

welcome

Medway Cooks! Recipe Collection shows that home cooking can be quick, tasty and even save money on the weekly food bill.

Recipes in the collection encourage healthy eating by focussing on achieving a balanced diet, and giving tips to help you build healthy habits into your day-to-day routines.

Share recipes from the collection with friends and family, or why not cook them one of the dishes? A home cooked meal is a great opportunity to get people together.

More recipes will be released in the future to help you build up your collection.

You can include your own recipes using the blank cards, or go online for new recipes at **www.abettermedway.co.uk/eating-healthily**

If you'd like your recipe to be shared with others in Medway, or if you'd like to keep up to date with Medway Cooks! healthy eating projects and events email **change4life@medway.gov.uk** with details.

Have fun and enjoy your food.

**A BETTER
MEDWAY**
Easier ways to be healthy

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4 life
Eat well Move more Live longer

Further information

If you'd like to share your recipe feedback or comments you can email change4life@medway.gov.uk

Medway MEND (Mind, Exercise, Nutrition... Do It!) programme, phone **333741** or email mend@medway.gov.uk

Medway Change4Life programme, email change4life@medway.gov.uk or visit www.nhs.uk/change4life

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.



Fruit and vegetables

Bread, rice, potatoes, pasta and other starchy foods

Meat, fish, eggs, beans and other non-dairy sources of protein

Foods and drinks high in fat and/or sugar

Milk and dairy foods

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Top tips for a top diet

To eat healthily we need to ensure we enjoy a variety of foods in a balanced way. The easiest way to ensure we try to eat the right variety of foods is to use the Eatwell plate.

The Eatwell plate is broken down into five food groups.



Fruit and vegetables

Enjoy plenty of fruit and vegetables. Varieties can be fresh, frozen, tinned, dried or juiced. Aim for at least 5 portions per day of different varieties.



Bread, rice, potatoes, pasta and other starchy foods

Try to base your meals on these foods. This may include breads including wraps, flat breads, bagels, chapattis, potatoes, cereals, lentils, rice, couscous, and maize.



Milk and dairy foods

Food choices include cheeses, fromage frais, milk (all varieties), yoghurts, cream, butters, margarines. Some varieties can be high in fat so we need to watch how much we eat of these foods.



Meat, fish, eggs, beans

Beef, pork, chicken, turkey, lamb, white fish, for example, coley, oily fish, for example, haddock, eggs, all varieties of beans and vegetarian alternatives are found in this food group. Try to include fish in your diet twice a week; one should be an oily fish.



Foods high in fat or sugar

Foods from this food group should be eaten sparingly.

To help you follow a healthy diet, the recipes in the *Medway Cooks! Recipe Collection* have been colour coded according to the above food groups.

Honey and lemon glazed chicken



Tip:

- Serve with either potatoes and green vegetables or boiled rice.

by David
a local farmer

Honey and lemon glazed chicken

Serves 2

Ingredients

- 2 skinless chicken breasts
- 2 tbsp lemon juice
- 1 tbsp finely chopped lemon thyme
- 1 tsp cornflour
- 1 clove garlic, finely chopped
- 2 tsp clear honey
- 100ml stock (1 cube in boiling water)
- 1 tsp olive oil

Method

- 1 Cook the chicken breasts in the oil for approximately 5 minutes, turning occasionally.
- 2 Pour the honey over the chicken and sprinkle the lemon thyme on top. Continue cooking for another five minutes.
- 3 Add the garlic, lemon juice, and chicken stock to the pan and simmer for 20 minutes until the chicken is completely cooked through.
- 4 Remove the chicken from the pan.
- 5 Thicken the sauce if desired by adding sifted cornflour to the sauce a small amount at a time and stirring well.
- 6 Pour the sauce over the chicken to serve.

Vegetable soup



Tips:

- Serve with wholemeal bread.
- Easy to freeze portions.
- Try using other vegetables, like carrot, parsnip or potato.

by Anita
from Cliffe

Vegetable soup

Serves 4

Ingredients

- 1 small swede, diced to 1cm cubes
- 2 medium leeks, chopped
- 1200ml stock (2 cubes in boiling water)
- Ground pepper
- 1 tbsp olive oil

Method

- 1 In a large saucepan lightly fry the chopped vegetables in the olive oil for approximately 5 minutes.
- 2 Add the stock and season with pepper.
- 3 Bring to the boil and cook for approximately 20 minutes, or until the vegetables are soft.
- 4 Blend the soup and serve.

quick pasta bake



Tips:

- Season with ground pepper, garlic or herbs to add more flavour.
- Add reduced fat cheese and fresh herbs as a tasty topping.

by Cathy
from Rochester

Quick pasta bake

Serves 4

Ingredients

- 160g wholewheat pasta
- 8 rashers of rindless bacon
- 2 onions, chopped
- 2 peppers, chopped
- 150g mushrooms, chopped
- 410g (1 tin) chopped tomatoes
- 1 tsp tomato puree

Method

- 1 Pre-heat the oven to 180°C/350°F/Gas 4
- 2 Cook pasta according to cooking guidelines, drain and place in a large bowl and set aside.
- 3 Remove excess fat from the bacon and cut into bitesize pieces.
- 4 Dry fry the bacon until completely cooked through.
- 5 Add the onion, mushroom, pepper, tomatoes and tomato puree to the bacon and heat until cooked through, stirring as required.
- 6 Add the cooked ingredients to the pasta and mix well.
- 7 Transfer the mixture to an oven dish and bake for approximately 30 minutes, or until it is crispy and golden on top.

Prawn Thai curry



Tip:

- For a vegetarian version, add a few more vegetables instead of the prawns.

Prawn Thai curry

Serves 4

Ingredients

- 1 tsp green Thai paste
- 2-3 handfuls of vegetables of your choice, such as babycorn, spring onions, peppers
- 400ml (1 tin) reduced fat coconut milk
- Juice of half a lime
- 1 stalk of fresh or dried lemongrass, sliced or 1 tsp lemongrass puree
- ½ tsp sugar
- 400g prawns
- Fresh coriander for garnishing

Method

- 1 In a wok or frying pan heat the green Thai paste for 1 minute.
- 2 Add in the vegetables and fry for a couple of minutes.
- 3 Add the coconut milk, lime juice, lemongrass and sugar. Simmer until it starts to thicken.
- 4 Add in the prawns and cook until heated through.
- 5 Garnish with coriander and serve with rice.

Crunchy coated chicken



Tips:

- Use wholemeal or wholegrain bread for extra crunchiness.
- For a different twist, try seasoning the breadcrumbs with lemon zest, chilli flakes or fresh herbs.
- You could use any white or oily fish (like Pollock) instead of the chicken.
- Use a blender to make breadcrumbs quickly.

by Julie
from Cuxton

Crunchy coated chicken

Serves 2

Ingredients

- 2 skinless chicken breasts
- 2 slices of bread, finely crumbed
- 75g (½ cup) flour
- 1 beaten egg
- Ground pepper
- 1tbsp olive oil

Method

- 1 Place the breadcrumbs in a bowl and season with ground pepper.
- 2 Wrap chicken breasts in cling film or a food bag and bash flat, so that it cooks evenly.
- 3 Unwrap the chicken and cut it into strips.
- 4 With the flour and beaten egg in separate bowls, dip each chicken strip first in the flour and then in the egg and then finally the breadcrumbs and set aside.
- 5 Heat the olive oil in a frying pan and add the chicken strips. Fry until the chicken is completely cooked through and the coating is golden brown and crunchy.

Chilli Cynthia style



Tips:

- Serve with rice, salad or baked potato.
- Sprinkle with cheese.
- Generally, the smaller the chilli the hotter it is.
- Wash your hands after handling fresh chilli.

by Cynthia
in Chatham

Chilli Cynthia style

Serves 4

Ingredients

- 500g lean minced beef
- 1 onion, chopped
- 4 medium mushrooms, chopped
- 1 fresh chilli, finely chopped or 1 tsp chilli powder
- 2 crushed garlic cloves or 1 tsp garlic powder
- 1 stock cube, crumbed
- Dark soy sauce
- 1-2 handfuls of sultanas
- 410g (1 tin) baked beans

Method

- 1 Brown the mince in a large frying pan and drain off any excess fat.
- 2 Add onion and fry until it has softened.
- 3 Add mushrooms, chilli, garlic and stock cube and stir well.
- 4 Add the baked beans, fill the empty tin halfway with water, add to the mixture and stir well.
- 5 Add 4 drops of soy sauce, stir and simmer for approximately 20 minutes or until completely cooked through. Add more water as required if the sauce starts to dry out.
- 6 Approximately 10 minutes before serving, add the sultanas and stir well.

Summer fruit punch



Tip:

- Great as a non-alcoholic cocktail.

Summer fruit punch

Serves 6 or more

Ingredients

- 700ml strong hot tea
- 200ml pineapple juice
- 1 litre sparkling ginger beer (non-alcoholic)
- 1 tbsp sugar
- 700ml orange juice
- Juice of three lemons
- Sprigs of mint
- Chopped fruit to decorate

Method

- 1 Make the tea and place in a large heatproof jug, then add the fruit juice, sugar and ginger beer and stir well. Once it has cooled, keep it cold in the fridge.
- 2 Serve in tall glasses with crushed ice, chopped fruit and a sprig of mint to decorate.

Crispy potato wedges



Tip:

- Serve with yoghurt and mint dip or reduced fat mayonnaise.

by Rachel
from Rochester

Crispy potato wedges

Serves 6

Ingredients

- 3 medium potatoes and 1 sweet potato, peeled and sliced into wedges
- 2 tbsp olive oil
- Garlic, and seasoning of your choice, for example pepper

Method

- 1 Pre-heat the oven to 200°C/400°F/Gas 6
- 2 Boil the potato wedges for 5 minutes to soften, then strain.
- 3 Toss the potatoes in an oven tray with the olive oil and spread evenly. Add garlic and seasoning to taste.
- 4 Transfer to the oven to cook for approximately 45 minutes or until golden brown and crispy, turning every 15 minutes so the potatoes brown evenly.
- 5 Serve as a side dish or on its own with a tasty dip.

Alternative apple crumble



Tips:

- You could use pear, peach or pineapple.
- Tinned fruit works just as well if you need to save time. Look for the ones in natural juice or water, with no added sugar.

by Jaytinee
from Cuxton

Alternative apple crumble

Serves 5

Ingredients

- 8 dessert apples, peeled, cores removed and sliced
- 150g ground almonds
- 30g raisins
- Water

Method

- 1 Pre-heat the oven to 180°C/350°F/Gas 4
- 2 Place the sliced apple into a saucepan and cover in boiling water.
- 3 Simmer for 5-7 minutes on a low heat until apple slices have softened slightly and drain excess water.
- 4 Transfer the softened apple slices into an oven dish, add the raisins and mix gently.
- 5 Spread the mixture into a layer, and cover evenly with the ground almonds.
- 6 Transfer to the oven and bake for approximately 30 minutes or until the topping is golden brown and the filling is bubbling.
- 7 Serve warm or cold, on its own or with an accompaniment.

Succulent turkey burgers



Tips:

- Making your own burgers is cheap and easy to do and much tastier.
- If the consistency of the mixed ingredients is too dry, add more beaten egg. If it's too wet, add more breadcrumbs.
- You could use lean lamb with mint or beef with mustard for a change.
- Use a blender to make breadcrumbs quickly.

by Rachel
from Rochester

Succulent turkey burgers

Serves 6

Ingredients

- 500g turkey mince
- 3 slices of wholemeal bread, finely crumbed
- 2 onions, finely chopped
- Half a leek, finely chopped
- 1 egg, beaten
- Ground pepper and salt

Method

- 1 Pre-heat the oven to 180°C/350°F/Gas 4
- 2 Place the turkey mince, breadcrumbs, beaten egg and chopped onion and leek into a bowl and mix well.
- 3 Season with ground pepper and salt.
- 4 Separate the mixture into six portions and shape into patties.
- 5 Place on a baking tray and transfer to the oven for approximately 20 minutes or until golden-brown and completely cooked through.
- 6 Serve with a green salad or vegetables. Why not team with *crispy potato wedges* (see separate recipe card).

Crunchy tuna and sweetcorn bake



Tips:

- Use a whisk when making the sauce for a smoother consistency.
- Serve with green vegetables.

by Rachel

Crunchy tuna and sweetcorn bake

Serves 4

Ingredients

- 25g low fat spread
- 25g plain flour, sifted
- 300ml semi-skimmed milk
- 50g reduced fat cheddar cheese, grated
- Ground pepper
- 200g (1 tin) tuna (in springwater)
- 325g (1 tin) sweetcorn, drained
- 2 large tomatoes, sliced
- 70g (2 packs) crushed crisps
(look for crisps that are under 100kcal/packet)

Method

- 1 Pre-heat the oven to 180°C/350°F/Gas 4
- 2 Place the sliced tomatoes in an oven dish.
- 3 Melt the low fat spread in a saucepan, and gradually stir in the sifted flour. Heat gently for about 3 minutes.
- 4 Gradually stir in the milk, bring to the boil and then decrease the heat so the sauce is simmering.
- 5 Stir in the grated cheese, sweetcorn and tuna (without draining) and season with pepper.
- 6 Pour the mixture over the tomatoes, and sprinkle with the crushed crisps.
- 7 Transfer to the oven and bake for approximately 20-30 minutes until golden.

Vegetable Curry



Tips:

- Instead of chickpeas use 200g cubed sweet potato.
- Garnish with fresh chopped coriander.

Vegetable curry

Serves: 4

Ingredients

- 1 tbsp vegetable oil
- 1 large onion, chopped
- 1 eating apple, cored and chopped
- 1 garlic clove, crushed
- 2 tbsp Balti curry paste
- 2 carrots, sliced
- 400g can chopped tomatoes
- 150g cauliflower or broccoli, broken into florets
- 200g can chickpeas, drained
- 300ml vegetable stock
- 200g brown (or white) long grain rice
- 50g frozen peas, thawed

Method

- 1 Heat the vegetable oil in a large saucepan. Add the onion, apple and garlic and stir-fry for 2-3 minutes. Stir in the curry paste and cook for a few seconds.
- 2 Add the carrots, tomatoes, cauliflower or broccoli, chickpeas, and stock. Simmer, partially covered, for 25-30 minutes, adding a little extra stock or water if the curry looks like it is getting too dry.
- 3 At the same time, cook the brown rice in gently boiling water for 25-30 minutes, or until tender. (If you are using white rice, it should take about 12 minutes to cook).
- 4 Add the peas to the curry and heat for a few moments. Season with some pepper, if needed. Drain the rice thoroughly and serve with the curry.

Couscous salad



Tips:

- For a change stir some cooked meat into the cooled couscous.



Couscous salad

Serves 4

Ingredients

- 150g plain couscous
- Handful of seedless grapes, cut in half
- 3 sticks celery, diced
- 1 red pepper, diced
- 3 tbsp sweetcorn
- 4 small tomatoes, sliced
- Cucumber, cubed

Method

- 1 Make the couscous as described on the pack (it only requires boiling water - no actual cooking required).
- 2 When the couscous is cool, mix in the salad ingredients and serve.

Potato omelette



Tip:

- Try adding leftover cooked meat, diced pepper or herbs for extra flavour.

Potato omelette

Serves 4

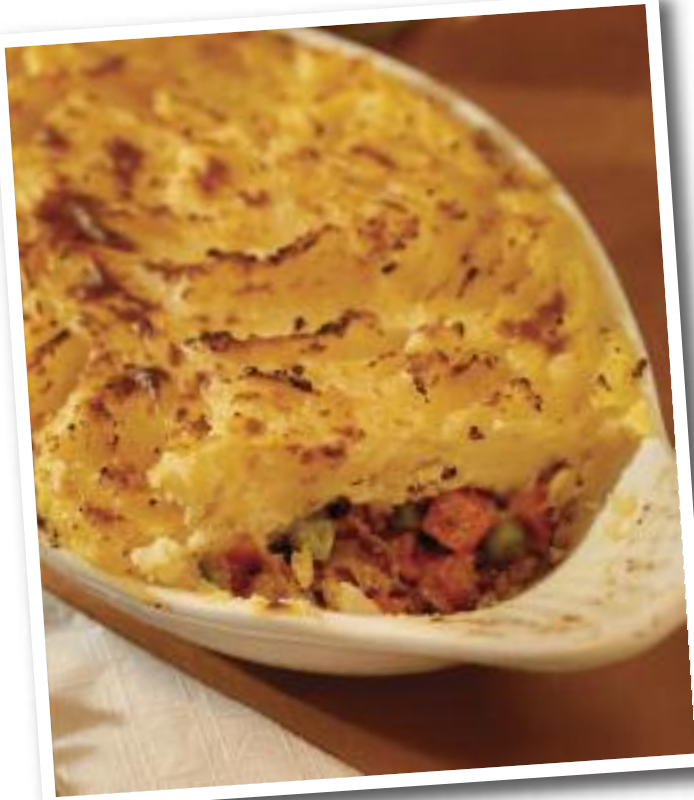
Ingredients

- 1tbsp of olive oil
- 350g of potatoes, sliced thinly
- 1 large onion, sliced thinly
- 6 large eggs
- Ground pepper
- Handful of grated cheese

Method

- 1 Heat the olive oil in a large frying pan and add the potatoes and onion.
- 2 Cook gently (without browning the onion) for 20-30 minutes until the potatoes are softened.
- 3 Beat the eggs in a large bowl and season with pepper.
- 4 Add the potato and onion into the bowl, combine well and pour into a large frying pan with heatproof handle.
- 5 Cook gently for 10-12 minutes until set.
- 6 Scatter the top with grated cheese and cook under a pre-heated grill until golden brown and bubbling.

