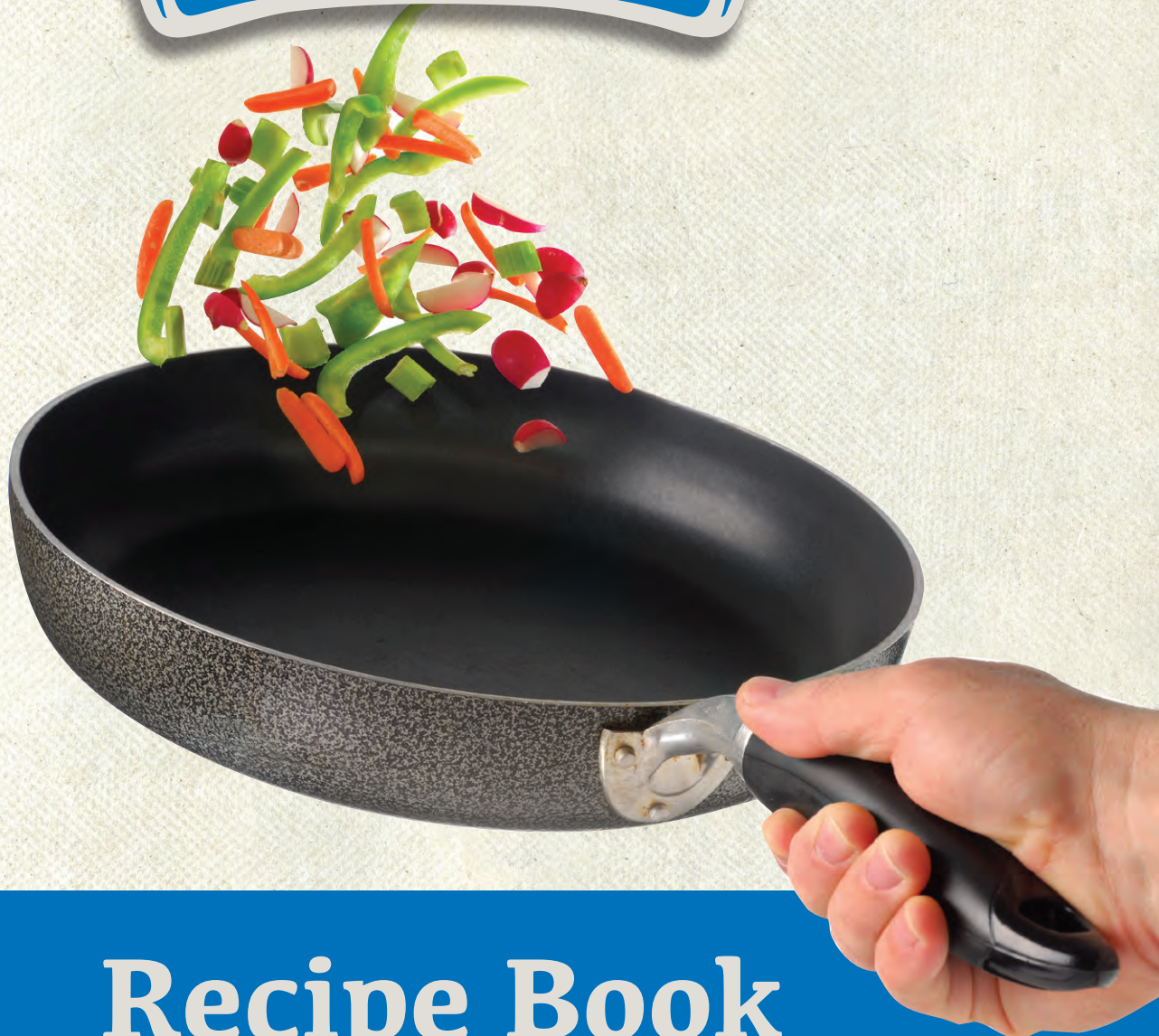


# Confidence to Cook



# Recipe Book





## **Introduction**

Welcome to the Confidence to Cook, Eat Better, Feel Better mini recipe book.

We have chosen from our extensive recipe pack a few of our most popular recipes that have been enjoyed by a range of budding cooks across Grampian.

These recipes utilise a range of cooking methods, with minimal ingredients and limited cooking times to suit all skill level and budget.

The recipes have all been nutritionally analysed so that you can compare them with your favourite convenience version. We do hope you enjoy them.

Look out for our Confidence to Cook website coming soon which will allow you to download the full range of recipes and submit your own family favourites for analysing.

## Broccoli, Sweet Potato and Lemon Soup

Ingredients (serves 4)	Method
<p>1 Onion (peeled and chopped)</p> <p>2 Carrots (peeled and chopped)</p> <p>1 Small Sweet Potato (peeled and chopped)</p> <p>1 Small Head of Broccoli (chopped)</p> <p>½ cm Piece of Ginger (peeled and chopped)</p> <p>1 Litre Boiling Water with 1 Chicken or Vegetable Stock Cube</p> <p>Lemon Juice to Taste</p> <p>Pinch of Black Pepper</p>	<ol style="list-style-type: none"> <li>1. Place onion, carrots, sweet potato, broccoli, ginger and stock in a large saucepan.</li> <li>2. Bring to boil and cook for 30 minutes until vegetables are soft.</li> <li>3. Puree or mash the soup to desired consistency.</li> <li>4. Season with lemon juice and black pepper and serve.</li> </ol>

- For a spicy soup, a chopped fresh red chilli may be added before serving and garnish with a spoon of natural yoghurt

