



FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS

Contents

Introduction

3

Family challenges

4

Tuck shop

9

2 week 'pick and choose'
menu plan

10

Food safety

13

Hints and tips

14

Recipes:
Breakfast and Breaktimes

17

Recipes:
Lunch and Dinner

31

Introduction

The Home School Bistro is a resource to help families cook, teach and learn about delicious, nutritious food together. These tried and tested 'family favourite' recipes have been developed by our experienced chefs and analysed by our dedicated sustainability and nutrition experts. Home School Bistro recipes and menus have been designed to utilise 'easily accessible' ingredients and 'left over' foods safely to produce tasty meals and snacks. Therefore, families at home can feel comforted with the knowledge that they are eating a healthy, balanced diet whilst continuing to protect our environment during this time.

The Home School Bistro provides curriculum based interactive educational resources and activities for children to complete. From learning about food waste and recycling that features in many science-based subjects to understanding the importance of a healthy balanced diet in PSHE. The Home School Bistro offers ideas and different ways to learn and have fun at the same time!

Within the Home School Bistro pack you will find:

- 2-week menu plan to pick from
- Recipes for breakfast, lunch and supper with sustainability and nutritional information
- Food Health and Safety Advice
- Hints and tips
- Family Challenges
- Home School Bistro Tuckshop

The colours and symbols below represent the various subjects covered in The Home School Bistro. You will spot them throughout the pack to highlight specialist information provided by our experts!



Food



Sustainability



Nutrition



**Health and
Safety**



Family Challenges



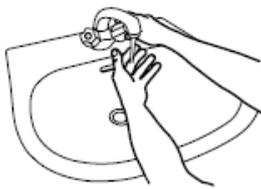
Sing while you wash your hands



Washing your hands properly should take around 20 seconds, about as long as it takes to sing "happy birthday" twice.

The 'how to wash your hands' guide

1



Wet hands with water

2



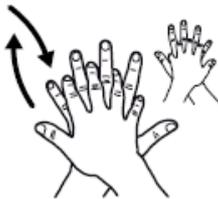
Apply enough soap to cover all hand surfaces

3



Rub hands palm to palm

4



Right palm over left dorsum with interlaced fingers and vice versa

5



Palm to palm with fingers interlaced

6



Backs of fingers to opposing palms with fingers interlocked

7



Rotational rubbing of left thumb clasped in right palm and vice versa

8



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa

9



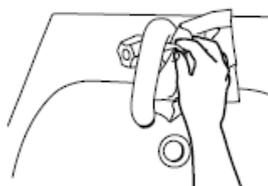
Rinse hands with water

10



Dry hands thoroughly with a single use towel

11



Use towel to turn off tap

12



Your hands are now safe.



This activity sheet can be completed by typing into the boxes or print it out and write on it

What is my food waste?

10 million tonnes (that's the same weight as 50,000 blue whales) of food is wasted every single year in the UK, with the most of this waste coming from our homes. We can all be doing our part to help reduce food waste, but first we need to understand how much we are wasting and where this is coming from.

How to record: Across the three areas record what is wasted, by writing down what is left.

Day	What was not used from cooking?	What was left after cooking?	What was left on my plate?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Challenge: Can you reduce your food waste across the week?

Can you come up with other ideas to reduce your food waste at home?
See the Hints and Tips page for ways to reduce your food waste.



This activity sheet can be completed by clicking on the boxes or print it out and colour it in.

Let's eat: The family challenge

Eating a healthy balanced diet is key to development, but also to give us the energy we need for our daily activities and our concentration on schoolwork. By making sure that we are eating 5-a-day this will mean that we are keeping our bodies healthy.

One large handful of fresh fruit and vegetables

You will need a smaller amount for dried fruit.
No more than 30g ideally

To get your 5-a-day, every portion should be different
and make sure that you eat a variety of colours.



Day	We should be aiming for 5 portions of fruits and vegetables a day
Monday	    
Tuesday	    
Wednesday	    
Thursday	    
Friday	    
Saturday	    
Sunday	    

Challenge: Colour or tick the apples showing how many of your 5-a-day you have had.
Can you get to 5 fruit and vegetables a day?



This activity sheet can be completed by clicking on the boxes or print it out and colour it in.

Let's drink: The family challenge

Staying hydrated is good for our overall health especially when we are doing our school work as it helps us to concentrate.

How much fluid is one glass?

Younger children: 120–150ml per glass

Older children and adults: 250–300ml glass

Top tip: if you do exercise or it is very warm you may need more water to stay hydrated.

Day	We should be having 6-8 glasses of fluid everyday							
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

Challenge: Colour or click on the drink glasses to show how many you have had each day. Can you get to 6 glasses of water a day?



Tuck Shop

**The tuck shop is open and you have £1 to spend.
What are you going to buy?**

Set up a tuck shop in your home with some of the foods in the list to the right! All of the food items have different costs, use your maths skills to keep to your £1 budget.

Tuck Shop Prices

Fruit	Free
Vegetable crudities	Free
Dried fruit	5p
Popcorn	15p
Rice cakes	10p
Crisps	30p
Frubes	20p
Yoghurt pot	15p
Chocolate	45p
Sweets	45p
Biscuits (2)	40p
Water	Free
Milk	Free
Fruit shoots	40p
Smoothie	35p
Flavoured water	40p