Beef and vegetable madness



Tip:

- Great for using up spare vegetables

From the Heavens family, Gillingham

Beef and vegetable madness

Serves 6

Ingredients

- 450g lean minced beef
- 1 leek, chopped
- 1 onion, chopped
- 115g mushrooms, sliced
- 5 carrots, chopped
- 2 aubergines, chopped
- 1 sweet potato, chopped
- 4 fresh runner beans, sliced
- 325g (1 tin) sweetcorn, drained
- 300ml stock (2 cubes) in boiling water
- 450g mashed potato
- 80g cheddar cheese, grated
- Parsley for garnishing

Method

- 1 Preheat the oven to 190°C/375°F/Gas 5.
- 2 Dry fry the mince in a pan until browned and drain off any excess fat.
- 3 Add the onions, carrots, sweet potato and cook for 5 minutes.
- 4 Add the leek, sweetcorn, runner beans, aubergine, mushrooms and stock. Bring to boil, cover and simmer for 20 minutes until completely cooked through.
- 5 Transfer to an ovenproof dish.
- 6 Mix half of the cheese into the mashed potato and spread evenly over the mixture in the dish. Sprinkle the remaining cheese on top.
- 7 Bake in the oven for approximately 30 minutes or until golden brown and crispy on top. Garnish with parsley and serve.

Chicken Kebabs



Tips:

- If you're using wooden skewers, soak them in water for 20 minutes first
- Serve with warmed pitta bread, or salsa (see separate recipe card).
- Try different vegetable combinations such as onions and mushrooms.

Chicken Kebabs

Makes 8 kebabs

Ingredients

- 320g cherry tomatoes
- 4 skinless chicken breasts, cut into chunks
- 2 courgettes, sliced
- 2 tbsp vegetable oil
- 3 tbsp honey
- 3 tbsp soy sauce
- 1 tbsp lemon juice
- ¼ teaspoon ground pepper

Method

- 1 In a large bowl, mix together the oil, honey, soy sauce, lemon juice and pepper. Make sure you set aside a small amount of marinade for brushing onto the kebabs during cooking.
- 2 Roll the tomatoes, chicken breast strips and courgette slices in the marinade and thread onto the skewers.
- 3 Cook under a pre-heated grill for approximately 4-5 minutes on each side, brushing with marinade occasionally until the chicken is completely cooked through.

Vegetable pizza



Tips:

- Divide the dough into mini pizzas for a lighter snack.
- Great for using up spare vegetables.
- An alternative to passata is fresh or tinned chopped tomatoes.



Vegetable pizza

Makes a 20cm pizza

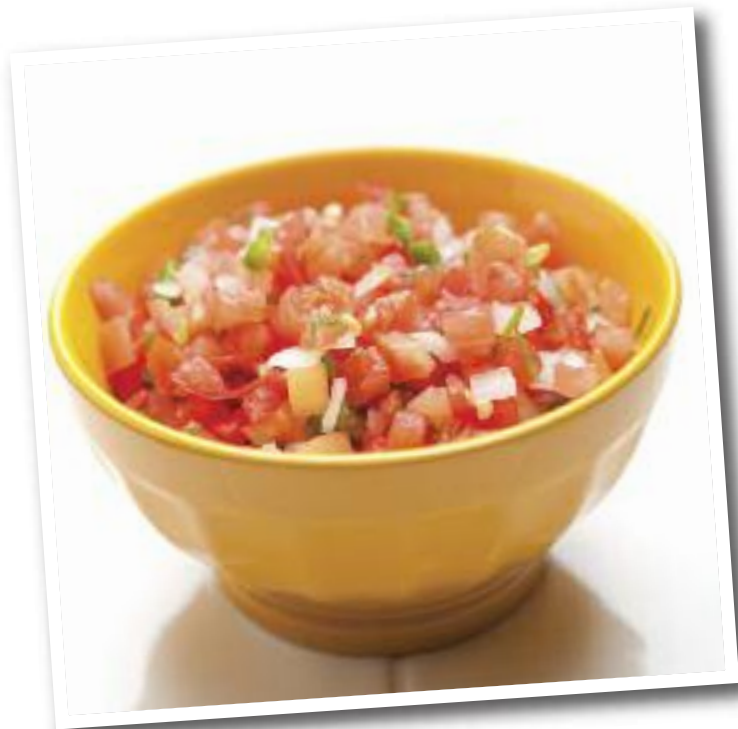
Ingredients

- 125g wholemeal flour
- 125g self raising flour
- 1 tsp baking powder
- 75g low fat spread
- 150ml of semi-skimmed milk
- 150ml passata
- A selection of vegetables (sliced peppers, courgettes, tomatoes, onions, mushrooms, and sweetcorn)
- 50g reduced fat mozzarella
- 50g reduced fat cheddar cheese
- Pinch of salt

Method

- 1 Preheat the oven to 200°C/400°F/Gas 6
- 2 Place the flour, baking powder, and a pinch of salt into a mixing bowl.
- 3 Rub the spread into the mixture until it resembles breadcrumbs.
- 4 Mix in enough milk to form a soft dough.
- 5 Turn out onto a floured surface and knead lightly.
- 6 Roll the dough to 1cm thickness and place on a baking tray lined with non stick paper.
- 7 Spread the passata evenly over the pizza, sprinkle with mixed vegetables and top with the grated cheese.
- 8 Bake in the oven for 15-20 minutes or until crispy and golden.

Really easy salsa



Tip:

- Preparing the salsa in advance and leaving it to rest in the fridge for 30 minutes allows the flavours to develop.



Really easy salsa

Ingredients

- 2 medium tomatoes, deseeded and chopped finely
- 4 spring onions, chopped finely
- 1 green chilli, deseeded and chopped finely
- 10g chopped coriander or parsley
- Juice of a lemon

Method

Combine all the ingredients in a bowl, and serve as a dip or garnish.

Rhubarb muffins



Tip:

- Try using other fruit and nut combinations, like pear and almond.

From Medway's Community Food Allotment Group

Rhubarb muffins

Makes 6 muffins

Ingredients

- 150g rhubarb, finely chopped
- 50g sugar
- 1 tbsp baking powder
- ½ tsp ground cinnamon
- 120ml skimmed milk
- 1 egg
- 75g wholewheat flour
- 2 tbsp light vegetable oil
- 60g chopped nuts, such as walnut, pecan or flaked almond

Method

- 1 Preheat the oven to 180°C/350°F/Gas 4
- 2 Combine the milk, egg and oil in a bowl.
- 3 Add the rest of the ingredients and mix. The consistency of the mixture will be slightly lumpy due to the rhubarb, so don't be tempted to overmix.
- 4 Spoon the mixture equally into muffin cups or lightly oiled muffin tray.
- 5 Transfer to the oven and cook for 25 minutes or until golden brown and a skewer comes out completely clean.

Hummus



Tips:

- Serve with toasted pitta bread.
- Suitable for babies as a dip with finger foods such as pitta bread, breadsticks or cooked vegetables.

From All Saint's Children's Centre in Chatham

Hummus

Ingredients

- 410g (1 tin) chickpeas, drained and rinsed
- 1 small garlic clove, crushed
- ½ tbsp tahini or sesame seeds
- Juice of ½ a lemon
- Pinch of cumin
- 1 tbsp of natural yoghurt

Method

- 1 Mash the chickpeas (using a blender or potato masher) until smooth and creamy.
- 2 Add the rest of the ingredients and mix well.

Guacamole



Tip:

- Suitable for babies as a dip with finger foods such as pitta bread, breadsticks or cooked vegetables.

From All Saint's Children's Centre in Chatham

Guacamole

Ingredients

- 1 avocado, pitted and flesh scooped
- 1 tsp lime juice
- 3 cherry tomatoes, finely chopped
- 1 tbsp of crème fraiche (or natural yoghurt)
- Ground pepper

Method

- 1 Mash the avocado in a bowl.
- 2 Add the lime juice, tomatoes and crème fraiche.
- 3 Mix and season with pepper to taste.

Stuffed baked apples



Tip:

- Try adding chopped nuts or cinnamon to the dried fruit.

Stuffed baked apples

Serves 4

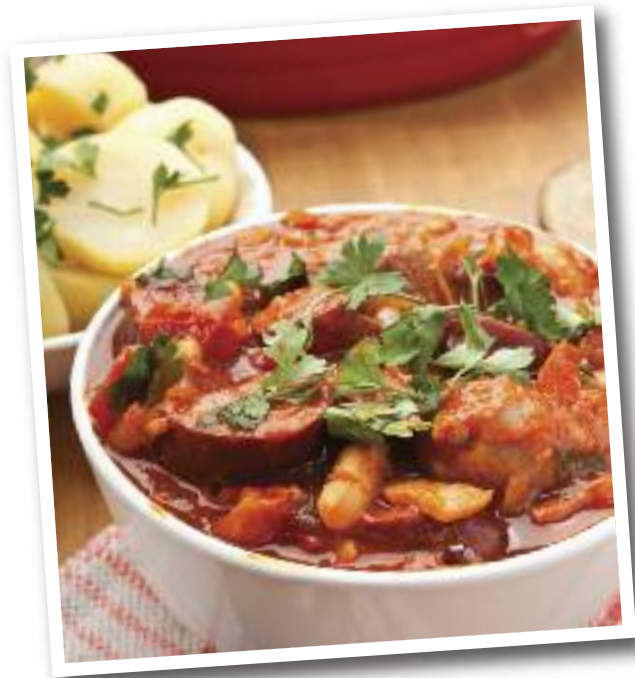
Ingredients

- 4 large eating apples, cored and skin scored
- 4 tbsp of dried fruit, such as apricots, raisins, or prunes
- 1 tsp of mixed spice
- 100ml orange juice (or water)

Method

- 1 Preheat the oven to 180°C/350°F/Gas 4.
- 2 Combine the dried fruit and add the spice.
- 3 Stand the apples upright on a baking tray and stuff with the fruit mixture.
- 4 Pour the orange juice (or water) around the apples.
- 5 Cook in the oven for 30 minutes until soft.

Sausage and bean hotpot



Tips:

- Serve with mashed sweet potato or corn on the cob.
- Try using a variety of sausages. Choose lower fat, high meat content sausages.
- Garnish with fresh parsley.
- For a different flavour, try using smoked paprika.

Sausage and bean hotpot

Serves 4

Ingredients

- 8 low fat sausages
- 820g (2 tins) baked beans
- 410g (1 tin) chopped tomatoes
- 200g (1 small tin) kidney beans
- 2 tsp of chilli powder
- 2 tsp paprika

Method

- 1 Dry fry sausages for 8-10 minutes, turning often until browned all over.
- 2 Put to one side and when cool enough to handle, cut into small pieces.
- 3 Put the chopped tomatoes into a large pan and heat thoroughly.
- 4 Add the chilli powder, paprika, baked beans, kidney beans and sausage pieces into the tomato and stir well.
- 5 Cook for 10 minutes or until completely cooked through.

Lentil salad



Tip:

- Serve with lightly toasted bread.

Lentil salad

Serves 1

Ingredients

- 1 leek, diced finely
- 1 celery stick, diced
- 300g (half a jar) cooked lentils
- 1 tomato, diced
- 1 tsp mustard
- 2 tbsp balsamic vinegar
- Ground pepper

Method

- 1 Put the celery, tomato and leek into the half full jar of lentils and add the mustard, pepper and balsamic vinegar.
- 2 Close the lid and shake gently to mix and serve.

Warm granola fruit medley



Tips:

- Great for breakfast.
- You can use any cooked fruit.
- In autumn you could collect damsons for a seasonal flavour.

Warm granola fruit medley

Serves 6

Ingredients

- 300g rolled oats
- 150g mixed nuts with raisins
- 1 tbsp oil
- 1 tbsp honey
- 8 plums, stoned and halved
- 1 tsp allspice
- Natural yoghurt
- Water

Method

- 1 Preheat the oven to 150°C/300°F/Gas 2
- 2 Place the oats, nuts, raisins, oil and honey in a bowl and mix well.
- 3 Lay the mixture on a non-stick baking tray. Transfer to the oven and cook for 10-15 minutes or until lightly brown and crisp.
- 4 Whilst the granola is cooking, add the plums to a saucepan with a splash of water and the allspice. Cook gently to soften the plums.
- 5 Layer the cooked plums and yoghurt in a tall glass and top with the cooked granola.

Stuffed tomatoes



Tips:

- Makes a great lunch.
- Use any plain or flavoured tinned oily fish.
- Make it a dinner by cooking the stuffed tomatoes until soft and serve with a rice salad.

Stuffed tomatoes

Serves 2

Ingredients

- 4 large tomatoes
- 2 spring onions, diced
- 120g (1 tin) of sardines in tomato sauce
- Ground pepper
- 1tbsp olive oil

Method

- 1 Slice the top off each tomato and scoop out the flesh inside to leave a tomato basket. Set aside the tomato tops and flesh.
- 2 In a bowl, mix the sardines and spring onions and season with pepper.
- 3 Fill the tomato baskets with the mixture and replace the tops.
- 4 Press the tomato flesh through a sieve into a bowl, then mix the oil with the tomato in the bowl.
- 5 Drizzle the tomato oil over the stuffed tomatoes and serve with fresh salad.

Pumpkin, coconut and cardamom cake



Tip:

- If you can't get pumpkin, use butternut squash instead

By Sarah
from Upnor

Pumpkin, coconut and cardamom cake

Ingredients

- 125g butter, softened
- 100g soft brown sugar
- 100g runny honey
- Juice of a lime
- 250g self raising flour
- 200g grated pumpkin flesh
- 100g desiccated coconut
- 3 cardamom pods, crushed

Method

- 1 Preheat the oven to 180°C/350°F/Gas 4
- 2 Beat the butter and sugar in a bowl until fluffy, then fold in the honey and lime juice to loosen the mixture.
- 3 Combine all the remaining ingredients in another bowl and then fold into the wet mixture a couple of spoonfuls at a time and mix well.
- 4 Transfer to a non-stick baking tin and bake for 60 minutes or until a skewer comes out completely clean.
- 5 Cool for 15 minutes before removing from the tin.

Fish pie



Tip:

- For a crunchy tasty topping, sprinkle shredded leek and grated cheese on top of the baked pie and pop under a pre-heated grill for 5 minutes.

Fish pie

Serves 2-3

Ingredients

- 250g fresh or frozen haddock, pollock, salmon or cod
- 2 sliced hard-boiled eggs or 2 chopped tomatoes
- 25g frozen peas
- 50g low fat spread
- 25g plain flour, sifted
- 300ml semi-skimmed milk
- 500g potatoes
- Ground pepper
- Fresh parsley, chopped

Method

- 1 Preheat the oven to 200°C/200°F/Gas 6.
- 2 Boil the potatoes for 20 minutes, until tender. Drain, and add 25g low fat spread and 50ml milk. Mash until smooth and creamy.
- 3 To make the sauce, melt the remaining low fat spread in a saucepan, add the flour and stir until it is a paste.
- 4 Gradually add the remaining milk, stirring constantly as the sauce thickens. Reduce the heat and simmer for 2 minutes. Season with ground pepper and parsley if desired.
- 5 Lay the fish evenly in an ovenproof dish. Top with peas and egg or tomato and pour the sauce on top.
- 6 Spoon the mash evenly over the sauce and bake for 40 minutes until golden brown. Make sure the pie is steaming hot all the way through before serving.

Salmon with herb crust and yoghurt herb dressing



Tip:

- For a change, serve with potatoes instead of couscous.

A recipe from www.eatwell.gov.uk

Salmon with herb crust and yoghurt herb dressing

Serves 4

Ingredients

- 560g salmon fillets
- 50g wholemeal bread, cut into rough pieces
- 25g sundried tomatoes in oil, drained
- 1 tbsp fresh basil leaves
- 150g low fat plain yoghurt
- 1 tbsp fresh parsley, finely chopped
- ½ tsp sugar
- Juice of half a lemon
- 230g plain couscous
- 370ml boiling water
- 320g broccoli
- 320g carrots cut into batons

Method

- 1 Preheat the oven to 190°C/375°F/Gas 5.
- 2 Make the topping by placing the bread, sundried tomatoes and basil in a food processor and blending until you have breadcrumbs.
- 3 Put the salmon fillets in an ovenproof dish – press the topping on the fillets then bake for 20 minutes until the fish flakes easily.
- 4 Make the yoghurt sauce by mixing together the yoghurt, parsley, sugar and lemon juice then chill until ready to serve.
- 5 Prepare the couscous by placing in a large bowl and pouring over the boiling water. Stir well and leave to stand for 5 minutes. Then fluff up lightly with a fork.
- 6 Steam or boil the broccoli and carrots until just tender.
- 7 When the fish is cooked, serve with the yoghurt dressing.

Banana smoothie



Tip:

- Add frozen fruit or berries for a refreshing alternative.

Banana smoothie

Serves 1

Ingredients

- 1 banana, peeled and sliced
- Pinch of ground nutmeg
- ½ tsp vanilla extract
- 240ml (1 cup) of semi-skimmed milk

Method

- 1 Place all the ingredients in a blender.
- 2 Blend until smooth and serve immediately.

My recipe for

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Handwriting practice lines consisting of 20 horizontal rows of dotted lines on a white background.

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