

Tried and tested recipes for lockdown from Three Towers.

Here is a collection of recipes taken from....

Cooking for *fun*

A FAMILY GUIDE

Promoting healthy eating for families

 Inspiring
healthy
lifestyles

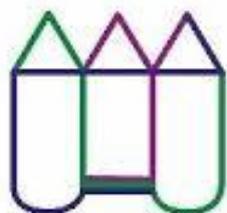
 **hba** Healthy
Business
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making healthier choices easier

**Sure Start
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Bridgewater
Community Healthcare
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We hope you enjoy cooking and trying them as much as we did.



Three Towers

An Alternative Provision Academy

Expanding Horizons

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Spicy Lentil Soup

(serves 4)

- 1 400gm can chopped tomatoes
- 1 onion chopped
- 1 red or green pepper seeded and chopped
- 200 gms (7oz) red lentils
- 1teaspoon of mixed herbs
- 1 vegetable stock cube
- 450mls ($\frac{3}{4}$ pint) boiling water
- $\frac{1}{4}$ teaspoon chilli powder



METHOD

- Place all the ingredients in a large pan, add boiling water and bring to the boil again.
- Simmer for about 40 minutes.
- Serve with crusty bread.

Carrot Soup

(serves 4)

6 large carrots

1 medium potato

1 small onion

1.2 litres (2pints) vegetable stock



METHOD

- Peel and chop the onion and fry in the oil in a large saucepan until it is golden in colour.
- Prepare the carrots and potato by peeling, washing and chopping into small pieces.
- Add the stock and vegetables to the onion and bring to the boils, then reduce the heat and simmer for 30 - 40 minutes, or until the vegetables are soft.
- Allow the soup to cool, then liquidise, blend or mash.
- Serve with crusty bread

Bean Soup

(serves 8)

1 small onion - chopped

3 celery sticks chopped

1 400 gm can chopped tomatoes

1 tablespoon tomato puree

1 litre ($\frac{3}{4}$ pint) water

2 300 gm can cannelloni beans

2 300 gm cans black eyed beans

Black pepper

1 teaspoon mixed herbs

Low fat cooking spray



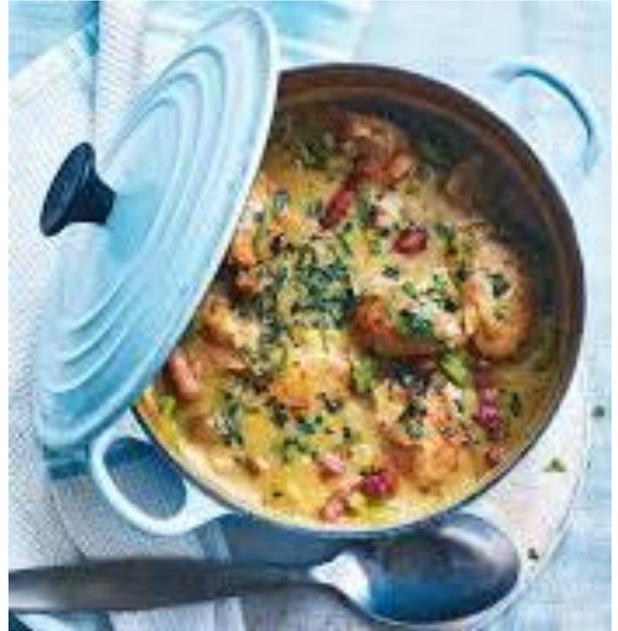
METHOD

- Fry the onions and celery in a little oil spray and water till soft.
- Add tomatoes and tomato puree, stir in the crumbled stock cube and dried herbs.
- Pour in water and simmer for 30 minutes.
- Add the beans and simmer for a further 10 - 15 minutes.
- Season with black pepper and serve with crusty bread.

Quick chicken casserole

(serves 4)

- 3 tablespoon (30ml) vegetable oil
- 4 chicken breasts (450 gm) or equivalent - without skin
- 1 red onion peeled and chopped
- 1 clove garlic- peeled and chopped
- 1 red pepper - de-seeded and thinly sliced
- A handful of mushrooms washed and thinly sliced
- 2 carrots - peeled and thinly sliced
- 2 teaspoons ground paprika
- 280 ml ($\frac{1}{2}$ pint) chicken stock
- 3 tablespoons tomato puree
- Pepper to taste



METHOD

- Heat 1 tablespoon of the oil in a large frying pan. Add the chicken and fry on all sides until golden brown, approximately 5 -6 minutes. Lift out the chicken and throw away the oil.
- Heat the remaining onions, garlic, mushrooms, carrot and pepper for 3-4 minutes.
- Add the browned chicken, sprinkle the paprika over and pour in the stock.
- Add the tomato puree and season with the pepper, bring to the boil.
- Reduce the heat and simmer for 15 - 20 minutes, or until the chicken is cooked.