2 week menu plan



Week 1 menu plan

Monday

Breakfast

Poached egg on wholemeal toast

Breaktime

Oaty flapjack

Carrot sticks with houmous

Chocolate cookie

Lunch

Jacket potato with beef chilli and salad

Dinner

Sticky chicken noodle stir fry with peppers and courgettes

Friday

Breakfast

Hash browns and baked beans

Breaktime

Homemade sausage roll

Watermelon wedges

Wholemeal pitta bread pizza

Pineapple sticks

Lunch

Mozzarella, cous cous, cherry tomatoes and rocket

Dinner

Fish fingers, baked sweet potato wedges and peas

Tuesday

Breakfast

Banana yoghurt topped with toasted seeds and maple syrup

Breaktime

Oaty flapjack

Carrot sticks with houmous

Chocolate cookie

Lunch

Lentil dhal with homemade flatbreads

Dinner

Toad in the hole with carrots and gravy

Saturday

Breakfast

Bacon sandwich

Breaktime

Homemade sausage roll

Watermelon wedges

Wholemeal pitta bread pizza

Pineapple sticks

Lunch

Leek and potato soup with toasted seeds

Dinner

Beef, lentil and vegetable burrito with sour cream

Wednesday

Breakfast

Eggy bread with grilled tomatoes

Breaktime

Cheese twists

Banana and cinnamon loaf

Energy balls

Lunch

Pesto and vege wholemeal pasta salad

Dinner

Beef burger with brioche bun and sweet potato wedges

Sunday

Breakfast

Scrambled egg with wholemeal toast

Breaktime

Homemade sausage roll

Watermelon wedges

Wholemeal pitta bread pizza

Pineapple sticks

Lunch

Honey roast ham, roast potatoes, greens and gravy

Dinner

Creamy smoked mackerel and spinach pasta

Thursday

Breakfast

Toasted bagel with cream cheese

Breaktime

Cheese twists

Banana and cinnamon loaf

Energy balls

Lunch

Chicken Caesar salad with crudities

Dinner

Thai green vegetable curry and rice

All day offer

A selection of fresh whole fruit, dried fruit, crudities, yoghurts, popcorn, water, milk and no added sugar squash

Key

Cook ahead/freeze

Week 2 menu plan

Monday

Breakfast

Baked beans on wholemeal toast

Breaktime

Parmesan popcorn
Red pepper sticks with guacamole
Orange drizzle cake bites

Lunch

Smoked salmon omelette with salad

Dinner

Classic cottage pie with peas

Tuesday

Breakfast

Strawberry yoghurt topped with toasted oats and honey

Breaktime

Parmesan popcorn
Red pepper sticks with guacamole
Orange drizzle cake bites

Lunch

Butternut squash soup with croutons

Dinner

Macaroni cheese with crispy bacon and leeks

Wednesday

Breakfast

Banana pancake

Breaktime

Lemon and raisin shortbread squares
Breadsticks, cucumber and tzatziki
Chocolate muffin

Lunch

Tuna or vege sushi with soy sauce

Dinner

Chicken and vegetable curry with homemade roti's

Thursday

Breakfast

Toasted crumpet with marmalade

Breaktime

Lemon and raisin shortbread squares
Breadsticks, cucumber and tzatziki
Chocolate muffin

Lunch

Jacket potato with tuna mayo and slaw

Dinner

Bolognese with garlic bread and salad

Friday

Breakfast

Overnight oats with berries

Breaktime

Cinnamon roll
Waffles with berries or chocolate spread
Vegetable crisps
Cheese and biscuits

Lunch

Sausage frittata
pesto pasta bake

Dinner

Salmon fish cakes with broccoli

Saturday

Breakfast

Sausage sandwich

Breaktime

Cinnamon roll
Waffles with berries or chocolate spread
Vegetable crisps
Cheese and biscuits

Lunch

Chicken kebabs with rice and sweet chilli sauce

Dinner

Potato pancakes with poached eggs and mushrooms

Sunday

Breakfast

Avocado on wholemeal toast

Breaktime

Cinnamon roll
Waffles with berries or chocolate spread
Vegetable crisps
Cheese and biscuits

Lunch

Classic lasagne with garlic bread and salad

Dinner

Sub rolls with your favourite fillings

All day offer

A selection of fresh whole fruit, dried fruit, crudities, yoghurts, popcorn, water, milk and no added sugar squash

Key

Cook ahead/freeze



This activity sheet can be completed by clicking on the circles or print it out and fill it in.

Food safety

To keep safe and healthy whilst cooking there are things that we can be all doing. Consider the below and **always ask an adult if you are unsure on how to do or use something, especially if this is hot or sharp.**

Before We Cook

What do you need to do before you prepare food?

- Tie long hair back
- Roll up your sleeves
- Wear an apron
- Take off any jewellery
- Wash your hands
- Cover any cuts with a plaster
- Get the ingredients ready
- Get the equipment ready

While We Cook

- Keep raw and cooked foods separate, e.g. raw meat and bread
- Do not use the same equipment for raw and cooked foods
- Wash your hands after touching raw foods
- Make sure you have a bin nearby when you cook
- Check that food is properly cooked
- Keep your cooking area clean and tidy throughout

If you are going to use any food for another meal

- Cool down the food as quickly as possible
- When reheating, make sure the food is piping hot
- Only reheat the food once

After we Cook

- Wash up equipment in hot soapy water
- Clean the work surfaces
- Recycle any food waste or recyclable packaging
- Store foods in the right place and make sure they are fully covered



Hints and Tips



Hints and Tips

How to reduce food waste

- **Don't peel vegetables if you don't need to.** Keeping the skin on vegetables not only reduces food waste but also adds extra fibre to our food (just make sure to give them a wash!)
- **Make a fruit compote with soft or over ripe fruit.** Rather than throwing these away, add some extra nutrients to your diet by making a fruit compote to have with oats or yoghurt.
- **Make a smoothie or milkshake with soft or over-ripe fruit.** Make a fruit smoothie by whizzing them up with ice/milk/milk alternative, which will count as one of your 5-a-day!
- **Make a delicious soup with older vegetables** rather than throwing these away.
- **Use the whole produce.** Cauliflower leaves and stalks can be eaten as well as the florets, while broccoli stalks can be grated into meals too!
- **Boil chicken carcasses with leftover vegetables** to make a nutritious broth or stock which can be frozen and added to your next soup or gravy.
- **Keep the seeds in chillies.** By keeping in the seeds less chilli can be used but will still be as hot and spicy!
- **Freeze chillies, ginger and bread.** All these foods can be frozen and used when needed. Chillies and ginger can be grated into food, straight from the freezer!
- **Use herb stalks as well as the leaves.** The stalks of herbs have as much flavour and nutrients as the leaf. Don't throw them, use them!

By keeping track of dates, this means that you can plan what needs to be used by a certain date and therefore isn't left to go off.

