cheese over the pasta dish and put in the oven for 20 minutes until cheese is golden brown.

Herbs and Spices



Coriander



Parsley



Fennel



Basil



Paprika



Chilli Powder



Ground Black Pepper



Mixed Herbs



Curry Powder

Recipe 1: Vegetable Jalfrezi



Approximate Total Cost: £1.71

Approximate Cost Per Person: 42p

Ingredients (serves a family of four):

1	Onion (chopped)
½	Apple (cored and chopped)
1 Teaspoon	Garlic Puree
1 Tablespoon	Jalfrezi Curry Paste
½	Carrot (sliced)
½	Fresh Pepper (any colour, deseeded and chopped into small pieces)
1/2 tin (200g)	Chopped Tomatoes
2 Handfuls	Cauliflower (broken into small pieces)
1/2 tin (200g)	Chickpeas (from a can, water rinsed and drained)
150ml	Vegetable Stock (stock cube + 150ml boiling water)
25g	Frozen Peas
2 Tablespoons	Fresh Coriander (chopped)
1 Pinch	Black Pepper
200g	Couscous (to serve with the Jalfrezi)
250ml	Boiling Water (to make the Couscous)

6. Lay out onto a lightly floured surface and press gently using fingers until the dough is about 3cm thick.
7. Cut out using round cutters.
8. Transfer to a lightly floured baking sheet then brush the scones with the remaining milk.
9. Bake for 12-15 minutes until golden and well risen.

★ Top Tips ★

- Serve with clotted cream and jam.
- Have your scone with a nice drink for afternoon tea.
- Encourage children to rub the mixture with their fingers.

Notes: Cherry Scones

Recipe 14: Cheese and Onion Pie



Approximate Total Cost: £1.95

Approximate Cost Per Person (approx. 6 servings): 17p

Ingredients (makes approx. 6-8 scones):

225g	Self Raising Flour
1/2 Teaspoon	Bicarbonate of Soda
1/2 Teaspoon	Salt
50g	Butter
2 Tablespoons	Caster Sugar
142ml	Buttermilk
2 Tablespoon	Milk
2 Teaspoon	Vanilla Extract
50g	Glacé Cherries

Method:

1. Heat oven to 200°C/180°C fan/gas mark 6 .
2. Put the flour, salt, bicarbonate of soda and butter into a bowl.
3. Rub with your fingers until the mixture resembles breadcrumbs.
4. Mix in the sugar.
5. Quickly mix in the buttermilk, a splash of milk, vanilla and cherries and bring together to make a soft dough.

Method:

1. Add onion, apple, garlic puree and curry paste to a mixing bowl and mix well.
2. Add the carrot, pepper, tomatoes, cauliflower, chickpeas to the bowl.
3. Make the vegetable stock by adding 150ml of boiling water to the vegetable stock cube, stir until the cube dissolves then add to the bowl of vegetables.
4. Add all the ingredients to a large saucepan and simmer, partially covered for 30-35 minutes.
5. Add the 250ml of boiling water to the 200g of Couscous, stir and allow the Couscous to soak up the water.
6. Add the peas and coriander to the curry and cook for a further 2-3 minutes then serve.

★ Top Tips ★

- Cool any leftovers quickly and refrigerate, covered for up to three days. Make sure that you re-heat thoroughly before serving.
- Encourage children to get involved by helping to prepare the vegetables e.g. breaking up the cauliflower.

Notes: Vegetable Jalfrezi

Recipe 2: Crunchy Fish Fingers with Homemade Chips



Approximate Total Cost: £2.03

Approximate Cost Per Person: 50p

Ingredients (serves a family of four):

1 Tablespoon	Vegetable Oil (plus extra for greasing)
4	Potatoes (medium sized)
1 Pinch	Salt
1 Pinch	Black Pepper
250g	Pollock (or any white fish fillets, boneless and skinless)
1	Egg
50g	Breadcrumbs (dry/stale bread is fine)

Method:

1. Preheat the oven to 200°C/fan oven 180°C/gas mark 6.
2. Grease a baking tray with a little vegetable oil.
3. Chop the potatoes into chips, leaving the skin off or peeling first.

6. Lay out onto a lightly floured surface and press gently using fingers until the dough is about 3cm thick.
7. Cut out using round cutters.
8. Transfer to a lightly floured baking sheet then brush the scones with the remaining milk.
9. Bake for 12-15 minutes until golden and well risen.

★ Top Tips ★

- Serve with clotted cream and jam.
- Have your scone with a nice drink for afternoon tea.
- Encourage children to rub the mixture with their fingers.