### A 423.12g serving contains

Energy	Fat	Saturates	Sugars	Salt
431kJ 102kcal	<b>1.1g</b>	<b>0.2g</b>	<b>7.6g</b>	<b>0.80g</b>
5%	LOW 2%	LOW 1%	LOW 8%	LOW 13%

of an adult's reference intake

Typical values per 100g: 102kJ/24kcal



## Carrot & Potato Soup

Ingredients (serves 4)	Method
<p>1 Onion (peeled and chopped)</p> <p>2 Potatoes (peeled and diced)</p> <p>2 Carrots (peeled and chopped)</p> <p>1 Litre Boiling Water with 1 Vegetable Stock Cube</p> <p>Pinch of Black Pepper</p> <p>½ Tablsp Chopped Parsley</p>	<ol style="list-style-type: none"> <li>1. Place onion, carrots and potatoes in a large saucepan, pour in the stock, bring to the boil and leave to cook over a low heat for 30 minutes or until the vegetables are soft and tender.</li> <li>2. Puree or mash the soup to desired consistency.</li> <li>3. Season with black pepper, add parsley and serve.</li> </ol>

**A 401.87g serving contains**

Energy	Fat	Saturates	Sugars	Salt
420kJ 99kcal	<b>0.7g</b>	<b>0g</b>	<b>4.2g</b>	<b>0.77g</b>
5%	LOW 1%	LOW 0%	LOW 5%	LOW 13%

**of an adult's reference intake**

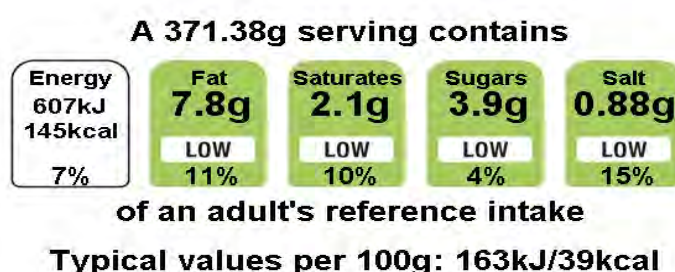
**Typical values per 100g: 104kJ/25kcal**



## Creamy Chicken Soup

Ingredients (serves 4)	Method
<p>1 Chicken Quarter or 2 Chicken Thighs</p> <p>1 Bay Leaf (optional)</p> <p>1 Litre Boiling Water with 1 Chicken Stock Cube</p> <p>20g Sunflower Margarine</p> <p>1 Onion (peeled and chopped)</p> <p>20g Plain Flour</p> <p>200ml Semi Skimmed or Skimmed Milk</p> <p>1 Dessertsp Lemon Juice</p> <p>Pinch of Black Pepper</p> <p>Parsley to garnish</p>	<ol style="list-style-type: none"> <li>1. Place the chicken, bay leaf and stock in a pan and simmer for 30 minutes. Strain the liquid through a sieve, capturing the stock in a jug or bowl.</li> <li>2. Melt the margarine in a large saucepan, add the onion and cook gently.</li> <li>3. Stir in the flour, gradually add the stock and the milk, cook gently for 10 minutes.</li> <li>4. Remove the skin and bones from the chicken pieces and discard.</li> <li>5. Chop the chicken meat and add to the soup.</li> <li>6. Flavour with lemon juice and season with black pepper to taste, garnish with parsley and serve.</li> </ol>

- Sweetcorn, mushrooms or leeks may be added at Stage 5



## Smoked Fish Chowder

Ingredients (serves 4)	Method
<p>2 Potatoes (peeled and chopped)</p> <p>1 Onion (peeled and chopped)</p> <p>500ml Boiling Water with 1 Fish or Vegetable Stock Cube</p> <p>½ Teasp Black Pepper</p> <p>1 Large Fillet of Smoked Haddock (skinned)</p> <p>120ml Semi Skimmed or Skimmed Milk</p> <p>1 x Small Tin (198g) (drained) or Frozen sweetcorn</p> <p>Parsley to garnish</p>	<ol style="list-style-type: none"> <li>1. Place potatoes and onion in a large pan.</li> <li>2. Add stock and pepper.</li> <li>3. Bring to the boil then simmer gently for 15-20 minutes.</li> <li>4. When the potatoes are soft, gently mash about one third of them in the pan, add the fish, milk and sweetcorn. Heat gently. If soup is too thick add more water or milk.</li> <li>5. Serve garnished with parsley.</li> </ol>

- For Cullen Skink chopped leeks may be added instead of sweetcorn at Stage 4

**A 346.88g serving contains**

Energy	Fat	Saturates	Sugars	Salt
741kJ 175kcal	<b>1.7g</b>	<b>0.4g</b>	<b>7.1g</b>	<b>1.6g</b>
9%	LOW 2%	LOW 2%	LOW 8%	MED 27%

**of an adult's reference intake**

**Typical values per 100g: 214kJ/50kcal**



## Mushroom and Pepper Pilaf

Ingredients (serves 1)	Method
<p>1 Teasp Sunflower Margarine</p> <p>1 Pepper (washed, de-seeded and chopped)</p> <p>1 Medium Onion (peeled and chopped)</p> <p>1 x 285g Tin of Mushroom (drained)</p> <p>160ml Boiling Water</p> <p>50g Long Grain or Risotto Rice</p> <p>1 Teasp Chopped Parsley (optional)</p> <p>Pinch of Black Pepper</p>	<ol style="list-style-type: none"> <li>1. Melt margarine in a saucepan, add pepper and onion and cook until softened.</li> <li>2. Add mushrooms; heat through.</li> <li>3. Stir in the water, rice and parsley. Bring to the boil.</li> <li>4. Reduce heat; cover and simmer for 14-16 minutes or until liquid is absorbed and rice is tender, season with black pepper.</li> <li>5. Serve.</li> </ol>