- **Always read the labels.** Food labels tell us how to store the food safely and when to eat it. They also provide guidance on how to freeze produce, if it is not frozen already.
- **Best Before Date** - These are used on foods such as fresh fruit, vegetables, canned beans, dried fruit, breakfast cereals and frozen peas. It indicates that the food will probably be safe to eat after this date but may not be at its best; make sure you use your senses (what does it look like, smell like, even taste like) to identify if this has gone off.
- **Use by Date** - You will find these on perishable foods such as milk, cheese or ham. It shows the day/month and after this date the food is not safe to eat and should not be consumed.

What could you do with food that is left?

- **Use leftover food for another meal.** Don't throw it away, save it for another meal. Make sure you refrigerate or freeze it!
- **Do you have a food waste bin at home?** Put waste food into a food waste bin so that the food can be recycled into energy or compost.
- **Turn bread crusts or stale bread into breadcrumbs.** These breadcrumbs can be frozen and used to coat fish or chicken, or even used as a binding agent in burgers and meatballs.

Hints and Tips

- **When cooking pasta or rice, you can also add vegetables to cook in the water.** This saves the need for another pan and doesn't require any additional energy.
- **Root vegetables don't have to be stored in the fridge.** By storing these out of the fridge, it frees up space for other essential items that need to be refrigerated.

Nutrition tips

- **Think water first.** Think about whether you always need a sugary drink and the added sugar in your diet or whether you are just thirsty, if that's the case, water is all you need!
- **Don't skip breakfast and/or graze all day.** Just because we are at home doesn't mean all of our meals should turn into one! Use the Home School Bistro Menu to structure your day. This will not only help you feel better but also provide a time for the whole family to enjoy healthy delicious meals together.
- **Get your Vitamin D!** Evidence shows that we get the majority of our vitamin D from sunlight (the rays on our skin allow our body to make vitamin D), so ensure that your topping up your vitamin D levels whilst inside during this time by consuming foods rich in them. Look out for the recipes containing oily fish which have a lot of vitamin D. Eggs and cheese may also give us small amounts.
- **Leave time between exercising and eating.** We need to ensure that we are keeping fit and moving, even if it is indoors. Remember to leave around 2 hours after a meal (or 30 mins-1 hour after a snack) before you exercise. This will help you feel more comfortable during exercise and ensure you have enough energy to perform at your best!
- **Always default to wholemeal.** White bread, pasta and rice is delicious but should be consumed less frequently than wholemeal varieties. Eating wholemeal, will boost the fibre in your diet which is great for digestion along with helping you to feel fuller for longer!



Recipes: Breakfast and Breaktimes



Oaty flapjack/Granola bar

Makes 12 portions

Ingredients:

250g oats
125g butter or margarine
125g light brown sugar
3 tbsp golden syrup
50g dried fruit (optional)
50g seeds (optional)

Method:

1. Pre heat oven to 180°C.
2. Mix together oats, butter, sugar and golden syrup (with fruit and seeds if using)
3. Press into greased baking tray.
4. Bake for 20 mins until cooked.
5. Cool slightly and cut in 12 portions.



Oats are a type of wholegrain that are not only rich in fibre but also zinc. Zinc is needed to maintain healthy cells in our body.



Dried fruit contains iron that is needed to help circulate oxygen around our body.

Basic cookie dough

Makes about 50 cookies

Ingredients:

280g butter or margarine
200g dark brown sugar
460g self-raising flour
200g golden syrup
200g optional - choose from
chocolate chips, raisins,
cranberries...

Method:

1. Pre heat oven to 160°C.
2. Cream the butter, sugar and syrup together, add the flour and any optional flavouring.
3. Roll into long "sausage" shapes into cling film and leave in the fridge or freezer.
4. When needed cut the mix into disks and bake at 160°C for around 12 mins.



You don't have to use all of this in one go. Freeze for another day!



Remember that just 1 cookie is a portion! If we consume too many cookies we could consume too much free sugar in our diet which is not good for our long term health or our dental health!

Banana and cinnamon loaf

Makes 10 slices

Ingredients:

140g caster sugar
140g butter or margarine
140g self-raising flour
2 eggs
1 tsp baking powder
1 tsp ground cinnamon
2 very ripe bananas mashed
30g icing sugar

Method:

1. Pre heat oven to 180°C.
2. Grease a 500g loaf tin and line with parchment paper.
3. Cream the butter and sugar until light and fluffy.
4. Slowly add the 2 beaten eggs.
5. Then fold in flour and baking powder, finally the bananas.
6. Pour into tin and bake for 30 mins until a skewer comes out clean.
7. Rest on cooling rack.
8. Mix icing sugar with a little water and drizzle over the top.
9. Slice and enjoy!



Did you know that a bunch of bananas is called a hand, and a single banana is called a finger?



Bananas give us lots of potassium which is needed to help our nerves to transmit signals across our body



Cut out the parchment paper longer for ease to pull out after baking.

Energy balls

Makes about 35 balls

Ingredients:

400g sultanas
100g desiccated coconut
60g cocoa powder
4 oranges zested
200g dried cranberries
100g oats
200g agave or honey

Method:

1. Simply mix all ingredients together and shape into small balls.



These are a great high-fibre, high energy snack that will keep you going until your next meal!



Remember that a portion size of dried fruit is just 30g. Dried fruit is high in sugar, so don't consume more than you need to! One energy ball should not exceed the maximum amount of dried fruit.

Blueberry muffin

Makes about 12

Ingredients:

400g plain flour
175g caster sugar
1tbsp baking powder
Pinch salt
270ml milk
2 eggs beaten
85g melted butter
200g blueberries

Method:

1. Pre heat oven to 180°C.
2. In a large bowl, mix flour, sugar, baking powder and salt.
3. In a separate bowl mix together milk, eggs and butter.
4. Make a well in the centre of the dry ingredients bowl and pour in the wet mixture.
5. Add blueberries and gently fold mixture but not over mixing.
6. Bake in some muffin cases for 15 mins.



You could also use frozen blueberries if you don't have fresh



Blueberries are incredibly high in vitamin C, this helps prevent cell damage.

