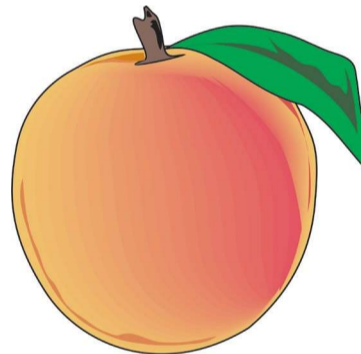
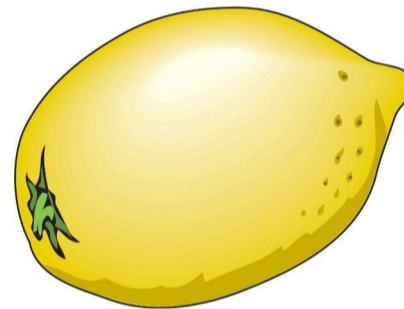
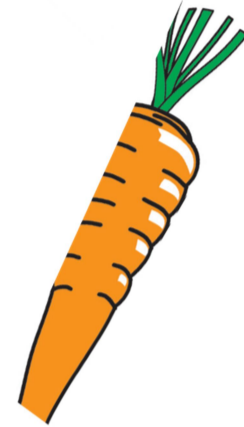


## Recipe File

Preparing and cooking food together can be great fun as well as creating really tasty meals and snacks! The aim of this recipe file is to offer some quick and easy recipe ideas that you might like to create together, and in the hope that you will use the space at the end to add some creative ideas of your own or share some with friends.



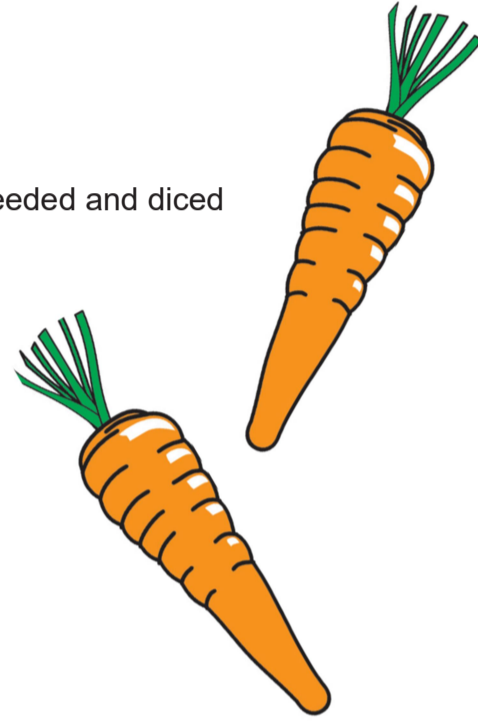
# Jim's lentil and vegetable soup

**Serves: 4**

(Quantity can easily be doubled and kept in the fridge or frozen)

## Ingredients:

2 medium carrots, peeled and diced  
1 medium potato, peeled and diced  
1 medium onion, peeled and diced  
1 small courgette, peeled and sliced  
1 stick of celery, washed and sliced  
1 pepper (any colour), washed, deseeded and diced  
75g red lentils, rinsed in cold water  
1 tin chopped tomatoes  
750ml vegetable stock  
Fresh black pepper  
Fresh or dried basil (optional)  
15ml (1tbsp) olive oil  
Ground pepper



## Method

1. Heat the olive oil in a large saucepan and add carrots, potato, onion, courgette, celery and pepper and cook for approximately 5 minutes, stirring frequently.
2. Add the stock to the vegetables, place a lid on the saucepan and bring to the boil over a high heat.
3. Turn down the heat, add the lentils and stir well.
4. Add the chopped tomatoes (and basil if using).
5. Simmer for 40-45 minutes, stirring occasionally.
6. Season with ground pepper.

## 7. Enjoy!



# Tuna tortilla wraps

**Serves: 4**

## Ingredients:

- 1 medium carrot, peeled and grated
- Handful of raisins
- 10ml (2 tsp) low fat mayonnaise mixed with 10ml (2tsp) low fat natural yogurt
- 1 x 185g can of tuna in brine, drained
- 4 tortillas
- 4 lettuce leaves, shredded
- 1 large tomato, chopped



## Method

1. Mix the carrot, raisins, mayonnaise and yogurt mixture in a bowl.
2. Flake the tuna with a fork to break up the chunks.
3. Put the tortilla on a plate and add  $\frac{1}{4}$  of the lettuce, tomato, tuna and carrot mixture in the centre.
4. Fold up the bottom of the tortilla then roll up.

## Variations:

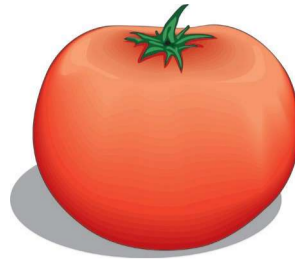
- Try ham or chicken instead of tuna
- Add some red, green or yellow pepper
- Try using wholemeal pitta breads instead of tortillas



## Quick tomato sauce

### Serves: 4

(Quantity can easily be doubled and kept in the fridge or frozen)



### Ingredients:

1 small onion, peeled and diced  
1-2 cloves of garlic, peeled and chopped  
1 tin chopped tomatoes  
1 tsp tomato puree  
Small handful fresh basil or 1 tsp dried basil  
10ml (2 tsp) olive oil  
Ground pepper

### Method:

1. Heat the olive oil in a saucepan, add the onion and cook for approximately 5 minutes.
2. Add the garlic and cook for a further 2 minutes before adding the tomato puree and chopped tomatoes.
3. Put a lid on the saucepan and simmer for approximately 20 minutes.
4. Add the ground pepper and fresh or dried basil

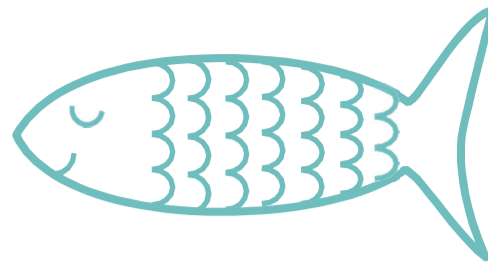
This can be left as it is or blended to make an ideal sauce for pasta or pizza!



## Fish Pie

### Serves: 4

(Quantity can easily be doubled and kept in the fridge or frozen)



### Ingredients:

700g potatoes, peeled and diced  
4 Haddock fillets  
2 eggs  
425ml semi-skimmed milk  
25g margarine  
25g flour  
25g mature cheddar cheese  
Ground pepper

### Method:

1. Pre-heat the oven to 200 c/ Gas Mark 6.
2. Place the potatoes in a pan with boiling water. Bring back to the boil, lower the heat and simmer for 10-15 minutes until the potatoes are soft. Drain them and mash with a little semi-skimmed milk.
3. Place the fish in an ovenproof dish.
4. Place the milk, margarine and flour into a small pan over a medium heat.
5. Stir continuously with a whisk or wooden spoon until the sauce starts to bubble.
6. Season with ground pepper.
7. Pour over the fish.
8. Top with the mashed potato and sprinkle with the cheese.
9. Bake in the centre of the oven for 30 minutes.
10. Serve with green vegetables eg. peas, green beans, broccoli



# Lemon and garlic chicken

**Serves: 4**

## **Ingredients:**

4 skinless chicken fillets,  
cut into strips  
1 tbsp plain flour  
1 medium onion, peeled and sliced  
1 clove of garlic, peeled and sliced  
200g brown rice  
1 leek, washed and thinly sliced  
1 tbsp coriander or parsley, chopped  
Ground pepper  
1 lemon  
10ml (2 tsp) sunflower oil



## **Method:**

1. Coat the chicken in flour seasoned with ground pepper.
2. Heat the oil and cook the onion and garlic for approximately 2 minutes over a medium heat.
3. Cook the rice according to the instructions on the packaging.
4. Add the leek and herbs to the chicken, and stir well.
5. Cut 4 slices for the lemon and add to the pan.
6. Squeeze the juice from the remainder of the lemon into the pan.
7. Continue to cook over a medium heat, with the lid on, for approximately 15 minutes.
8. Serve the chicken on a bed of rice, with some green vegetables.

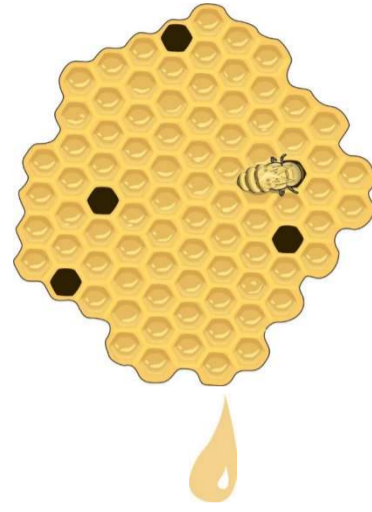


## Fabulously fruity dessert

**Serves: 1**

### Ingredients:

- 125ml pot natural yogurt
- 5ml (1 tsp) clear honey
- 1 banana, sliced
- 1 tbsp muesli



### Method:

1. In a small bowl, mix the yogurt with the honey.
2. Place 1/3 of the banana in a bowl and add a spoonful of the yogurt and honey.
3. Add some muesli.
4. Repeat to form layers ending with some chopped banana on top.



### Variations:

- Try using different fruits, either fresh or tinned in natural juice.
- Try the following combinations: pear and grape, orange and pineapple or mango and peach.



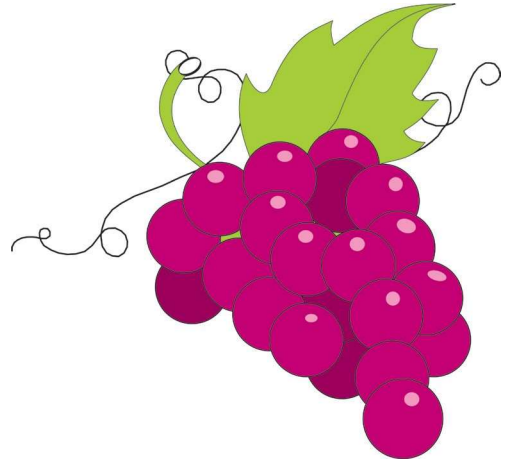
## **Fruit**

## **kebabarama!**

**makes 8 -10**

### **Ingredients:**

2 or 3 different types of  
melon 125g seedless  
red grapes 125g green  
seedless grapes 125g  
strawberries



### **Method:**

1. Cut the melon in half and scoop out the seeds with a spoon
2. Cut the melon into wedges, separate from the skin and cut into chunks
3. Take the grapes off the stalk
4. If the strawberries are large, cut them in half
5. Thread alternate pieces of fruit onto skewers until all pieces of fruit are used

### **6. Enjoy!**

### **Variations:**

- Try using different fruits, either fresh or tinned in natural juice.
- Try pineapple cut into chunks or slices of kiwi fruit.