**A 561.5g serving contains**

<b>Energy</b> 1372kJ 327kcal 16%	<b>Fat</b> <b>7.1g</b> LOW 10%	<b>Saturates</b> <b>1.6g</b> LOW 8%	<b>Sugars</b> <b>6.9g</b> LOW 8%	<b>Salt</b> <b>1.5g</b> LOW 25%
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**of an adult's reference intake**

**Typical values per 100g: 244kJ/58kcal**





## Chicken Chow Mein

Ingredients (serves 1)	Method
1 Teasp Sunflower Oil 1 x 80g Chicken Breast (sliced) 1 Medium Onion or 2 Spring Onions (peeled and chopped) 1 Clove of Garlic (peeled and chopped) 1 Pepper (de-seeded and sliced) 6 Mushrooms (washed and sliced) 100g Pak Choi or Green Cabbage (shredded) 1 Carrot (peeled and sliced) 1" Fresh Root Ginger (peeled and chopped) 75g Egg Noodles (cooked) 1 Teasp Soy Sauce	1. Heat the oil in a large frying pan or wok. Stir fry chicken, onion and garlic till golden brown. 2. Reduce the heat and add the vegetables, continue to stir. 3. Add the egg noodles to the chicken and vegetables, add soy sauce to taste and serve.

- Try different vegetables e.g. baby corn, sugar-snap peas, beansprouts, water chestnuts, bamboo shoots etc.
- Chow Mein can be made with different meats e.g. turkey, pork etc.

### A 582g serving contains

<b>Energy</b> 2352kJ 558kcal <b>28%</b>	<b>Fat</b> <b>14g</b> <b>LOW</b> <b>19%</b>	<b>Saturates</b> <b>2.8g</b> <b>LOW</b> <b>14%</b>	<b>Sugars</b> <b>18g</b> <b>LOW</b> <b>19%</b>	<b>Salt</b> <b>1.5g</b> <b>LOW</b> <b>24%</b>
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of an adult's reference intake

Typical values per 100g: 404kJ/96kcal

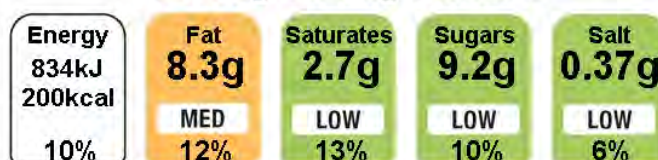


## Bobotie (African)

### Bobotie

Ingredients (serves 2)	Method
<p>125g Lean Minced Beef/Lamb</p> <p>1 Small Onion (peeled and chopped)</p> <p>1 Apple (cored and chopped)</p> <p>1 Dessertsp Sultanas</p> <p>½ Teasp Hot Curry Powder</p> <p>Pinch of Black Pepper</p> <p>2 Slices of Bread</p> <p>60ml Semi Skimmed Milk</p> <p>2 Eggs</p> <p>10 Peanuts (or almonds or cashews)</p> <p>½ Lettuce (washed and shredded)</p> <p>2 Tomatoes (washed and sliced)</p> <p>½ Cucumber (washed and sliced)</p>	<p><b>Pre-heat oven to 300F, 150C or Gas Mark 2</b></p> <ol style="list-style-type: none"> <li>1. Heat a non-stick pan, brown mince with onion.</li> <li>2. Add apple, sultanas, curry powder and black pepper.</li> <li>3. Soak bread in milk.</li> <li>4. Squeeze milk from bread and add milk to eggs.</li> <li>5. Add bread to mince mixture.</li> <li>6. Place mince mixture in an oven proof dish, press mixture down with the back of a spoon. Sprinkle with peanuts and top with egg and milk mixture.</li> <li>7. Bake in oven for approx 30 minutes until egg is set and topping is golden brown.</li> <li>8. Serve with prepared side salad.</li> </ol>

**A 261.5g serving contains**



**of an adult's reference intake**

**Typical values per 100g: 319kJ/76kcal**



## Keema Curry

Ingredients (serves 2)	Method
125g Lean Minced Beef 1 Onion (peeled and chopped) 1 Clove of Garlic (peeled and crushed) 2.5cm Piece of Fresh Ginger (peeled and chopped finely) 1 Tablesp Medium Curry Powder 1 x 400g Tin of Chopped Tomatoes 50g Frozen Peas 100ml Water 100g Long Grain rice (boiled)	1. In a saucepan brown the mince, add the onion, garlic and ginger cook for a couple of minutes. 2. Add the curry powder and cook for 1 minute more. 3. Add the remaining ingredients, except the rice. 4. Cover and simmer for 15 minutes before serving with rice.

- Additional vegetables may be added at Stage 3 e.g. peppers, courgettes, mushrooms etc.
- For a hotter curry add chilli – fresh or powdered
- For a sweeter curry add mango chutney

### A 456g serving contains

<b>Energy</b> 1758kJ 418kcal <b>21%</b>	<b>Fat</b> <b>9.7g</b> <b>LOW</b> <b>14%</b>	<b>Saturates</b> <b>3.1g</b> <b>LOW</b> <b>16%</b>	<b>Sugars</b> <b>9.1g</b> <b>LOW</b> <b>10%</b>	<b>Salt</b> <b>0.49g</b> <b>LOW</b> <b>8%</b>
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of an adult's reference intake

Typical values per 100g: 386kJ/92kcal



## Couscous Salad

Ingredients (serves 4)	Method
200g Couscous 50g Sultanas 350ml Boiling Water with 1 Vegetable Stock Cube 2 Tomatoes (finely chopped) 4 Spring Onions (peeled and finely chopped) 1 Tablsp Fresh Mint (chopped) 1 Tablsp Fresh Coriander (chopped) 1 Tablsp Lemon Juice	1. Place Couscous and sultanas in a large bowl and pour over stock. Set aside for 5 minutes until all the liquid is absorbed – mix with a fork to separate the grains. 2. Stir in tomatoes, spring onions, lemon juice and herbs. 3. Serve chilled.