Homemade sausage roll

Makes 6 portions

Ingredients:

1 pack of just roll puff pastry
1 onion diced
300g sausage meat/sausages
1 egg beaten

Method:

1. Pre heat oven to 180°C.
2. Cut pastry in half lengthways, to give 2 rectangles.
3. Lay out sausage meat along the middle. Brush edges with egg.
4. Roll pastry up around sausage meat like a big cigar.
5. Brush top with egg and season.
6. Bake in oven for 20 mins until golden brown.
7. Leave to rest for 10 mins and cut both into 3.



Pastry is high in saturated fat, a nutrient we should limit in our diets. Try to ensure you eat no more than 2 pastry items a week.

Wholemeal pitta bread pizza

Makes 6 portions

Ingredients:

6 wholemeal pitta breads
200ml tomato passata
2 balls mozzarella, torn
Handful of basil leaves
Meaty/vegetable topping of your choice

Method:

1. Pre heat oven to 200°C.
2. Spread pitta breads with tomato passata and top with mozzarella, basil and meaty toppings.
3. Season and bake in oven for about 8 mins.
4. Maybe serve with some fresh cut cucumber and peppers!



This is a great way of making a quick and easy pizza.



Adding vegetables on the top makes the pizza tasty but also sneaks in another one of your 5-a-day!

Pancakes

Makes 6 portions

Ingredients:

100g plain flour
300ml milk
2 eggs
Chocolate spread
Berries
Lemons

Method:

1. In a bowl whisk flour, milk and eggs. Set aside for 30 mins.
2. Heat non-stick pan on medium with a little oil.
3. Cook pancakes for 1 min on each side.
4. Top with your chosen filling!



You could switch some of this flour with wholemeal flour to add more fibre into your diet.

Orange drizzle cake

Makes 6 portions

Ingredients:

110g butter
180g caster sugar
180g flour
2 tsp baking powder
4 tbsp milk
1 orange zested
2 eggs

2 oranges juiced
1 lemon juiced
100g caster sugar

Method:

1. Pre heat oven to 180°C.
2. Grease a standard loaf tin and line with parchment paper.
3. Put all cake ingredients in a bowl and mix with an electric mixer.
4. Pour into tin and bake for 40 mins until a skewer comes out clean.
5. Warm orange juice, lemon juice and sugar for the syrup and pour over cake (make some holes with a skewer)
6. Cool and slice.
7. Maybe serve with some crème fraiche.



Add a little chocolate drizzle at the end for an orange and chocolate cake.



Remember to reduce your free sugar intake. We should be consuming no more than 24g/day (5-10 years old). 24g is the same as 5 teaspoons of sugar.

Cinnamon bun

Makes 6 portions

Ingredients:

Dough

240ml milk
140g sugar
115g soft butter
14g fresh or 2 packs dried fast action yeast
2 eggs
300g plain flour
250g strong white flour

Filling

90g soft butter
100g soft brown sugar
1.5 tsp cinnamon

Glaze

100g icing sugar
1tsp vanilla extract
2-3 tbsp milk

Method:

1. Pre heat oven to 180°C.
2. Mix all the dough ingredients together to form a dough.
3. Knead the dough for around 5 mins until stretchy.
4. Place in a lightly oiled bowl and cover with a clean tea towel.
Leave in a warm place to prove until it has doubled for around 1 hour.
5. Once proved, knead again for 2 mins and roll into a rectangle.
6. Mix the filling ingredients together.
7. Spread evenly over the dough then roll up tightly into a sausage.
8. Slice through the dough to get 1-inch thick pieces.
9. Place into a baking paper lined tin (with high sides).
10. Cover and leave to prove again until it has doubled in size.
11. Bake for around 20-25 mins.
12. Remove and leave to cool for 30 mins then slide out onto a cooling rack.
13. Mix glaze ingredients together then pour over.

Lemon and raisin shortbread

Makes about 50 biscuits

Ingredients:

300g icing sugar
600g strong flour
300g cornflour
600g very soft butter
200g raisins
4 lemons zested
Caster sugar for sprinkling

Method:

1. Pre heat oven to 170°C.
2. Mix together the icing sugar, cornflour and flour.
3. Mix in butter, lemon zest and raisins.
4. Roll into long "sausage" shapes wrapped in cling film and leave in the fridge for an hour.
5. When needed cut the mix into disks and bake for around 20 mins.
6. Dust with caster sugar.



By freezing the mix and cooking the amount you need, you can ensure that you're not consuming a large portion...a portion should be 1 or 2 biscuits.

Chocolate muffin

Makes about 12

Ingredients:

250g plain flour
50g cocoa powder
2 tsp baking powder
2 eggs
100g caster sugar
4 tbsp vegetable oil
200ml milk
100g chocolate chips
150g icing sugar

Method:

1. Pre heat oven to 180°C.
2. Mix in a bowl flour, cocoa powder and baking powder.
3. In another bowl mix sugar, eggs, milk and oil.
4. Then gently mix wet with dry ingredients. Add chocolate chips.
5. Pour mixture into muffin cases and bake for 20 mins.
6. Cool slightly then dust with icing sugar.

Overnight oats berries

Makes 6 portions

Ingredients:

300g frozen blackberries
2 bananas
300ml oat milk
1 tsp vanilla extract
250g rolled oats

Method:

1. Put the blackberries, banana, oat and vanilla in a blender and blend until completely smooth.
2. Pour into a bowl and stir in the oats.
3. Cover and place in the fridge overnight to allow the oats to soak and soften.
4. In the morning maybe add some sliced fresh blackberries and a drizzle of honey.



Frozen berries often have a similar nutritional value to fresh berries!



Oat milk and fruit is naturally sweet so don't add too much honey (just a drizzle) to avoid over-consumption of free sugar. For a 5-10yr old child, this is an average of 24g free sugar per day.



Recipes: Lunch and Dinner



Jacket potato with beef chilli and salad

Makes 6 portions

Ingredients:

500g lean minced beef
100g washed and drained red lentils
1 onion diced
1 carrot grated
2 cloves garlic crushed
400g tin chopped tomatoes
400g tin red kidney beans
4 tbsp tomato puree
1 tsp chilli powder
1 tsp ground cumin
1 tsp paprika
200ml beef stock
6 jacket potatoes
Chopped cucumber, tomatoes, iceberg and peppers (for salad)

Method:

1. Heat pan to medium heat with a little oil and brown mince for 5 mins.
2. Drain away any fat and add all the spices, onion, carrot and garlic.
3. Continue cooking for about 5 mins.
4. Add lentils to pan with chopped tomatoes, tomato puree and stock.
5. Cook on a low heat on the hob for 1 hour or place in a slow cooker (on medium heat) for 5 hours.
6. Bake jacket potatoes.
7. Top jackets with chilli and serve with the bowl of fresh salad.