Notes: Cherry Scones

Recipe 13: Vegetable Soup



Approximate Total Cost: £1.95

Approximate Cost Per Person (approx. 6 servings): 17p

Ingredients (makes approx. 6-8 scones):

225g	Self Raising Flour
1/2 Teaspoon	Bicarbonate of Soda
1/2 Teaspoon	Salt
50g	Butter
2 Tablespoons	Caster Sugar
142ml	Buttermilk
2 Tablespoon	Milk
2 Teaspoon	Vanilla Extract
50g	Glacé Cherries

Method:

1. Heat oven to 200°C/180°C fan/gas mark 6 .
2. Put the flour, salt, bicarbonate of soda and butter into a bowl.
3. Rub with your fingers until the mixture resembles breadcrumbs.
4. Mix in the sugar.
5. Quickly mix in the buttermilk, a splash of milk, vanilla and cherries and bring together to make a soft dough.

4. Put the chips into a roasting tin and add 2 tablespoons of vegetable oil, tossing to coat all the chips and season them with some salt and black pepper.
5. Put the chips into oven to the bake for 45 minutes.
6. Cut the fish fillets into even sized 'fingers.' Season with a pinch of black pepper.
7. Beat the egg in a shallow dish and mix with 3 tablespoons of cold water. Sprinkle the breadcrumbs onto a plate. Dip the fish fingers into the egg mixture, then roll them in the breadcrumbs and arrange on the baking tray, allowing space between them.
8. When the potatoes have been in the oven for 25 minutes, turn them over using a spatula, at the same time put the fish fingers into the oven. Cook for 20 minutes, until crispy and golden brown. Serve.

★ Top Tips ★

- If you like, add a few dried herbs or a pinch of paprika to the breadcrumbs to give extra flavour to the fish fingers.
- Mix together some chopped fresh parsley with 4 tablespoons of plain low-fat natural yoghurt to make a tasty dip for the fish fingers and chips.
- Try serving with vegetables, baked beans or peas.
- Encourage children to get involved with dipping and rolling the fish fingers in the egg and breadcrumb mix.

Notes: Crunchy Fish Fingers with Homemade Chips

Recipe 3: Turkey Tikka Kebabs with Sweet Potato Wedges



Approximate Total Cost: £2.25

Approximate Cost Per Person: 63p

Ingredients (serves a family of four): Turkey Kebabs

250g	Skinless Turkey/Chicken Breast (cut into chunks)
75g	Low Fat Natural Yoghurt
1 Teaspoon	Tikka Masala Curry Paste
1/2	Pepper (any colour, deseeded and cut into chunks)
1/2	Courgette (Sliced)
6	Cherry Tomatoes
1/4	Cucumber (chopped)
1 Handful	Lettuces Leaves

Ingredients: Sweet Potato Wedges

2	Sweet Potatoes (cut into wedges)
1 Pinch	Salt and Pepper
2 Tablespoons	Paprika
1 Tablespoon	Mixed Herbs
2 Tablespoons	Vegetable Oil

Method:

1. Preheat the oven to 180°C/160°C fan/gas mark 4.
2. Lay out the puff pastry sheet onto a baking tray covered with greaseproof paper.
3. Cut approx. 1cm of pastry off around all edges of the pastry sheet.
4. Using milk, stick the cut off pastry strips onto the edges of the remaining pastry sheet like a border/frame. Brush the border with milk.
5. Mix together all ingredients for the base in a bowl and spread onto the puff pastry sheet, inside the border.
6. Add all toppings you wish.
7. Bake in the oven for approximately 25-30 minutes or until the pastry is golden brown.

★ Top Tips ★

- Encourage children to get involved by mixing and spreading the tomato base as well as choosing and sprinkling toppings.
- Puff pastry tarts are a great way of using up leftover ingredients from the fridge so get creative!

Notes: Puff Pastry Tart

Recipe 12: Puff Pastry Tart



Approximate Total Cost: £3.62

Approximate Cost Per Person: 90p

Ingredients (1 tart serves 4 people):

1 Sheet Puff Pastry

For the Tomato Base:

3 Tablespoons Tomato Puree

2 Tablespoons Tomato Ketchup

1 Teaspoon Garlic Puree

1 Teaspoon Mixed Herbs

1 Pinch Salt & Pepper

For the Topping (as desired):

1 Small Block Cheese (Grated)

1/2 Pepper

6 Sundried Tomatoes

1 Handful Olives

2 Tablespoons Sweetcorn

Method:

1. Put the turkey/chicken chunks into a plastic mixing bowl, add the low fat yoghurt, curry paste and coriander. Mix together thoroughly then cover and chill for at least 20 minutes (though you can leave it overnight if preferred).
2. Cut the sweet potatoes into wedges, transfer to a plastic bowl. Add the oil, mixed herbs, paprika and salt and pepper. Toss until well coated. Put onto a baking tray and put in the oven for 20 minutes at 180°C/fan 160°C/gas mark 4.
3. When the turkey/chicken is ready to cook, soak four kebab sticks in hot water for a few minutes.
4. Thread the turkey/chicken chunks, pepper and courgettes onto the kebab sticks, alternating the pieces.
5. Put the kebabs onto a baking tray with a drizzle of oil and cook for 15- 20 minutes, turning often. Make sure the turkey is cooked through by checking with a sharp knife, there shouldn't be any pink juices.
6. Meanwhile, mix together the chopped cucumber and lettuce leaves to make a side salad.

★ Top Tips ★

- Try serving with brown rice instead of sweet potato wedges.
- If you're not keen on coriander or chilli, simply leave them out.
- You could also try serving with pitta breads.
- Kebabs can also be cooked under the grill.
- Encourage children to get involved with mixing the curry paste and yoghurt, breaking up the vegetables or supervise them to safely put the softer vegetables onto the skewer.

*Notes: Turkey Tikka Kebabs with
Sweet Potato Wedges*

Recipe 4: Tuna, Vegetable and Cheese Patties with Lemon & Black Pepper Mayonnaise



Approximate Total Cost: £1.95

Approximate Cost Per Person: 48p



Ingredients (serves a family of four): Patties

1 Tin	Tuna (drained)
1	Carrot (grated)
1	Onion (finely chopped)
100g	Breadcrumbs
1	Egg (beaten)
50g	Cheddar Cheese (grated)
1 Tablespoon	Coriander/Parsley (chopped)
1 Pinch	Black Pepper
½ Teaspoon	Vegetable Oil (for greasing)
1	Potato (cooked, mashed and cooled)

Lemon and Black Pepper Mayonnaise:

1 Slice	Lemon (squeezed for juice)
2 Pinches	Black Pepper
4 Tablespoons	Mayonnaise

6. Pour the egg mix into the bun tin holes.
7. Divide the chopped vegetables between the bun tin holes, dropping them into the egg mixture.
8. Top each quiche mix with a pinch of grated cheese.
9. Stand the tin on a baking tray and bake in the oven for about 15 minutes until lightly golden and just set.

★ Top Tips ★

- Crustless quiches are quick to make, a healthier option (pastry free) and make a popular lunch with children, helping them on their way to 5-a-day.
- You could try greasing the bun tin using an oil spray rather than butter, reducing the amount you use.

Notes: Mini Crustless Quiches

Recipe 11: Mini Crustless Quiches



Approximate Total Cost: £2.00

Approximate Cost Per Person: 50p

Ingredients (serves a family of four):

1/2	Pepper (any colour you like)
1/2 Stick	Celery
3	Eggs
50ml	Milk
75g	Cheese
1/2 Bunch	Spring Onions
1	Handful of Broccoli
Small Pinch	Salt & Pepper

Method:

1. Pre-heat the oven to 180°C/fan 160°C/gas mark 4.
2. Grease the bun tin with butter or oil.
3. Chop up the celery, pepper, spring onions and broccoli into small pieces.
4. Grate the cheese.
5. Crack the eggs into a jug and whisk until well mixed.

Method:

1. Preheat the oven to 200°C/fan 180°C/gas mark 6.
2. Grease a large baking tray with a little vegetable oil.
3. Put the tuna into a large mixing bowl and mash it with a fork. Add the potato, carrots, onion, breadcrumbs, egg, cheese and coriander or parsley.
4. Season with some black pepper.
5. Shape the mixture into 6 patties/burgers and arrange them on the prepared baking tray.
6. Bake for about 20-25 minutes, until golden brown and piping hot.
7. For the lemon and black pepper mayonnaise, mix mayonnaise with a squeezed lemon slice and a few pinches of black pepper.

★ Top Tips ★

- When you're really hungry, serve the patties in warm pitta breads or lightly toasted burger buns.
- If you don't eat fish or aren't keen on tuna, replace the tuna with a 150g pack of marinated tofu pieces, chopped finely.
- Encourage children to get involved by helping mash and mix the ingredients together and shape them into patties.