- Couscous is a good alternative to rice and pasta
- Serve hot with roasted vegetables for a tasty nutritious meal
- Great for a packed lunch, add additional vegetables, cooked chicken, smoked mackerel etc.
- Experiment with additional ingredients e.g., sliced mushrooms, chopped apricots, peaches, pine or cashew nuts etc.

### A 234.25g serving contains

Energy	Fat	Saturates	Sugars	Salt
733kJ 173kcal	<b>1.2g</b>	<b>0g</b>	<b>11g</b>	<b>0.76g</b>
9%	LOW 2%	LOW 0%	LOW 12%	MED 13%

of an adult's reference intake

Typical values per 100g: 313kJ/74kcal





## Spicy Potato Wedges

Ingredients (serves 4)	Method
4 Large Baking Potatoes (scrubbed) 2 Tablsp Cajun Spice 1 Tablsp Olive or Sunflower Oil	<p><b>Pre-heat oven to 200C / 400F / Gas Mark 6</b></p> <ol style="list-style-type: none"> <li>1. Cut each potato into 8 wedges.</li> <li>2. Put the potato wedges in an oiled roasting tin, sprinkle over cajun spice, till wedges are coated.</li> <li>3. Cook in the top of the oven – they must be in single layers, use two tins if necessary – for 30 minutes, test for readiness, if still hard, turn and return to oven checking every 5 minutes until soft in the middle and crisp on the outside.</li> </ol>

- This is a good alternative to chips; roast in the oil without the Cajun spice
- Serve as an accompaniment to grilled meats

### A 241g serving contains

<b>Energy</b> 1504kJ 357kcal 18%	<b>Fat</b> <b>5.0g</b> LOW 7%	<b>Saturates</b> <b>0.5g</b> LOW 3%	<b>Sugars</b> <b>2.7g</b> LOW 3%	<b>Salt</b> <b>0.09g</b> LOW 1%
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of an adult's reference intake

Typical values per 100g: 624kJ/148kcal



## Chive and Mackerel Pate with Oatcakes & Side Salad

Ingredients (serves 4)	Method
<p>160g Smoked Mackerel Fillets (skinned and chopped)</p> <p>1 Tablsp Fresh Chives (chopped)</p> <p>1-2 Teasp Lemon Juice</p> <p>4 Tablsp Low Fat Natural Yogurt</p> <p>Pinch of Black Pepper</p> <p>½ Lettuce (washed and shredded)</p> <p>2 Tomatoes (washed and sliced)</p> <p>½ Cucumber (washed and sliced)</p> <p>8 Oatcakes</p>	<ol style="list-style-type: none"> <li>1. In a large bowl mix together mackerel, chives, lemon juice and yogurt until blended.</li> <li>2. Season with black pepper.</li> <li>3. Serve with prepared side salad and oatcakes.</li> </ol>

- This is a good recipe for encouraging the consumption of oily fish
- Try adding some sliced spring onion to add a bit of crunch

### A 234.5g serving contains

Energy	Fat	Saturates	Sugars	Salt
1204kJ 289kcal	<b>17g</b>	<b>4.1g</b>	<b>5.6g</b>	<b>1.6g</b>
14%	MED 24%	MED 20%	LOW 6%	MED 27%

of an adult's reference intake

Typical values per 100g: 513kJ/123kcal



## Smoked Fish Baguettes

Ingredients (serves 6)	Method
2 Small Part Baked Baguettes 1 Dessertsp Sunflower Margarine 1-2 Teasp Fresh Chives (chopped) 2 Fillets (280g) of Smoked Cod or Haddock (skinned and sliced) Pinch of Black Pepper 2 Tabbsp Cheddar Cheese (grated) ½ Iceberg Lettuce (washed and shredded) 16 Cherry Tomatoes (washed and halved) ½ Cucumber (washed and chopped)	Pre-heat oven to 190C / 375F / Gas Mark 5  1. Cut the baguettes in half lengthways. 2. Cream together the margarine and chives spread over the baguette halves. 3. Arrange the sliced fish along the baguette halves and season with pepper. 4. Sprinkle with cheese. 5. Bake for 7–8 minutes or until the baguettes are golden brown. 6. Serve with prepared side salad.

- A good alternative to sandwiches for a light lunch or supper
- A great way to encourage members of the family who are not so keen on fish

**A 228.17g serving contains**

Energy	Fat	Saturates	Sugars	Salt
1014kJ 241kcal	<b>6.3g</b>	<b>1.8g</b>	<b>4.2g</b>	<b>1.8g</b>
12%	LOW 9%	LOW 9%	LOW 5%	MED 30%

**of an adult's reference intake**

**Typical values per 100g: 445kJ/106kcal**



## Coronation Chicken

Ingredients (serves 4)	Method
<p>1 x 150g Pot of Low Fat Natural Yogurt</p> <p>4 Tablsp Low Fat Mayonnaise</p> <p>1-2 Tablsp Mild Curry Powder</p> <p>1 Teasp Runny Honey</p> <p>1 x 240g Cooked Chicken (chopped)</p> <p>1 Celery Stick (washed and sliced)</p> <p>12 Seedless Grapes (halved)</p> <p>1 Eating Apple (cored and chopped)</p>	<ol style="list-style-type: none"> <li>1. Mix together yogurt, mayonnaise, curry powder and honey.</li> <li>2. Combine with other ingredients and season to taste.</li> </ol>

- Suitable sandwich or baked potato filling
- Great served with Couscous for a packed lunch or picnic
- Additional fruit and vegetables may be added e.g. dried or fresh apricots, peaches, peppers, spring onions etc.
- Try adding some fresh herbs e.g. coriander or parsley
- Try replacing the honey and curry powder with mango chutney

### A 173.75g serving contains

Energy	Fat	Saturates	Sugars	Salt
1047kJ 250kcal	<b>13g</b>	<b>2.6g</b>	<b>8.3g</b>	<b>0.90g</b>
12%	MED 19%	LOW 13%	LOW 9%	MED 15%

of an adult's reference intake

Typical values per 100g: 603kJ/144kcal





## Thai Style Salmon with Aromatic Rice

Ingredients (serves 4)	Method
<b>Marinade</b> Juice and Zest of 1 Lime 1 Tablsp Olive Oil 2 Teasp Root Ginger (peeled and chopped) Black Pepper 4 x 90g Salmon Steaks or Fillets  <b>Rice</b> 4 Mushrooms (washed and sliced) 6 Spring Onion (2 chopped) 1 Tablsp. Fresh Basil (chopped) 1 Tablsp Fresh Coriander (chopped) 200g Long Grain Rice (boiled)	<ol style="list-style-type: none"> <li>1. Combine the marinade ingredients and add salmon for at least 10 minutes.</li> <li>2. Soften the mushrooms and onions by placing in a microwavable dish and cooking on HIGH power for 2 minutes.</li> <li>3. Cook salmon in microwave on HIGH for 3-4 minutes.</li> <li>4. Add mushrooms, onions, and herbs to boiled rice.</li> <li>5. Serve salmon on a bed of savoury rice, garnished with remaining spring onions.</li> </ol>

- Timings may vary according to wattage of microwave
- For a cheaper alternative try cod 4 x 160g, haddock 4 x 160g or mackerel fillets 4 x 40g

**A 186.75g serving contains**

Energy	Fat	Saturates	Sugars	Salt
1660kJ 396kcal	<b>15g</b>	<b>2.7g</b>	<b>0.6g</b>	<b>0.12g</b>
20%	MED 22%	LOW 13%	LOW 1%	LOW 2%

**of an adult's reference intake**

**Typical values per 100g: 889kJ/212kcal**

Microwave

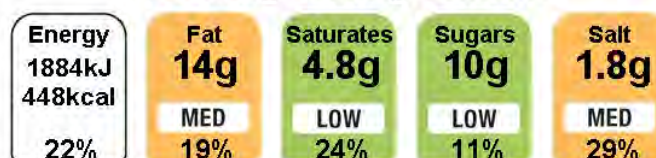


## Honey Breast of Chicken on Rice

Ingredients (serves 4)	Method
<p>1 Onion (peeled and chopped)</p> <p>4 Lean Rashers of Bacon (trimmed of fat and chopped)</p> <p>200g Long Grain Rice</p> <p>300ml Boiling Water with 1 Chicken Stock Cube</p> <p>Pinch of Black Pepper</p> <p>4 x 80g Chicken Breasts</p> <p>1 Orange (finely grated rind and juice)</p> <p>2 Tablsp Dark Clear Honey</p> <p>1 Teasp Paprika</p> <p>1 x 215g Packet of Sugersnap Peas (cooked)</p>	<ol style="list-style-type: none"> <li>1. Place onion, bacon, rice, stock and pepper in a deep dish, heat uncovered, on HIGH for 1 minute.</li> <li>2. Arrange the chicken on top of the rice.</li> <li>3. Mix together the orange rind, juice, honey and paprika.</li> <li>4. Spoon half over the chicken. Cover with cling film and slit it twice to allow steam to escape.</li> <li>5. Cook on HIGH for 9 minutes.</li> <li>6. Baste the chicken with the remaining honey mixture. Cook uncovered on HIGH for 5 minutes.</li> <li>7. Allow the mixture to stand for 3 minutes.</li> <li>8. Serve with cooked sugersnap peas.</li> </ol>

- Timings may vary according to wattage of microwave
- Alternatively serve with seasonal vegetables or salad

**A 333.12g serving contains**



**of an adult's reference intake**

**Typical values per 100g: 566kJ/134kcal**

Microwave



## Porridge

Ingredients (serves 4)	Method
2 Teasp Honey (optional) 500ml Water 75g Porridge Oats	<ol style="list-style-type: none"><li>1. Combine ingredients and heat on HIGH for one minute at a time.</li><li>2. Stir and repeat heating till mixture thickens.</li><li>3. Serve hot.</li></ol>

- Timings may vary according to wattage of microwave
- Porridge on its own makes an excellent breakfast or filling snack
- For variety add or top with some fresh seasonal, frozen or dried fruit
- Serve with semi-skimmed milk or low fat yoghurt

### A 146.25g serving contains

<b>Energy</b> 339kJ 80kcal 4%	<b>Fat</b> <b>1.4g</b> LOW 2%	<b>Saturates</b> <b>0.3g</b> LOW 1%	<b>Sugars</b> <b>2.1g</b> LOW 2%	<b>Salt</b> <b>0g</b> LOW 0%
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of an adult's reference intake

Typical values per 100g: 232kJ/55kcal

Microwave



## Broccoli, Cauliflower and Cheese Bake

Ingredients (serves 4)	Method
<p>1 Cauliflower (broken into florets)</p> <p>1 Head of Broccoli (cut into florets)</p> <p>300ml Boiling Water</p> <p>1 Onion (peeled and sliced)</p> <p>1 Vegetable Stock Cube</p> <p>4 Slices of Wholemeal Bread (made into breadcrumbs)</p> <p>100g Vegetarian or Mature Cheddar (grated)</p> <p>2 Cloves of Garlic (peeled and chopped)</p> <p>½ Lettuce (washed and shredded)</p> <p>16 Cherry Tomatoes (washed and halved)</p> <p>½ Cucumber (washed and halved)</p> <p>2 Baking Potatoes (washed, baked and halved)</p>	<p><b>Pre-heat oven to 200C / 400F / Gas Mark 6</b></p> <ol style="list-style-type: none"> <li>1. Cook cauliflower and broccoli in water until tender, about 5 minutes.</li> <li>2. Add the onion and garlic to the vegetable mix and continue to cook for a further 2 minutes.</li> <li>3. Drain water from vegetables, reserving the liquid in a jug.</li> <li>4. Place vegetables in an ovenproof dish.</li> <li>5. Mix stock cubes with 300ml of the reserved vegetable liquid, pour over the vegetables.</li> <li>6. Mix breadcrumbs and cheese together. Sprinkle over the vegetables.</li> <li>7. Bake in the oven for 10 minutes until cheese topping has browned.</li> <li>8. Serve with prepared salad and baked potato.</li> </ol>

**A 670.5g serving contains**

<b>Energy</b> 1507kJ 360kcal <b>18%</b>	<b>Fat</b> <b>12g</b> LOW 17%	<b>Saturates</b> <b>6.0g</b> LOW 30%	<b>Sugars</b> <b>10g</b> LOW 11%	<b>Salt</b> <b>1.6g</b> LOW 26%
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**of an adult's reference intake**

**Typical values per 100g: 225kJ/54kcal**

Microwave



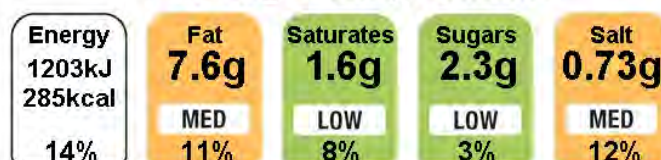


## Egg Fried Rice

Ingredients (serves 4)	Method
1 Dessertsp Vegetable Oil 5 Mushrooms (washed and sliced) 1 Onion (peeled and chopped) 2 Eggs (whisked) 200g Long Grain Rice (cooked) 4 Tablsp Frozen Garden Peas 1 Tablsp Soy Sauce Pinch of Black Pepper	<ol style="list-style-type: none"> <li>1. Heat the oil in a large saucepan and fry the mushrooms and onion until soft, push the mixture to one side of the pan.</li> <li>2. Stir in eggs to the clear side of the pan and cook till set. Add rice and peas and mix together, fry for 2 minutes.</li> <li>3. Add soy sauce and season with black pepper to taste.</li> </ol>

- Serve as an accompaniment to Chinese / Asian dishes

**A 145.12g serving contains**



**of an adult's reference intake**

**Typical values per 100g: 829kJ/197kcal**

Vegetarian



## Spicy Bean Hotpot

Ingredients (serves 4)	Method
2 Onions (peeled and chopped) 2 Carrots (peeled and chopped) 2 Courgettes (sliced) 1 Pepper (de-seeded and sliced) 1 Tablsp Sunflower Oil 1 x 400g Tin of Chopped Tomatoes or Passata ½ Tablsp Tomato Puree ½ Tablsp Sweet Pickle (optional) ½ Teasp Chilli Powder 1 x 400g Tin of Kidney Beans (drained) 200g Long Grain Rice (boiled)	1. Mix all the ingredients together in a large pan, except the beans and rice. 2. Bring to the boil and simmer for 30 minutes or until the mixture is thick and the vegetables are cooked, towards the end of the cooking time add the beans and heat through. 3. Serve with rice.

- Alternative serving suggestion try a baked potato, Couscous or pasta instead of rice
- Additional flavouring may be added in the form of garlic and herbs

### A 416.75g serving contains

Energy	Fat	Saturates	Sugars	Salt
1079kJ 256kcal	<b>5.4g</b>	<b>0.8g</b>	<b>14g</b>	<b>0.86g</b>
13%	LOW 8%	LOW 4%	LOW 16%	LOW 14%

of an adult's reference intake

Typical values per 100g: 259kJ/61kcal

Vegetarian



## Chicken Fillets / Dippers

Ingredients (serves 4)	Method
350g Chicken Breast Meat (cut into strips) 3 Tablesp Flour 2 Eggs (beaten) 6 Slices of Bread (made into breadcrumbs) 1 Dessertsp Sunflower oil – to grease the baking tray 4 Potatoes (cut into wedges and baked) ½ Lettuce (washed and shredded) 16 Cherry Tomatoes (washed and halved) ½ Cucumber (washed and chopped) 2 Tablsp Fresh Coriander (chopped)	<b>Pre-heat oven to 200C / 400F / Gas Mark 6</b>  1. Dip the chicken pieces in the flour and shake off the excess. 2. Next dip it in the beaten egg and then straight in to the breadcrumb, patting firmly to ensure the crumbs stick. 3. Place the breaded chicken on a well greased baking tray and cook for 20 minutes, turning over after 10. 4. Serve with potato wedges and prepared salad.

- Involve children in the preparation of these as they may be more likely to eat them if they have helped

**A 523.25g serving contains**

Energy	Fat	Saturates	Sugars	Salt
2014kJ 477kcal	<b>8.7g</b>	<b>1.8g</b>	<b>6.1g</b>	<b>0.75g</b>
24%	LOW 12%	LOW 9%	LOW 7%	LOW 12%

**of an adult's reference intake**

**Typical values per 100g: 385kJ/91kcal**



## Quick Chicken Curry

Ingredients (serves 4)	Method
1 Tablsp Sunflower Oil 350g Chicken Meat (diced) 1 Onion (peeled and chopped) 2 Cloves of Garlic (peeled and chopped) 2 Tablsp Curry Powder 225ml Boiling Water with 1 Vegetable or Chicken Stock Cube 4 Tomatoes (washed and chopped) 100g Fresh Spinach (washed) 4 Tablsp Natural Yoghurt 25g Sultanas 2 Tablsp Fresh Coriander (chopped) 200g Long Grain or Basmati Rice (boiled)	1. Heat the oil in a pan and stir fry chicken, onion and garlic. 2. Add the curry, stock and tomatoes cook for a further 10 minutes. 3. Add spinach, yoghurt and sultanas and heat through. 4. Sprinkle with coriander and serve with rice.

- Alternative serving suggestion or accompaniments – naan bread or chapattis or as a baked potato filling
- For a convenience version stir fry chicken, add a jar of curry sauce of your choice and cook through – additional vegetables and fruit or nuts may be added to enhance flavour and texture

### A 389.75g serving contains

Energy	Fat	Saturates	Sugars	Salt
1789kJ 424kcal	<b>8.6g</b>	<b>1.3g</b>	<b>10g</b>	<b>1.1g</b>
21%	LOW 12%	LOW 7%	LOW 11%	LOW 19%

of an adult's reference intake

Typical values per 100g: 459kJ/109kcal



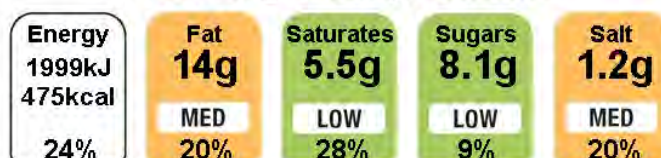


## Italian Meatballs and Spaghetti

Ingredients (serves 4)	Method
500g Lean Minced Beef 1 Onion (peeled and chopped) 2 Teasp Dried Oregano 2 Cloves of Garlic (peeled and chopped) 2 Slices of Wholemeal Bread (made into breadcrumbs) Pinch of Black Pepper 1 Red Pepper (de-seeded and chopped) 1 x 400g Tin of Chopped Tomatoes or Passata 1 Tablsb Tomato Puree 175ml Boiling Water with 1 Beef Stock Cube 200g Dried Spaghetti (cooked)	<b>Pre-heat oven to 190C / 375F / Gas Mark 5</b>  1. Mix the mince with half the onion, oregano and garlic, the breadcrumbs and black pepper. 2. Shape the mixture into 20 meatballs. 3. Place meatballs in an ovenproof dish and into the oven for 10 minutes. 4. Combine the remaining ingredients except spaghetti in a saucepan and cook for 3-4 minutes. 5. Pour sauce over the meatballs and return to the oven covered for 20-25 minutes. 6. Serve with spaghetti.

- Additional vegetables could be added at stage 4 e.g. carrots, courgettes, mushrooms, celery etc.

**A 397.37g serving contains**



**of an adult's reference intake**

**Typical values per 100g: 503kJ/120kcal**



## Spicy Pork

Ingredients (serves 6)	Method
<p>500g Minced Pork</p> <p>1 Onion (peeled &amp; chopped)</p> <p>2 Cloves of Garlic (peeled &amp; chopped)</p> <p>1 Red Pepper (washed, deseeded &amp; chopped)</p> <p>1 Teasp Turmeric</p> <p>50g Dried Apricots</p> <p>50g Sultanas</p> <p>2 Tabbsp Mango Chutney or Fruit Chutney</p> <p>1 x 400g Tin of Chopped Tomatoes or Passata</p> <p>200ml Water</p> <p>50g Cashew Nuts (optional or peanuts can be used)</p> <p>Pinch of Black Pepper</p> <p>2 Tabbsp Fresh Coriander (chopped)</p> <p>300g Long Grain Rice (boiled)</p> <p>240g Green Beans (steamed)</p>	<ol style="list-style-type: none"> <li>1. Place mince, onion &amp; garlic in a large saucepan and cook till meat is browned.</li> <li>2. Add all other ingredients except coriander, rice and beans, cook for about 20 minutes.</li> <li>3. Add coriander &amp; season with black pepper to taste.</li> <li>4. Serve with boiled rice and green beans.</li> </ol>

**A 343.83g serving contains**

Energy	Fat	Saturates	Sugars	Salt
2021kJ 481kcal	<b>15g</b>	<b>4.3g</b>	<b>18g</b>	<b>0.41g</b>
	MED	LOW	MED	LOW
24%	22%	22%	20%	7%

**of an adult's reference intake**

**Typical values per 100g: 588kJ/140kcal**



## Baked Lemon Pudding

Ingredients (serves 8)	Method
100g Sunflower Margarine 200g Caster Sugar 4 Eggs (separated) 4 Lemons (zest and juice) 100g Self Raising Flour 250ml Semi Skimmed Milk 1 x 200g Tub of Half Fat Crème Fraiche	<b>Pre-heat oven 180C / 375F / Gas Mark 4</b>  1. Whisk margarine and sugar together till pale and creamy. 2. Beat in egg yolks and lemon zest. 3. Fold in flour, lemon juice and milk. 4. In a separate clean bowl whisk egg whites till stiff. 5. Using a metal spoon fold egg whites into flour mixture. 6. Pour into a pudding dish or individual ramekins and bake for 20-25 minutes till golden brown and risen. 7. Serve with crème fraiche.

- Experiment with a variety of fresh, tinned in juice or frozen fruits

**A 135.25g serving contains**

Energy	Fat	Saturates	Sugars	Salt
1380kJ 330kcal	<b>18g</b>	<b>5.9g</b>	<b>27g</b>	<b>0.48g</b>
16%	MED 25%	MED 29%	MED 30%	MED 8%

**of an adult's reference intake**

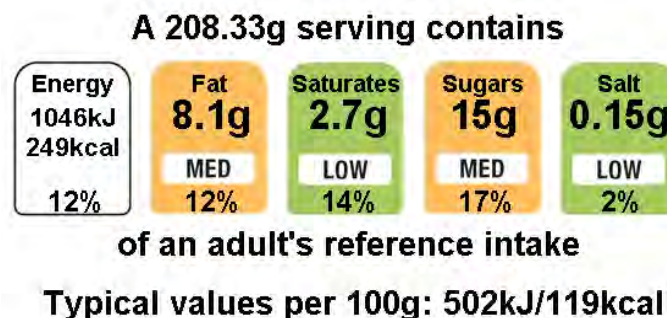
**Typical values per 100g: 1020kJ/244kcal**



## Fruit Crumble

Ingredients (serves 6)	Method
<p>2 x 400g Tinned Fruit in Juice (drained) (or fresh fruit peeled and sliced)</p> <p><i>Topping</i></p> <p>25g Sunflower Margarine  4 Tablsp Wholemeal Flour  1 Tablsp Demerara Sugar  4 Tablsp Rolled Oats</p> <p>1 x 200g Greek yogurt</p>	<p><b>Pre-heat oven to 190C / 375F / Gas Mark 6</b></p> <ol style="list-style-type: none"> <li>1. Place fruit in a large ovenproof dish.</li> <li>2. Rub together margarine and flour until mixture resembles breadcrumbs, add sugar and rolled oats.</li> <li>3. Spoon mixture over fruit.</li> <li>4. Bake for 20 –25 minutes until golden.</li> <li>5. Serve hot or cold with Greek yogurt.</li> </ol>

- Experiment with different fruits
- Apples are enhanced with the addition of cinnamon or mixed spice at Stage 1



## Banana Bread

Ingredients (serves 8)	Method
100g Sunflower Margarine 75g Brown Sugar 3 Bananas (ripe, peeled and mashed) 200g Wholemeal Flour 2 Teasp Baking Powder 2 Eggs (whisked)	<b>Pre-heat oven to 200C / 400F / Gas Mark 6</b>  1. Cream the margarine and the sugar. Add the bananas and mix well. 2. Gradually fold in flour, baking powder and egg. 3. Line a 2lb-loaf tin with greaseproof paper and pour in the mixture. 4. Smooth off the top and bake for 35-40 minutes. Test to see if the loaf is ready by inserting a skewer into the middle. If it comes out clean the loaf is ready. If it comes out sticky, more baking time is required. 5. Cool on a wire rack.

- If the loaf is burning on the top; cover with kitchen foil and continue baking
- This is a great way of using up over-ripe bananas

**A 148.87g serving contains**

<b>Energy</b> 1358kJ 324kcal 16%	<b>Fat</b> <b>13g</b> MED 18%	<b>Saturates</b> <b>2.7g</b> MED 14%	<b>Sugars</b> <b>27g</b> MED 30%	<b>Salt</b> <b>0.64g</b> MED 11%
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**of an adult's reference intake**

**Typical values per 100g: 912kJ/218kcal**





## Muffins

Ingredients (serves 12)	Method
250g Plain Flour 1 Tablsp Baking Powder 100g Caster Sugar 75g Chilled Margarine (coarsely grated or spooned into small pieces) 1 Egg (beaten) 175ml Milk 175g Raspberries, Blueberries or Blackberries	<p><i>Pre-heat oven to 200C / 400F / Gas Mark 6</i></p> <ol style="list-style-type: none"> <li>1. Sift flour and baking powder into a large bowl</li> <li>2. Stir in sugar and margarine.</li> <li>3. Mix egg and milk and stir into dry ingredients until just blended – it should be quite lumpy. Add a small amount of extra milk if necessary.</li> <li>4. Fold in fruit.</li> <li>5. Spoon mix into 12 paper lined / non-stick muffin tins.</li> <li>6. Bake for 20-25 minutes.</li> <li>7. Test to see if the muffins are ready by inserting a skewer into the middle. If it comes out clean the muffins are ready. If it comes out sticky, more baking time is required.</li> <li>8. Cool on a wire rack.</li> </ol>

- Variations replace the 175g of berries with;
  - Banana and chocolate chip; fold in 1 large peeled mashed banana and 75g of plain chocolate chips
  - Carrot and nut; add 2 Teasp mixed spice to flour mix and replace fruit with 100g of grated carrot and 50g chopped pecans or walnuts

### A 71.08g serving contains

Energy	Fat	Saturates	Sugars	Salt
731kJ 174kcal	<b>6.2g</b>	<b>1.4g</b>	<b>10g</b>	<b>0.76g</b>
9%	MED 9%	MED 7%	MED 11%	MED 13%

of an adult's reference intake

Typical values per 100g: 1028kJ/245kcal







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