Maybe add a small bowl of sour cream too!



Grated carrot adds vegetables into your meal that you don't even realise are there! A great source of vitamin A, which is essential for healthy eyesight.



Try to eat the skin of the potato to reduce food waste

Sticky chicken noodle stir fry with peppers and courgettes

Makes 6 portions

Ingredients:

3 chicken breasts cut into chunks
2 tsp cornflour
200ml chicken stock
1 red onion sliced
2 courgettes cut into 2cm chunks
2 red peppers cut into 2cm chunks
2 cloves garlic crushed
2 carrots sliced
2 tbsp honey
2 tbsp soy sauce
2 tbsp grated fresh ginger
Juice of 1 lemon
500g cooked noodles

Method:

1. Mix chicken with cornflour until fully coated.
2. In a bowl mix honey, stock, soy sauce, ginger and lemon juice. Set aside.
3. Heat a little oil in a large frying pan and cook chicken until crispy for about 5 mins.
4. Add all vegetables and cook for 3 mins.
5. Add stock and cook all together for about 5 mins until chicken is cooked.
6. Throw in noodles for the last 2 mins.
7. Serve straight away.

Maybe add some chopped coriander!



Courgettes and peppers are high in vitamin C which helps us keep which helps to support our immune system and helps us absorb iron!

Lentil dhal with homemade flatbreads

Makes 6 portions

Ingredients:

500g red or green lentils washed and drianed
2 x 400ml tins coconut milk
400ml water
3 cloves garlic crushed
2 large tomatoes cut into small chunks
1 tsp chilli powder
1 tsp ground cumin
1 tsp curry powder
1 tsp paprika
400g self raising flour
350ml warm water
Salt

Method:

1. Heat pan with a little oil and add spices and garlic. Cook for 2 mins.
2. Add tomatoes then followed by lentils, coconut milk and water.
3. Bring to the boil and simmer slowly for around 1 hour uncovered.
4. Keep stirring every 10 mins, ensuring it doesn't stick to the bottom of the pan.
5. Add a little water if getting too thick.
6. Once cooked, add salt to taste.
7. To make flatbreads – simply mix flour with water and a pinch of salt (you can add a few spices if you like) to form a dough. Leave to rest for 15 mins.
8. Portion out to golf ball size and roll out thin.
9. Heat frying pan on high.
10. Rub rolled breads with a little oil and cook each side for about 1 min.
11. Serve with dhal.

Maybe serve with some crushed avocado and yoghurt!



Using coconut milk gives plenty of flavour to a recipe



Spices have many antioxidants which help support our immune system

Toad in the hole with carrots and gravy

Makes 6 portions

Ingredients:

10 good quality sausages
200g plain flour
4 eggs
300ml milk
2 onions sliced
Vegetable oil
300ml gravy
400g carrots chopped and cooked

Method:

1. Pre heat oven to 200°C.
2. In a bowl, whisk eggs, flour and milk to make a batter and put in the fridge for 1 hour.
3. Put sausages and onions in an oven proof dish, drizzle with a little oil.
4. Roast for 15 mins.
5. Re-whisk batter and pour over sausages and cook for a further 30 mins until risen and brown.
6. Serve with gravy and carrots.

Maybe serve with some new potatoes too!



Consider using vegetarian sausages as these will have lower saturated fat content than meat sausages. Saturated fats should be eaten in small amounts to help protect our heart.

Pesto and vegetable wholemeal pasta salad

Makes 6 portions

Ingredients:

400g wholemeal pasta (penne is good)
2 red peppers diced into 3cm chunks
1 aubergine cut into 3cm chunks
1 large red onion cut into 3 cm chunks
Handfull of chopped watercress and rocket
100g frozen peas
100g jar of pesto

Method:

1. Cook pasta as per instructions and add peas into water 2 mins before the end.
2. Run under cold water until the pasta and peas are cold. Drain.
3. Mix peppers, aubergine and onions with a little oil and seasoning. Roast in pre-heated oven for 20 mins on 180°C. Chill.
4. Mix pasta, vegetables, watercress and rocket with pesto.

Maybe serve with some warm bread as well!



Using wholemeal pasta instead of white pasta will provide us with more fibre which is good for our digestion and gut health!

Beef burger with brioche bun and sweet potato wedges

Makes 6 portions

Ingredients:

900g lean minced beef
1 large onion finely diced
1 iceberg washed and broken into big pieces
1 beef tomato sliced into 6
6 brioche buns (can use normal buns)
3 large sweet potatoes cut into wedges

Method:

1. Pre heat oven to 190°C.
2. Place mince and onions in a bowl with a good grind of salt and pepper. Mix well.
3. Mould into 6 burgers and chill for 2 hours.
4. Mix wedges with a little oil and seasoning and bake in oven for 30 mins.
5. Heat frying pan on medium with a little oil and cook burgers for around 4 mins on each side.
6. Serve in bun with tomato and lettuce. With a side of wedges.

Maybe add a little mayonnaise!



Leave the skin on the sweet potato for extra crispiness



We only need a little oil to cook the sweet potatoes as oil is energy dense and high in fat.

Chicken Caesar salad with crudities

Makes 6 portions

Ingredients:

3 skinless chicken breasts
2 large cos lettuce washed and chopped
6 rashers streaky bacon chopped
1 punnet cherry tomatoes washed and halved
1 small bottle Caesar dressing
Croutons
1 cucumber cut into strips
2 red peppers cut into strips
4 celery sticks cut into strips
100g grated Parmesan

Method:

1. Pre heat oven to 180°C.
2. Mix chicken breasts with a little oil and seasoning. Place onto oven tray.
3. Cook bacon on tray in oven for 10 mins until crispy. Leave to one side.
4. Heat frying pan on medium and seal chicken breasts on both sides for 3 mins.
5. Roast the chicken in oven for about 25 mins until cooked. Rest for 10 mins and sliced into 6.
6. Mix cos lettuce with some dressing and croutons.
7. Place with sliced chicken, bacon, tomatoes, Parmesan on top.
8. Serve cucumber, peppers and celery on the side.