*Notes: Tuna, Vegetable and Cheese Patties
with Lemon & Black Pepper Mayonnaise*

Recipe 5: Sunday Roast



Approximate Total Cost: £3.87

Approximate Cost Per Person: 96p

Ingredients (serves a family of four):

2	Chicken Breasts
4	Large Potatoes (peeled and quartered)
1 tablespoon	Vegetable Oil
2	Carrots (sliced)
1	Leek (sliced)
1 or 2	Root Vegetables of your choice
2 teaspoons	Gravy Granules

Method:

1. Preheat the oven to 190°C/fan 170°C/gas mark 5.
2. Put the chicken breasts into a roasting tin.
3. Put the potatoes into a separate roasting tin and add the oil. Toss to coat, then roast on the oven shelf until slightly golden browned.
4. Start to cook the vegetables when the chicken is almost done. The carrots will take 10-15 minutes. The leeks, cabbage and peas will take 5-8 minutes when cooked together in a covered saucepan with a small amount of boiling water.

2. Meanwhile, drain the juice from the pineapple into a small bowl or jug. Cut the pineapple rings into chunks. Add the cornflour to the juice and stir until smooth, then mix in the tomato puree and soy sauce. Set to one side.
3. 3. 10 minutes before the rice is cooked, heat the oil in a wok or very large frying pan. Add the chicken and stir-fry over a high heat for 3-4 minutes.
4. Add the onion, pepper and celery to the wok or frying pan. Stir-fry for another 3-4 minutes, then add the tomato wedges and pineapple.
5. 5. Stir the pineapple juice mixture, then add it to the wok, stirring until hot and thickened. Season with pepper, then serve with the drained rice.

★ Top Tips ★

- Why not try making this recipe with turkey or lean pork instead of chicken? Or a meat free alternative?
- Add extra vegetables to the stir-fry or vary them to suit you. Try broccoli florets, red onion, sliced green beans or carrot strips for a change.

Notes: Sweet and Sour Chicken

Recipe 10: Sweet and Sour Chicken



Approximate Total Cost: £3.86

Approximate Cost Per Person: 97p

Ingredients (serves a family of four):

150g	Rice
227g	Pineapple Pieces in Natural Juice
1 Tablespoon	Cornflour
2 Teaspoon	Tomato Puree
1 Teaspoon	Soy Sauce
2 Teaspoon	Oil
300g	Uncooked Chicken (thigh or breast cut into chunks)
1	Onion (thinly sliced)
1	Peppers (any colour, deseeded and cut into chunks)
3	Celery Sticks (sliced)
2	Tomatoes (sliced into wedges)
1 Pinch	Black Pepper

Method:

1. Put the brown rice on to cook in plenty of boiling water for 30 minutes, or until tender. If using white rice, remember it needs to cook for just 12 minutes.

5. Check that the chicken is completely cooked by using a sharp knife, the juices should run clear and the chicken should be white not pink.
6. Make the gravy according to packed instructions.
7. Serve $\frac{1}{2}$ chicken breast sliced with the roast potatoes, vegetables and gravy.

★ Top Tips ★

- Serve plenty of vegetables, as they're low in calories and fat, though avoid adding butter or salt.
- Use any leftovers to make a delicious stir-fry, adding some noodles.
- Encourage children to get involved by choosing the vegetables whilst out shopping.

Notes: Sunday Roast

Recipe 6: Sausage and Bean Stew



Approximate Total Cost: £2.44

Approximate Cost Per Person: 61p

Ingredients (serves a family of four):

2	Reduced Fat Sausages/Meat Free Sausages
2 Teaspoon	Oil
1	Onion (finely chopped)
2	Garlic Cloves (peeled and crushed) OR 2 Tablespoons Garlic Puree
1 Tin	Chopped Tomatoes (approx 400g)
1 Tin	Cannellini Beans in water drained (approx 300g)
1	Large Potato (or 2 small) (peeled and cubed)
1	Carrot (peeled and chopped)
2 Teaspoons	Dried Mixed Herbs
1 Pinch	Ground Black Pepper

Method:

1. Preheat the grill. Grill the sausages for 8-10 minutes, turning occasionally, until they're thoroughly cooked.
2. While the sausages are cooking, heat the oil in a large saucepan and gently fry the onion and garlic for 2-3 minutes. Add the chopped tomatoes or passata, cannellini beans or butter

5. Take your pan off the heat and add a little of the milk. Stir it really well. Carry on stirring in the rest of the milk, a little at a time.
6. Return your pan to the heat and start to bring it to the boil, stirring all the time. The sauce will stick to the pan if you don't stir it.
7. The sauce will begin to thicken. Let the sauce bubble for a minute then turn off the heat. Stir in the mustard and cheese.
8. Pour the sauce over the cooked macaroni. Stir it well so that the sauce coats all of the pieces of macaroni.
9. Grease an ovenproof dish and pour the cheesy macaroni into it. Sprinkle grated cheese on top. Put the dish into the oven for about 25 minutes, until golden brown on top and bubbling underneath.