Real chicken nuggets

(serves 4)

Chicken fillets (500 gm) or equivalent - without skin

2 slices of brown/ 2 slices of white bread toasted and grated into fine bread crumbs or a tub of golden breadcrumbs

1 egg whisked with 2 tablespoons of milk



METHOD

- Preheat oven to 200 C Gas Mark 6
- Chop the chicken into bitesize pieces and coat in the beaten egg.
- Roll the egg coated chicken pieces into breadcrumbs and place on a greased baking sheet.
- Bake in the oven for ten minutes.

Quick Italian Meat Balls

(serves 4)

1lb 9450gm) lean mince meat

1 onion finely chopped

2 teaspoons dried oregano

2 slices of brown/ 2 slices of white bread
toasted and grated into fine bread crumbs

2 cloves garlic crushed

Black pepper to taste

1 carton passata



METHOD

- Put the mince into a large mixing bowl with onion, garlic, breadcrumbs and oregano. Add a little pepper.
- Mix well with a fork until all the ingredient are combined. Using wetted or floured hands, shape into balls.
- Fry in a large pan over a moderate heat for approximately five minutes until they are golden brown, turn gently so they don't break up.
- Add the passata, cover and simmer for 20 - 25 minutes.
- Serve over cooked pasta of your choice.

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Beef Stew

(serves 4)

12oz (350gm) lean beef stewing steak

1 onion peeled and finely chopped

2 carrot peeled and diced

1 parsnip diced

16 fl oz (450) beef stock

A sprinkle of rosemary and a sprinkle of pepper

Low fat cooking spray or olive oil



METHOD

- Prepare the vegetables.
- Fry the beef with the low-fat cooking spray.
- Add onion, carrot, parsnip, rosemary pepper and beef stock, stir well.
- Bring to the boil, cover and simmer for a further 35 - 40 minutes or until the meat is tender and moist.
- Serve with boiled potatoes or fresh bread.

Quick pizza

(serves 4)

400g - 8-part baked rolls or one French stick

400g chopped tomatoes

75 g spinach chopped

165g tin of tuna (preferably in spring water)

Ground pepper to taste

120g reduced fat grated cheese



METHOD

- Pre-heat the oven according to the instructions on the rolls.
- Slice the rolls in half and bake for 3 minutes, remove from the oven.
- Mix tuna, spinach, tomatoes and pepper.
- Place a large spoonful on each roll and spread.
- Put a small amount of grated cheese on each roll.
- Cook for a further 8 minutes.

If you use a French stick use the above recipe but do not bake first.

Potato Wedges

1 large potato per person

Fry light - spray oil



METHOD

- Pre heat oven to 200c / Gas mark 6
- Wash the potatoes, then cut into wedges the wash again in cold water then pat dry.
- Place the wedges on a baking tray and spray with the oil.
- Cook in the oven for 30 to 40 minutes until brown.
- Serve with low fat dips or as a side dish to a main meal.

Eggy Fried Rice

(serves 10)