To make croutons, rip up left over bread, season and bake in the oven for 10 mins at 180°C

Thai green vegetable curry and rice

Makes 6 portions

Ingredients:

1 head of broccoli cut into small florets (grate stalk as well)
1 large carrot sliced
1 large onion sliced
100g mange tout
1 red pepper diced
50g ginger grated
1 garlic clove crushed
1 small jar Thai green curry paste
2 x 400ml tins coconut milk
1 lime cut into 6 wedges
500g rice

Method:

1. Heat a large pan or pot with oil
2. Add the paste and cook for 2 mins, stirring regularly
3. Add the coconut milk with a little water and simmer for 5 mins
4. Add the vegetables and cook for 10 mins, taste and season
5. Cook the rice as per instructions on pack
6. Serve with rice and lime wedges



Broccoli and mangetout are great sources of vitamin K which helps us maintain healthy bones



Use the whole produce in this dish by grating the stalk of the broccoli and not peeling the carrot



You could even save the skin from the ginger to be used in a herbal tea

Mediterranean cous cous

Makes 6 portions

Ingredients:

2 balls of mozzarella torn into pieces
300g cous cous – cook as per packet instructions
1 punnet cherry tomatoes washed and halved
1 cucumber peeled and diced
Bag of rocket
Juice and zest of 1 lemon
Olive oil

Method:

1. Simply mix all ingredients together and serve.

Maybe serve with some crusty wholemeal bread!



Rocket is a leafy green vegetable which gives us lots of iron. Iron is needed in our blood to transport oxygen around our body

Fish fingers, baked sweet potato wedges and peas

Makes 6 portions

Ingredients:

500g fresh salmon fillets
3 washed large sweet potatoes cut into wedges
200g breadcrumbs
300g cooked peas

Method:

1. Pre heat oven to 180°C.
2. Mix wedges with a little oil and seasoning and bake in oven for 30 mins.
3. Cut salmon into 12 strips and coat in the breadcrumbs and season.
4. Lay salmon fingers on oven proof tray and bake in the oven for 20 mins.
5. Serve both with peas.

Maybe serve with some tomato ketchup!



Leave the skin on the sweet potato for extra crispiness



Don't forget to look at the Hints and Tips page to make your own breadcrumbs

Leek and potato soup with toasted seeds

Makes 6 portions

Ingredients:

400g potatoes washed and diced
400g leeks washed and sliced
1 onion diced
800ml vegetable stock
100ml milk
50g toasted sunflower and pumpkin
seeds

Method:

1. Heat a little oil in a pan and add onions and leeks for 5 mins with a good squeeze of salt and pepper.
2. Add stock and potatoes and cook for a further 15 mins until potatoes are soft.
3. Blend with milk and adjust seasoning and thickness.
4. Serve in bowl and sprinkle toasted seeds on top.

Maybe serve with warm crusty bread!



Save the rest for
another meal



Seeds boost the
fibre in a meal
and they are also
a great source of
unsaturated fat
which is needed
for a healthy
heart.

Beef, lentil and vegetable burrito with sour cream

Makes 6 portions

Ingredients:

200g mince beef – can substitute with kidney beans
200g leftover cooked lentils
1 red pepper chopped
100g blended leftover vegetables
4 ripe tomatoes chopped
1 red onion diced
1 clove garlic crushed
1 tsp ground paprika
1 tsp ground cumin
1 tsp dried chili flakes
Rapeseed oil
6 tortilla wraps or 6 taco shells
200g sour cream

Method:

1. Heat oil in a large pan, add onions until soft for about 5 mins.
2. Add crushed garlic, paprika and chilli until fragrant for about 1 min.
3. Add mince and brown for about 5 mins.
4. Add lentils, peppers, tomatoes to the mince and cook for about 30 mins.
5. Season to taste.
6. If mixture becomes too thick, add a little water if needed.
7. Lay out tortilla wraps and fill middle with spoonful of mix (if using tacos fill each one with mix and serve).
8. Bake in oven at 180°C for 20 mins.
9. Serve with sour cream.

Maybe add a green salad too!



Use leftover vegetables



Adding lentils provides us with plenty of fibre, along with protein and iron too.

Honey roast ham, roast potatoes, greens and gravy

Makes 6 portions

Ingredients:

1kg piece of ham
150g honey
500g potatoes peeled, boiled and roasted
1 broccoli trimmed into florets
1 small cabbage shredded
200g green beans
300ml gravy

Method:

1. Pre heat oven to 180°C.
2. On the hob, simmer ham for 1 hour in water in a pan (add a few herb trimmings/veg peelings if you have them)
3. Place ham in oven proof tray and drizzle honey over.
4. Roast in oven for 20 mins.
5. Cook greens in boiling water for 5 mins.
6. Slice ham and serve with roast potatoes, greens and gravy.

Maybe serve with some apple sauce!



Use the whole produce in this dish by using the stalk of the broccoli



For extra flavour you could even add cloves, star anis or citrus peel when simmering.



Save any leftover ham for sandwiches

Creamy smoked mackerel and spinach pasta

Makes 6 portions

Ingredients:

6 smoked mackerel fillets skinned and flaked
500g pasta of your choice, cooked
100g bag baby spinach
1 onion diced
1 garlic clove crushed
500ml double cream
100g Parmesan

Method:

1. Heat pan with a little oil.
2. Add onion and garlic for 3 mins.
3. Add cream and bring to boil, then add mackerel and spinach.
4. Cook for about 5 mins on medium.
5. Add a little water if to thick.
6. Add pasta for another 3 mins.
7. Season to taste.
8. Serve with Parmesan.

Maybe add a green salad and warm crusty bread!



Oily fish contains lots of omega 3 which is great for our brain development and our heart health.