★ Top Tips ★

- When you add the cheese to the sauce after you have turned off the heat it should coat the back of a wooden spoon when you lift it out.
- Encourage children to get involved by showing them how to safely use a grater, then supervising hem to give it a go.

Notes: Macaroni Cheese

Recipe 9: Macaroni Cheese



Approximate Total Cost: £2.79

Approximate Cost Per Person: 69p

Ingredients (serves a family of four):

175g	Macaroni Pasta Shapes
50g	Butter/Margarine
50g	Plain flour
600ml	Milk
1 Teaspoon	Mustard
200g	Cheese (grated)
Pinch	Salt and Pepper

Method:

1. Preheat the oven to 200°C/fan 180°C/gas mark 6.
2. Boil a pan of water and cook the macaroni pasta shapes according to the packet (approximately 15 minutes once water is boiling).
3. Drain the water from the pasta once cooked.
4. For the cheese sauce: melt the butter or margarine in a pan over a low heat. Stir in the flour and cook it for one minute.

beans, potatoes and basil or mixed herbs. Simmer for 15-20 minutes until the potatoes are tender.

3. Slice the sausages and add them to the saucepan. Stir and cook everything together for another 2-3 minutes until piping hot.

★ Top Tips ★

- Cut the cubes of potato quite small, so that they cook quicker.
- Try adding chopped courgettes, carrots or other vegetables with the potato to get more of your 5 A DAY.
- Encourage children to get involved by helping with the stirring and mixing.

Notes: Sausage and Bean Stew

Recipe 7: Perfect Chicken Pasta with Tomato Sauce



Approximate Total Cost: £1.18

Approximate Cost Per Person: 30p

Ingredients (serves a family of four):

500g	Fresh Chicken Breast (chopped)
1	Teaspoon Oil
1	Onion (finely chopped)
1	Garlic Clove (peeled and crushed)
	OR 2 Tablespoons Garlic Puree
1 Tin	Chopped Tomatoes (approx. 400g)
2 Teaspoon	Tomato Puree
2 Teaspoon	Mixed Herbs
1 Pinch	Ground Black Pepper
350g	Dried Spaghetti
1 Tablespoon	Fresh Basil (if desired) (chopped, to garnish)

Method:

1. Heat the oil in a saucepan or frying pan. Add the onion and cook over a medium heat for 3-4 minutes, until soft.

3. Add the curry powder and stir well to mix, then add the tomatoes, mango chutney, 300ml water and the tomato puree. Cover and simmer gently for about 1 ½-2 hours, or until the meat is tender, adding more water if necessary.
4. About 15 minutes before serving, cook the rice according to packet instructions. Serve with the curry.

★ Top Tips ★

- For a vegetarian version, try using soya chunks instead of beef.
- You could make this in a slow cooker, transferring it at step 3, adding only a little water.
- For extra heat, add a generous pinch of dried chilli flakes when you stir in the curry powder.

Notes: Brilliant Beef Curry

Recipe 8: Brilliant Beef Curry



Approximate Total Cost: £3.97

Approximate Cost Per Person: 99p

Ingredients (serves a family of four):

200g	Lean Braising Steak (cut into chunks)
2	Onions (chopped)
1	Pepper (any colour, deseeded and chopped)
2	Carrots (peeled and chopped)
2	Garlic Cloves
2 Tablespoons	Curry Powder
2 Tins	Chopped Tomatoes
2 Tablespoons	Mango Chutney
2 Tablespoons	Tomato Puree
200g	Rice

Method:

1. Brown the beef in a large saucepan or flameproof casserole dish over a low heat. Add the onion and cook for 5 minutes, stirring occasionally.
2. Add the peppers, carrots and garlic. Cook for 5 minutes, stirring often to stop it from sticking, adding a little water if necessary.

2. Add chicken pieces and cook for further 15 minutes, till chicken is brown.
3. Add the garlic and cook gently for another minute. Add the chopped tomatoes, tomato puree and mixed herbs. Season with pepper. Simmer gently for 15 minutes until the sauce is thick and rich.
4. Meanwhile, cook the spaghetti according to pack instructions.
5. Drain the spaghetti and serve with the sauce, topped with fresh basil or chopped herbs (if using).

★ Top Tips ★

- Use any shape of pasta as a change from spaghetti.
- Stir about 12 halved cherry tomatoes through the sauce just before serving, if you like.
- Encourage children to get involved by helping with the measuring or pressing the garlic clove if you're using one.

Notes: Perfect Chicken Pasta with Tomato Sauce