400g basmati rice

170g carrots, diced

1 tablespoon vegetable oil

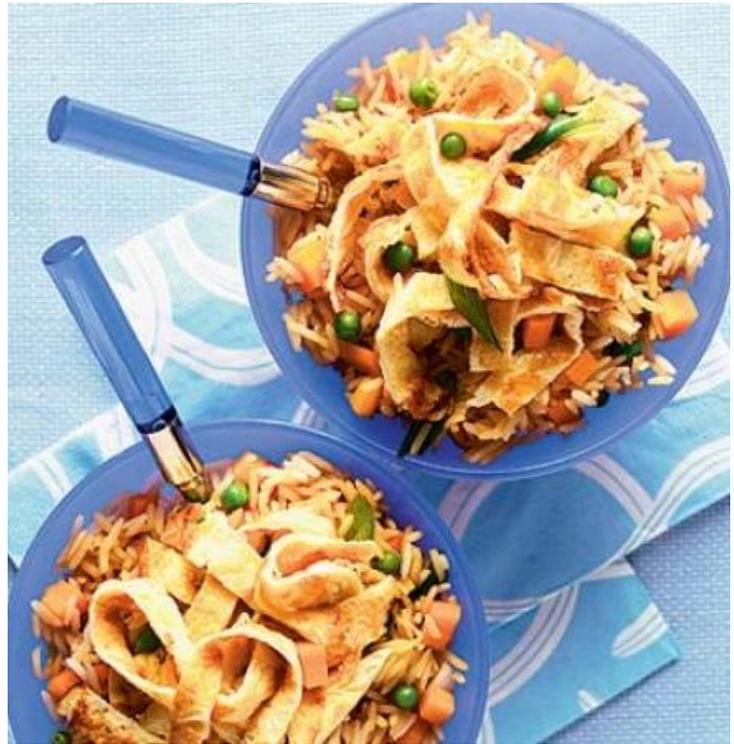
1 large onion finely chopped

2 tablespoons reduced salt soy sauce

170g frozen peas

4 medium sized eggs

METHOD



- Wash the rice and cook with the diced carrots until the rice is cooked. About five minutes before it is cooked, add the frozen peas.
- Whilst the rice is cooking, heat the oil in a frying or omelette pan and lightly beat the eggs.
- Pour the eggs into the pan to coat the base and cook until almost set as a thin omelette, this usually takes about 2-3 minutes.
- Flip the omelette and cook for a further few seconds. Slide onto a plate cover and keep warm
- Dry fry the onion for around a minute.
- Fluff the rice once all the liquid has evaporated and tip into the onions with the soy sauce and add pepper to taste. Stir fry for 2 minutes.
- Divide the rice into bowls and cut the omelette into thin strips and scatter over the rice.

Homemade Bread

(serves 10)

500g granary, strong whole wheat or white flour

7g sachet fast action dried yeast

$\frac{1}{2}$ tablespoon salt

2 tablespoons olive oil

300ml warm water



METHOD

- Tip the flour, yeast and salt in a large bowl and mix together with your hands. Stir in the warm water with the oil then slowly stir in the dry ingredient to make a soft dough.
- Turn the dough onto a lightly floured surface and knead for 5 minutes, until the dough no longer feels sticky, sprinkling with a little more flour if you need it.
- Oil a loaf tin and put the dough in, pressing it in evenly. Cover with cling film or put it in a large plastic bag and leave to rise for one hour, until the dough has risen and no longer springs back when you press it with your finger.
- Heat the oven to 200c / 180c fan / Gas mark 6. Make several slashes across the top with a sharp knife then bake for 30-35 minutes until it is risen and golden. Tip onto a cooling rack, tap the base of the loaf to see if it's cooked. It should sound hollow. Leave to cool.

Fruit Scones

(makes 10)

250g self-raising flour

40g margarine

125 skimmed milk

25g granulated sugar

75g sultanas or dried cherries



To make savoury scones add 75g of low or half fat cheese and 1 teaspoon of mustard or mixed herbs before the milk.

METHOD

- Pre heat the oven to 220c / Gas mark 7
- Sift the flour into a bowl, rub in the margarine until it looks like fine breadcrumbs.
- Add the sugar and the dried fruit.
- Pour in the milk a little at a time and mix into a soft dough.
- Place the dough on a floured surface and knead lightly into a ball, then roll out with a rolling pin until it is 1.5 cm thick.
- Using a pastry cutter cut out the scones and place on a greased baking tray leaving a gap in between to allow for rising.
- Brush the top with milk and bake for 12-15 minutes until golden brown.

Easy Biscuits

(makes 10)

150g plain flour

50g margarine

75g granulated sugar

1 egg yolk

Optional Extras

25g sultanas

25g cherries

25g cherries



METHOD

- Pre heat the oven to 180c / Gas mark 4
- Grease a baking tray
- Beat the margarine and sugar in a mixing bowl with a wooden spoon until creamy.
- Add the egg a little at a time.
- Sift the flour into the bowl (add any extras now) mix well to form a firm dough.
- Break off pieces of dough and shape into biscuits.
- Place on a greased oven tray and bake for 10 minutes until golden brown.

NOTE: Do not crowd the biscuits on the tray as they may spread during the bake.

Flapjacks

(makes 10)

115g (4oz) margarine

55g (2oz) brown sugar

1 tablespoon golden syrup

55g (2oz) oats

55g (2oz) self-raising flour

85g (3oz) crushed cornflakes



METHOD

- Mix in a bowl sugar, oats, flour and cornflakes.
- Melt the margarine and the syrup, but do not overheat.
- Pour the margarine mixture into the dry ingredients and mix well.
- Place on a well-greased tray and bake at 190c Gas / Gas mark 5 for 15 - 20 minutes until firm.
- Cut into fingers whilst still hot and leave to cool in the tin.

Healthy Carrot Cake

(serves 12)

85g (3oz) brown sugar

2 eggs beaten

170g (6oz) grated carrots

85g (3oz) sultanas

55g (2oz) walnut pieces

Grated rind of 1 orange

170g (6oz) self-raising flour

1 teaspoon bicarbonate of soda

1 teaspoon ground cinnamon

$\frac{1}{2}$ teaspoon ground nutmeg

55ml (2 fl oz) orange juice (make sure it is not too dry, add more if needed)

1 teaspoon rapeseed oil



METHOD

- Pre heat oven 180c / Gas mark 4, grease the cake tin.
- In a large bowl beat oil, sugar and eggs. Stir in grated carrot, sultanas, walnut and orange rind.
- Sift together flour, bicarbonate of soda, cinnamon, nutmeg and stir in to the carrot mixture.
- Spoon mixture into the cake tin and bake in the pre heated oven for 40 minutes until firm to touch.
- Remove cake from the oven and set aside to cool.