Smoked salmon omelette with salad

Makes 6 portions

Ingredients:

300g smoked salmon
12 eggs – divide into 6 bowls (2 eggs per bowl)
Bowl of chopped cucumber, tomatoes, iceberg and pepper (for the salad)
3 baguettes cut in half

Method:

1. Heat omelette pan with a little oil.
2. Add bowl of eggs and stir for 1 min.
3. Add 50g smoked salmon and fold over when eggs just cooked.
4. Serve omelettes with bowl of salad and baguettes.



Oily fish contains lots of omega 3 which is great for our brain development and our heart health.

Classic cottage pie with peas

Makes 6 portions

Ingredients:

500g lean minced beef
100g red lentils washed and drained
200g grated carrot, courgette and onion
500ml beef stock
100g cooked peas
2 tbsp flour
2 tbsp tomato puree
Pinch of dried herbs
500g washed potatoes
50ml butter or margarine
50ml milk

Method:

1. Pre heat oven on 180°C.
2. Heat pan with a little oil and brown mince for 5 mins.
3. Drain away any fat and add grated vegetables and lentils.
4. Cook for 5 mins.
5. Add flour, tomato puree and herbs, cook for 2 mins.
6. Add stock and cook slowly for 1 hour. Add peas for the last 10 mins.
7. Season to taste.
8. Cool in oven proof dish for about 20 mins.
9. Boil potatoes until soft and mash with butter and milk.
10. Top mince mix with mash and bake in oven for 25 mins.

Maybe add some grated cheese on top when you bake!



Opt for low-salt/
low-sodium
stock cubes.
This reduces
potential excess
consumption
of salt in the
diet, which is
not good for our
heart health.

Butternut squash soup

Makes 6 portions

Ingredients:

1 butternut squash washed
1 onion diced
1 potato washed and diced (or use 100g leftover mash)
1 clove garlic crushed
200g leftover vegetable curry
1ltr vegetable stock

Method:

1. Keep skin on butternut squash and cut lengthways into 4, deseed and chop into 2cm pieces.
2. Heat pan with a little oil, add onion, butternut squash and garlic. Cook for 5 mins on low.
3. Add stock, potatoes and curry. Simmer for 20 mins.
4. Blend soup and serve with warm crusty bread.



Butternut squash provides us with vitamins A and E which are great for keeping healthy skin cells all over our body.



Save the rest for another meal



Leave the skin on the butternut squash

Macaroni cheese crispy bacon and leeks

Makes 6 portions

Ingredients:

400g macaroni
100g plain flour
100g butter or margarine
1 ltr milk
250g grated Cheddar cheese
50g Parmesan
20g English mustard
6 rashers streaky bacon chopped
2 leeks washed and sliced

Method:

1. Pre heat oven to 180°C.
2. Cook the macaroni as per packet instructions.
3. Warm the milk in a pan.
4. Melt the butter and stir in the flour to form a roux.
5. Add the milk to the roux (a ladle at a time), then cook for around 15 mins on low, take off the heat.
6. Bake bacon in oven on tray for 10 mins until crispy.
7. Sauté leeks in a little oil for 5 mins until soft.
8. Mix macaroni with sauce, leeks, mustard and half of Cheddar, put in oven proof dish.
9. Sprinkle rest of Cheddar and parmesan over the top.
10. Place in oven for 25 mins until brown. Add bacon bits at the end.

Maybe serve with a green salad!



Dairy such as milk is a great source of calcium in our diet, it is needed for strong bones and teeth.



Why not use 50/50 milk and vegetable stock to make a lighter sauce

Tuna or vegetable sushi with soy sauce

Makes 6 portions

Ingredients:

300g sushi rice
1 pack dried nori seaweed sheets
2 small tins tuna mixed with 2 tbsp of mayonnaise
1 red pepper cut into strips
1 cucumber cut into strips
Soy sauce
Bamboo mat (optional to roll out)



If you don't have a bamboo mat you could use baking paper!

Method:

1. Cook sushi rice as per instructions on packet. Cool.
2. Lay out 1 piece of nori seaweed on bamboo mat and lightly press some rice thinly over seaweed.
3. Lay a little of the tuna mix or vegetables down the middle of the rice in a row.
4. Then fold over seaweed/rice to make a roll.
5. Cut into around 6 pieces and repeat process until all used up.
6. Serve with soy sauce for a dip.

Chicken and vegetable curry with homemade rotis

Makes 6 portions

Ingredients:

6 boneless chicken thighs diced
1 onion diced
1 garlic clove crushed
1 small red chilli chopped
30g ginger peeled and grated
1 red pepper diced
1 courgette diced
1 sweet potato diced
100g peas
100g spinach
2 tbsp curry powder
400g tin chopped tomatoes
400ml tin coconut milk

Method:

1. Heat a little oil in pan on medium and add curry powder for 1 min.
2. Add chicken, onion, chilli, ginger and garlic and cook for around 5 mins.
3. Add sweet potato, chopped tomatoes and coconut milk, bring to the boil and simmer for 15 mins.
4. Add peppers, courgettes, peas and spinach for another 10 mins until all cooked.
5. Season to taste.
6. Serve with rotis (see separate recipe).

Maybe add some rice, yoghurt and mango chutney!



You could even save the skin from the ginger to be used in a herbal tea



Incorporating a wide variety of different vegetables increases the variety of nutrients we get in our diet.

Roti Recipe

Ingredients:

300g self-raising flour
2tsp salt
1 tsp turmeric
1 tsp tikka or curry powder
200ml cold water
1 tsp garlic powder
5 tsp baking powder
2 tsp ground coriander
3 tsp black pepper

Method:

1. Pre heat oven to highest setting and place oven proof tray inside
2. Gradually add water to all dry ingredients together to form a dough.
3. Cover with a clean tea towel and rest for 10 mins.
4. Roll out thinly with flour.
5. Place on your pre heated oven tray.
6. Bake 2-3 mins or until puffed.



Turmeric contains antioxidants which can help support our immune system.

Jacket potato with tuna mayo and slaw

Makes 6 portions

Ingredients:

6 jacket potatoes
3 small tins tuna mixed with mayonnaise
2 carrots peeled and grated mixed with half a white cabbage shredded and a little mayonnaise
1 cucumber cut into strips

Method:

1. Bake jackets and serve with tuna, coleslaw and cucumber



The skin of the potato contains lots of fibre which is good for our digestion



Try to eat the skin of the potato to reduce food waste



Tuna on a jacket potato or in a salad is a great way to eat fish. We should be eating 2 portions of fish every week, one of which should be an oily fish.

Bolognaise with garlic bread and salad

Makes 6 portions

Ingredients:

500g lean minced beef
100g washed and drained red lentils
1 onion diced
1 carrot grated
2 cloves garlic crushed
1 tbsp dried oregano
400g tin chopped tomatoes
4 tbsp tomato puree
200ml beef stock
6 portions garlic bread
500g penne pasta
Chopped cucumber, tomatoes, iceberg and peppers (for the salad)

Method:

1. Heat pan to medium with a little oil and brown mince for 5 mins.
2. Drain away any fat and add all the spices, onion, carrot and garlic.
3. Continue cooking for about 5 mins.
4. Add lentils to pan with chopped tomatoes, tomato puree and stock.
5. Cook on low on the hob for 1 hour or place in a slow cooker (on medium heat) for 5 hours.
6. Serve with pasta, salad and garlic bread.



Beef is a great source of iron. Beef contains a type of iron that can be easily absorbed into our bloodstream. Iron helps us transport oxygen around our body.

Sausage frittata pesto pasta bake

Makes 6 portions

Ingredients:

300g cooked leftover spaghetti (or other pasta)
6 cooked leftover sausages sliced
Or for a vegetarian option use leftover peas/cherry tomatoes/pepper
200ml pesto
6 eggs
25g Parmesan
Seasoning
Rapeseed oil

Method:

1. Pre heat oven to 180°C.
2. Mix in a bowl pasta with sausages, eggs, pesto and parmesan. Season.
3. Place into oiled oven proof shallow dish.
4. Bake for 25 mins until set.
5. Cut into squares and serve with a green salad.



Use leftover ingredients, such as cherry tomatoes or peppers from uneaten salads.



Eggs contain plenty of protein. Protein is needed for the growth and repair our of body, particularly our muscles.

Salmon fishcakes with broccoli

Makes 6 portions

Ingredients:

350g fresh salmon (skin off and no bone)
350g washed and chopped potatoes
2 heads of broccoli cut into florets

Method:

1. Boil potatoes until soft.
2. In a pan with water, simmer the salmon for 5 mins.
3. If you have a steamer, steam potatoes until soft and place salmon into steamer for the last 5 mins.
4. Cool slightly and mash together with seasoning.
5. Shape into 12 cakes and then put into fridge for 2 hours.
6. Heat pan with a little oil and fry on medium on both sides for 5 mins.
7. Serve with cooked broccoli.

Maybe add some peas into the mix when cooking.



You could use one steamer throughout the recipe to use energy efficiently



Fishcakes are a great way to consume oily fish. Salmon is full of protein and omega 3 which is great for our brain development.

Chicken kebabs with rice and sweet chilli sauce

Makes 6 portions

Ingredients:

3 large chicken breast cut into chunks
2 red peppers cut into chunks
2 red onions cut into chunks
2 courgettes cut into chunks
2 garlic cloves crushed
1 tbsp turmeric
1 tbsp curry powder
500g rice
1 small bottle sweet chilli sauce
6 skewers

Method:

1. Pre heat oven to 190°C and place oven tray inside.
2. In a bowl mix chicken, peppers, onions, courgettes, garlic and spices with a little oil and seasoning.
3. Place evenly with chicken/veg onto the 6 skewers.
4. Cook in oven on tray for 25 mins.
5. Cook rice as per pack instructions.
6. Serve with cooked rice and sweet chilli sauce.

Maybe chop some coriander and throw over at the end.



Courgettes, peppers and onions are high in vitamin C which helps us keep a healthy immune system and helps us absorb iron!

Potato pancakes with poached eggs and mushrooms

Makes 6 portions

Ingredients:

250g leftover cold mash potato
75g plain flour
1 tsp baking powder
2 eggs
125ml milk
Handful of fresh chopped herbs
6 poached eggs
300g mushrooms

Method:

1. Sieve flour and baking powder onto cooled mash.
2. Whisk eggs and milk together and add to the potato mix with the herbs to make a batter. Season.
3. Heat non-stick frying pan with a little oil and cook 6 pancakes each side for about 3 mins.
4. Cook mushrooms in a little oil and season.
5. Serve potato pancakes with poached eggs and mushrooms.



Use leftover vegetables – when you make mash, you could set a little aside to be used in this dish



Poaching is a healthier way of cooking eggs compared to frying them in oil

Classic lasagne with garlic bread and salad

Makes 6 portions

Ingredients:

400g lean minced beef
100g washed and drained red lentils
1 onion diced
1 carrot grated
2 cloves garlic crushed
1 tbsp dried oregano
400g tin chopped tomatoes
4 tbsp tomato puree
200ml beef stock
12 lasagne sheets
250g grated Cheddar cheese
500ml cheese sauce (shop bought)
6 portions of garlic bread
Chopped cucumber, tomatoes, iceberg and peppers (for salad)

Method:

1. Pre heat oven to 180°C.
2. Heat pan to medium with a little oil and brown mince for 5 mins.
3. Drain away any fat and add all the spices, onion, carrot and garlic.
4. Continue cooking for about 5 mins.
5. Add lentils to pan with chopped tomatoes, tomato puree and stock.
6. Cook on low on the hob for 1 hour or place in a slow cooker (on medium heat) for 5 hours, leave to cool.
7. In an oven proof dish layer mince mix and lasagne sheets in 3 layers and top with cheese sauce.
8. Sprinkle with grated cheese and bake for 35 mins.
9. Serve with garlic bread and salad.



Tomatoes, tinned and fresh offer so many nutrients such as vitamin C and vitamin A. Together these vitamins help us to maintain healthy skin!

Sub rolls with various fillings

Makes 6 portions

Ingredients:

6 sub rolls
Sliced ham
Sliced cheese
Tuna mayo
Sliced cucumber
Sliced tomatoes
Mixed leaves



Get creative and use different types of bread, fillings and toppings!

Method:

1. Fill your sub rolls with a choice of fillings.
2. Serve with a salad.



Happy cooking!

from

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS