



Baked Falafel & Yoghurt Dip



Serves 4

Falafel

- 2x400g tinned chickpeas, drained
- 1 clove garlic, crushed
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 2 tablespoons fresh parsley, chopped
- 1 teaspoon baking powder
- 2 tablespoons lemon juice
- 2 tablespoons **plain flour**
- 1 tablespoon olive oil

Yoghurt Dip

- 100g **natural yogurt**
- 2 tablespoons fresh mint, chopped
- 1/4 cucumber, finely chopped

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| Tick the allergens which are in this dish | Celery | Cereals containing gluten | Crustaceans | Eggs |
|---|---------|---------------------------|-------------|-----------------|
| Fish | Lupin | Milk | Mollusc | Mustard |
| Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |

Reviewed and checked by Nicola Andrews
21/05/20





Baked Falafel & Yoghurt Dip



Method

- Grease a baking tray with oil lightly
- Mash the chickpeas with a fork or pulse in a blender
- Add the garlic, spices, parsley and season, mix together
- Now add baking powder, lemon juice, flour and oil, mix until combined, then using your hands bring the mixture together forming a ball
- Divide the mixture into 16 small balls and flatten. Put on a plate, cover and place in fridge for 25 minutes.
- Pre heat the oven to 190°C/375°F/Gas 5
- Whilst they chill make yoghurt dip
- Put all the ingredients into a bowl, mix together and chill in the fridge
- If you are serving the falafels with flatbreads (please refer to recipe) make now so they can rest before frying off.
- Place falafels onto oiled baking tray and bake for 10 minutes, then remove from oven and turn them over, return to oven and bake for a further 10-15 minutes
- These can be eaten hot with salad, in a flatbread or even cold.





Easy Flatbreads



Ingredients
makes 4

125g self-raising **flour**, plus a little extra for dusting

1/4 teaspoon salt

1/4 tablespoon baking powder

125g natural **yoghurt**

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Method

- Sieve the flour, salt and baking powder into a bowl and mix
- Stir in the natural yogurt to make a dough, if too wet dust with a little more flour
- Tip the dough onto the table and knead for a few minutes to make a soft dough
- Cover and leave for 10 minutes
- Divide the dough into 4 equal portions
- Dust a rolling pin and table with flour, then roll each pieces of dough into side plate size rounds
- Stack them between small sheets of greaseproof paper next to the hob ready to cook.

To cook your flatbreads

- Put a griddle pan / non stick frying pan on a high heat to get hot.
- Once it is really hot, cook each flatbread for a couple of minutes on each side, until slightly puffy and lightly charred. You may need to turn the pan heat down once the pan is really hot
- You can freeze any leftovers, to reheat simply defrost thoroughly, wrap in tin foil and place in a hot oven for approximately 10 minutes, then unwrap and cook for a further 3 minutes or lightly



Serves 2

Berry & Vanilla Smoothie



Ingredients

- 75g strawberries
- 75g raspberries
- 200g vanilla **yoghurt**
- 100ml **milk**
- Ice cubes (if desired)

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|  Nuts |  Peanuts |  Sesame seeds |  Soya |  Sulphur Dioxide |

Reviewed and checked by Kerry-Jane Kelly
20/05/20





Berry and Vanilla Smoothie



Method

- Roughly chop the strawberries.
- Place the strawberries, raspberries, yoghurt and milk into a blender. You can add a few ice cubes if desired.
- Blitz the ingredients until smooth.
- Serve and enjoy!





Breakfast Burritos



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Serves 4

- 4 wholewheat flour **tortillas**
- 6 **eggs**
- 4tbsp skimmed **milk**
- 2 tomatoes
- 2 spring onions
- 1 red or yellow pepper
- 2 tsp sunflower oil
- 40g fat reduced **cheese**
- Pinch black pepper

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Reviewed and checked by Kerry-Jane Kelly
17/06/20

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Breakfast Burritos



Method

- Preheat the grill.
- Layout the tortillas on a clean worksurface.
- Beat the eggs and milk together in a bowl.
- Grate the cheese.
- Finely chop the pepper and tomatoes and top and tail and finely chop the spring onion.
- In another bowl mix together the tomatoes, spring onion and pepper. Season with black pepper.
- Heat 1/2 tsp of sunflower oil in a non stick frying pan and pour in a quarter of the beaten egg mixture. Cook on the hob over a medium heat for a few moments to set the base.
- Layer 1 tortilla with the cooked egg mixture and 1/4 of the tomato mixture and 10g of cheese.
- Grill to further set the egg and cheese.
- Roll up the tortilla and slice in half, or wrap in foil to serve later.
- Repeat to make the other 3 tortillas.





Carrot & Courgette Muffins



Makes 6 muffins or 12 mini muffins

- 1 courgette (about 20g)
- 1 carrot (about 20g)
- 1 **egg**
- 2 tbsp **milk**
- 1 heaped tbsp **raisins**
- 1 tbsp sunflower oil
- 75g plain **flour**
- 15g soft brown sugar
- 1 level tsp baking powder

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Reviewed and checked by Kerry-Jane Kelly
20/5/20





Carrot & Courgette Muffins



Method

- Pre heat the oven to 200c fan, 220c, gas mark 7.
- Line the muffin tray holes with the muffin cases.
- Grate the courgette and carrot.
- Break the egg into a bowl and whisk it with a fork.
- Put the egg, grated courgette, grated carrot, oil and milk into a bowl. This is called the wet bowl.
- In another bowl mix together the flour, sugar and baking powder. This is called the dry bowl.
- Pour the wet bowl into the dry bowl and stir well.
- Using a teaspoon, spoon the mixture into the muffin cases in the muffin tray.
- Place the muffin tray in the oven with the help of an adult for about 15 –20 minutes.
- Allow the muffins to cool a little and then they are ready to eat!





Carrot Cake

Muffins



Makes 12

Ingredients

- 150g light brown sugar
- 175ml sunflower oil
- 3 large **eggs**, lightly beaten
- 225g carrots, grated
- 75g **raisins**
- Grated rind 1 orange
- 175g self-raising **flour**
- 1 tsp bicarbonate of soda
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 175g icing sugar for decorating
- 12 muffin cases

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Reviewed and checked by Niki Andrews
06/05/20



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Cake Carrot Muffins



Telford & Wrekin
COUNCIL

Method

- Pre heat the oven to 180°c/fan 160°c/gas 4.
- Place muffin cases into muffin tin.
- Grate the carrot
- Grate the orange zest only.
- Put sugar, oil & eggs into a mixing bowl and lightly mix together with a wooden spoon.
- Stir in grated carrot, raisins and orange zest.
- Sieve flour, bicarbonate of soda & spices together and add to the mixture stirring until ingredients are fully mixed in. The mixture will be fairly soft & almost runny.
- Pour mixture into muffin cases using a jug, spoon or ice cream scoop . Place in the oven and bake for approx. 20 to 25 minutes, until it feels firm and springy when you press it in the centre.
- Whilst the muffins are cooling, mix the icing sugar with a few drops of water and mix well. Spread onto the top of the muffins in a criss cross pattern with a knife or spoon when the muffins are cool.





Cheese Scones















Makes 8

- 175g self raising **flour**
- Pinch salt & pepper
- 1/2 teaspoon **mustard** powder
- 1 teaspoon baking powder
- 25g **margarine**
- 75g **cheese**, grated
- 1 **egg**, beaten
- 2 –3 tablespoons **milk**

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Reviewed and checked by Nicola Andrews
07/05/20

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Cheese Scones



Method

- Pre heat oven to 200°C fan/gas 7
- Sieve flour, mustard powder, and baking powder into a large bowl
- Add salt and pepper to the flour and mix together
- Rub margarine into flour
- Add 1/2 the cheese to the flour mixture and stir in
- Now add the beaten and half the milk and stir, add more milk until you get a soft dough
- Now put dough onto a floured worktop and form into a ball, using a rolling pin make a round 2cm in thickness then cut into 8 equal triangles
- Place onto a greased baking tray and brush each one with a little milk and top with the remaining cheese
- Bake for 10 minutes until golden brown





Chicken & Sweetcorn

Quesadillas



Serves 2

Falafel

- 2 **wholemeal flour tortillas**
- 4 tablespoons salsa (recipe below)
- 75g cooked chicken
- 50g sweetcorn
- 1/2 red pepper, chopped
- 75g **cheddar cheese**, grated
- 1 tablespoon oil (frying)

Salsa

- 1 spring onions, finely chopped
- 1 tablespoons lime juice
- 3 medium ripe tomatoes, chopped
- 1 tablespoon fresh coriander, chopped

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Chicken & Sweetcorn Quesadillas



Method Salsa

- Put all of the salsa ingredients into a bowl and mix together,

Quesadillas

- Spread 2 tablespoons of the salsa over half the tortilla
- Now put the rest of the ingredients on top of the salsa, sprinkling the cheese over last,
- Fold the tortilla in half as picture above
- Now fill the second tortilla like the first and fold in half
 - Using a large non-stick pan, add the oil and warm the pan up on a high heat for at least 1 minute
 - Carefully place one of the tortillas into the pan, you may need to reduce the heat, cook on each side for 2 minutes until golden brown, remove from the pan
- Serve with a salad and enjoy.





Ingredients

Serves 2

- 1 large onion, roughly chopped
- 2 garlic cloves, crushed
- Small piece of fresh ginger
- 100g button mushrooms, quartered
- 1/4 teaspoon dried chilli flakes, to taste or 1 fresh chilli chopped finely
- 150ml cold water
- 2 teaspoons cumin
- 1/2 stick cinnamon
- 2 teaspoons ground coriander
- 1 teaspoons ground turmeric
- 400g can diced tomatoes
- 1 tablespoon tomato puree
- 1 x 400g can chickpeas, rinsed & drained
- 1 small bunch coriander, chopped
- 50g baby spinach or rocket leaves
- 150g brown rice (boil for 15-30 minutes depending on manufactures instructions)

- 1 tablespoon vegetable oil

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Reviewed and checked by Nicola Andrews 16/06/20





Chickpea, Spinach & Mushroom Curry



Method

1. Heat oil in a medium sized saucepan, add onions and fry until lightly coloured about 5 minutes
2. Add garlic, ginger, fresh chilli (if using) and mushrooms, fry until soft, approximately a further 5 minutes
3. Now add chilli flakes if not using fresh, cumin, cinnamon stick, ground coriander, turmeric and cold water, stir in cooking for 1 minute
4. Add tinned tomatoes, tomato puree and chickpeas, stir whilst bring to the boil and leave to simmer on a low heat for at least 30 minutes to allow the flavours to infuse you may need to add more water if you prefer a runnier consistency.
5. 5 minutes before service add fresh coriander and spinach
6. Serve with brown rice & flatbreads (remember to remove cinnamon stick before serving)





Chocolate Beetroot Muffins



Makes 12

Ingredients

- 12 muffin cases
- 80g cocoa powder
- 180g plain **flour**
- 2 tsp **baking powder**
- 200g caster sugar
- 250g cooked beetroot roughly chopped
- 4 medium **eggs**
- 200 ml sunflower oil
- 1 tsp vanilla extract
- 100g icing sugar for decorating if required

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Chocolate Beetroot Muffins



Method

- Pre heat oven to 180°C/fan 160°C/gas 4.
- Place muffin cases into muffin tin.
- Sift the cocoa powder, flour and baking powder into a bowl. Mix in sugar & set aside.
- Puree the beetroot in a food processor/ hand blender, add the eggs one at a time, then add the vanilla and oil and blend until smooth.
- Make a well in the centre of the dry ingredients, add the beetroot mixture and lightly mix. Pour into muffin cases or use a ice cream scoop, filling about 4mm from top of case.
- Bake for approximately 20- 30 minutes or until the top is firm when pressed with a finger.
- Cool on wire rack and dust with icing sugar if desired before serving.





Chow Mein



Serves 2 **Ingredients**

- 75g **Noodles** (Straight to Wok)
- 5 ml sunflower oil
- 1/2 clove garlic
- 1 small piece of fresh ginger
- 1 spring onion
- 2 mushrooms
- 2 broccoli florets
- 25g bean sprouts
- 1/4 red pepper
- 10ml **soy sauce**

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16/07/19



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Chow Mein



Method

- Prepare the vegetables
 - Peel and crush the garlic
 - Peel and shred the ginger
 - Chop the spring onions
 - Chop the red pepper
 - Slice the mushrooms
 - Cut each broccoli floret into 4
- Heat the oil in the wok or frying pan
- Fry the garlic, ginger and onions for 1 minutes.
- Add the red pepper, mushrooms and the broccoli and cook for 3 minutes
- Stir in the bean sprouts and cook for another 2 minutes
- Add the noodles and the soy sauce
- Stir fry everything together for 3 minutes
- Serve



COTTAGE PIE WITH SWEDE & POTATO TOPPING



Method

Ingredients

serves 4-6

- 400g lean minced beef
- 2 medium onions, chopped
- 2 **celery** sticks, finely sliced
- 2 medium carrots, diced
- 1tbsp **Worcestershire sauce**
- 2tsp dried mixed herb
- 1 beef stock cube
- Black pepper

For the topping:

- 800g floury potatoes
- 300g swede
- 150g semi skimmed **milk**
- Freshly ground black pepper and 1/2 tsp salt

1. Peel the potatoes and swede cut them into rough 4cm chunks. Put them in a large saucepan cover with cold water. bring to the boil, then turn down the heat and simmer for 20–25 minutes or until the potatoes and swede are very soft.
2. Whilst the potatoes and swede are cooking heat 1 tablespoon oil in a large saucepan, add the onions, celery and carrots cook until they are lightly brown about 7-10 minutes.
3. Add the mince using the back of a wooden spoons to break up the meat as it cooks. Once brown crumble the Oxo into the saucepan and stir, now add the mixed herbs, Worcestershire sauce and pepper.
4. Leave this to simmer whilst you drain the potatoes, then tip them back into the pan, season to taste and mash with the milk until smooth, set aside until the meat mixture is ready.
5. Preheat the oven to 220°C/425°C/Gas Mark 7.
6. Pour the beef mixture into a 2-litre shallow ovenproof dish. Using a large spoon, top the beef with the mashed potatoes. Spoon the mixture all around the edge of the dish before heading into the middle, then fluff up with a fork. For a more decorative finish you could pipe the potato mixture.
7. Bake for 30 minutes until the topping is golden and the filling is bubbling.
8. If you haven't got a large ovenproof dish use two small ones
9. Serve with gravy and vegetables or on it's own , I like pickled beetroot with mine.
10. If you have any left over leave to cool then portion into smaller containers and freeze for another day





Crispy Fish Fingers with Jacket Wedges

















Serves 2

- 1 **egg**, beaten
- 1 slice wholemeal **bread**, crumbed
- 2 tablespoons polenta (quick-cook, dried)
- Pinch of pepper
- 3 tablespoons plain **flour**
- 1 pinch of paprika
- 1 white **fish** fillet (skinned and boned)
- 1/2 lemon squeezed, or lemon juice
- Oil for greasing parchment paper
- 1 Jacket potato and 1 sweet potato, skins washed
- 1/2 tablespoon oil
- Pinch salt & pepper

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21/05/20

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|  Nuts |  Peanuts |  Sesame seeds |  Soya |  Sulphur Dioxide |





Crispy Fish Fingers with Jacket Wedges



Method

- Pre heat oven to 220°C / 200°C fan / gas mark 7
- Cut the potatoes into wedges leaving the skins on, add 1/2 tablespoon oil and salt & pepper
- Place them on a baking tray leaving space between and cook for 20-30 minutes until crispy
- Now Line a baking tray with parchment paper and lightly oil
- Mix the polenta, pepper and breadcrumbs together in a bowl
- In another bowl mix the flour and paprika together
- Cut the fish fillets into strips about 3cm wide
- Now arrange the bowls as follows, lemon juice - flour - egg - breadcrumbs
- Take the first piece of fish and roll into the lemon juice then the flour followed by the egg and finally the breadcrumbs, then place onto the greased baking tray. Repeat the process with each finger of fish
- Place into the oven and cook for 10-12 minutes or until the fish is cooked through
- Serve the fish fingers with the jacket wedges and some vegetables or salad





Focaccia



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Serves 8















- 350g strong white bread **flour**
- 2 tsp fast action dried **yeast**
- 1 tsp salt
- 250ml lukewarm water
- 4 tbsp olive oil

To finish

- 1 tbsp olive oil
- Sea salt for sprinkling
- Few sprigs of fresh rosemary

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on 09/06/20

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Focaccia



Method

- Sift the flour into a large bowl and stir in the yeast and salt.
- Lightly oil a 28 X 18cm (11x7 inch) rectangular tin.
- Make a well in the centre of the flour mix and add the water and oil. Mix until it starts to come together and forms a smooth dough.
- Knead on a clean surface for 10 minutes until smooth and elastic, then cover in a clean bowl and leave to rise for 1 hour.
- Press the dough into the tin so it fills all the corners. Cover with cling film and leave to rise for an hour.
- Meanwhile preheat the oven to 200c/400F/Gas Mark 6.
- Use your fingertips to make dimples over the bread. Top with olive oil, sea salt and sprigs of rosemary.
- Bake for 20-25 minutes until golden and crispy.
- Serve warm, dipped in olive oil and enjoy!





Fresh Fruit Flapjacks
















Makes 4 flapjacks

Ingredients

- 80g blueberries or other soft fruit.
- 35g **oats**
- 35g **wholemeal flour**
- 25g caster sugar
- 25 g **butter** plus extra for greasing.

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Reviewed and checked by Kerry-Jane Kelly
20/05/20





Fresh Fruit Flapjacks



Method

- Pre heat the oven to 160°C/fan/180°C/gas 4.
- Grease the inside of the loaf tin with a little butter.
- Squash the blueberries with the back of a fork on a plate.
- These will go in the middle of the flapjack.
- Put the oats, flour, sugar and butter in a bowl and rub them together with your fingers until the mixture becomes crumbly.
- Put half the crumbly mixture in the tin and press it down firmly with your hand. Spread the squashed blueberries evenly on top with your fingers.
- Pour the remaining crumbly mixture on top to hide the blueberries and pat it down all over, so that it is firm but not hard.
- Put the tin on a baking tray. Ask an adult to help you to put it in the oven for about 20 minutes.
- Let the flapjack cool down completely before tipping it out and cutting into 4 slices. Then you can eat it!





Fried Rice



Serves 4

- 2 tablespoons sunflower oil
- 500g cooked long-grain rice, brown if possible
- 125g frozen peas
- 1/2 red pepper, finely chopped
- 2 **eggs**, beaten
- 125g sweetcorn
- 4 spring onions, chopped
- 125g beansprouts
- 2 tablespoons light **soy** sauce

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21/05/20





Fried Rice



Method

- Heat a large wok or frying pan on a high heat
- Carefully add the oil, cooked rice, peas and pepper, cook for 3-4 minutes stirring all the time
- Now push all the ingredients to one side of the pan, add the beaten egg to the other side of the pan and leave for 10 seconds, then break up the egg and stir into the rice mixture
- Add the corn, onions, beansprouts and soy sauce, cook for a further 2-3 minutes stirring all the time, you may need to turn the heat down
- Now it is ready to serve hot if there are any leftovers you could serve cold, but remember if serving cold it needs to be refrigerated within 90 minutes and never reheat.





Ham & Homemade Coleslaw Pittas



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Serves 4

- 150g white cabbage
- 1 carrot
- 2 spring onions
- 2 tbsp low fat natural **yoghurt**
- 4 wholemeal **pitta breads**
- 4 slices lean roast ham
- Pinch black pepper
- 2 handfuls of cherry tomatoes
- 1/4 cucumber

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on 11/06/20

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Ham & Homemade Coleslaw Pittas



Method

- Finely slice the cabbage.
- Top and tail the spring onions and finely chop.
- Grate the carrot.
- Mix together the cabbage, carrot, spring onions with the yoghurt and mix well. Season with black pepper.
- Warm the pittas under the grill or in a toaster. Split them open and fill them with one slice of ham and then the coleslaw.
- Serve the pittas with sliced cherry tomatoes and sliced cucumber.





Healthier Victoria Sandwich Cake

Serves 8

- 2 tbsp. sunflower oil
- 175g self raising **flour**
- 1 1/2 tsp **baking powder**
- 140g golden caster sugar
- 25g ground **almonds**
- 2 large **eggs**
- 175g natural **yoghurt**
- 2-3 drops vanilla extract
- 25g **butter**, melted
- 4 tbsp raspberry jam
- 1/2 tsp icing sugar to decorate

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Secondary Schools and Academies



| Tick the allergens which are in this dish | Celery | Cereals containing gluten | Crustaceans | Eggs |
|---|---------|---------------------------|-------------|-----------------|
| Fish | Lupin | Milk | Mollusc | Mustard |
| Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |

Reviewed and checked by Kerry-Jane Kelly
on 15/06/20





Healthier Victoria Sandwich Cake



Method

- Preheat the oven to 180c/160c fan/gas mark 4.
- Lightly oil 2 x 7 inch sandwich tins with oil and line the bases with baking paper.
- Add the flour, baking powder, caster sugar and almonds into a large mixing bowl and make a well in the centre.
- Beat the eggs into a bowl and then add the yoghurt and vanilla extract and mix well. Pour this mixture and the oil and melted butter into the dry mixture and stir gently with a large metal spoon until well combined.
- Divide the mixture equally between the two tins and level the tops.
- Bake both tins side by side in the oven for 20 minutes until risen and lightly golden brown
- Remove the cakes from the oven and loosen the sides with a round-bladed knife. Let the cakes cool briefly in the tins then turn them out onto a cooling rack. Remove the baking paper and leave until completely cool.
- Put one of the cakes onto a serving plate and spread the jam all over. Put the other cake on top and then sift icing sugar on the top.





Healthy Breakfast Bars



Ingredients makes 6 large bars

- 2 large, very ripe bananas
- 150g of jumbo **oats**
- 60g sunflower oil
- 40g dried **raisins** or similar
- 40g dried **cranberries** or similar
- 40g dried **apricots**, chopped
- 40g of sunflower seeds
- 40g of pumpkin seeds

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| Tick the allergens which are in this dish | Celery | Cereals containing gluten | Crustaceans | Eggs |
|---|---------|---------------------------|-------------|-----------------|
| Fish | Lupin | Milk | Mollusc | Mustard |
| Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |

Reviewed and checked by Nicola Andrews 25/06/20





Healthy Breakfast Bars



Method

- Preheat the oven to 200°C, fan 180°C, gas mark 6
- Grease and line a 30 x 20cm baking tin/sheet
- Mash bananas in a separate bowl to a pulp with a fork
- Put all the dry ingredients into a mixing bowl and mix together
- Pour the oil into the oat mixture, mix thoroughly to make sure the dry ingredients are well coated
- Add mashed bananas to oat mixture, mix well
- Spread mixture into tin and bake in oven for 20-25 minutes, or until lightly brown. Cool slightly before cutting into six or smaller
- Will keep in an airtight container for 3-4 days





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Method

1. Pre heat oven 180°C or gas 5
2. Place the all bran and dried fruit into a mixing bowl and pour over the milk, set aside for at least 20 minutes stirring occasional to make sure everything is coated with the milk
3. Meanwhile grease and line a 1lb loaf tin
4. Now stir into the mixture the wholemeal flour and place into the loaf tin smoothing the top
5. Place in oven and cook for 30-40 minutes until knife comes out clean
6. Can be eaten hot or cold



Mango & Banana Smoothie



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Serves 2



Ingredients

- flesh of 1 ripe mango
- 1 small banana
- 300ml orange juice or coconut water
- Ice cubes if desired

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|---|---------|---------------------------|-------------|-----------------|
| Fish | Lupin | Milk | Mollusc | Mustard |
| Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |

Reviewed and checked by Kerry-Jane Kelly
20/05/20





Mango & Banana Smoothie



Method

- Slice the flesh of the mango into chunks once the mango has been sliced and the skin has been removed.
- Slice the banana.
- Place the mango, banana and orange juice or coconut water into a blender. You can add a few ice cubes if desired.
- Blitz the ingredients until smooth.
- Serve and enjoy!





Meatball/Veggie ball

Ciabatta



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Serves 4



- 1 **ciabatta**
- 6 tbsp pasta or pizza sauce
- **Meatballs** or **veggie balls**
- 4 slices Emmental **cheese** or other melting **cheese**

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| Tick the allergens which are in this dish | Celery | Cereals containing gluten | Crustaceans | Eggs |
|---|---------|---------------------------|-------------|-----------------|
| Fish | Lupin | Milk | Mollusc | Mustard |
| Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |

Reviewed and checked by Kerry-Jane Kelly
02/07/20





Meatball/Veggie Ball Ciabatta



Telford & Wrekin
COUNCIL

Method

- Cut the ciabatta in half lengthwise.
- Lightly toast both sides of the bread under the grill.
- Spread a layer of pizza sauce over one half of the bread.
- Arrange the meatballs or veggie balls on top and grill for 2 minutes.
- Lay cheese on top and return to the grill for 2-3 minutes. Place the other half of the bread on top and serve with a green salad.





Meatballs



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Serves 4

- 200g lean minced beef
- 200g minced pork
- 2 tbsp grated parmesan **cheese**
- 2 tbsp chopped parsley
- 1 tsp dried oregano
- 1 tbsp dried **breadcrumbs**
- 1 **egg**
- 2 tbsp olive oil

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| Tick the allergens which are in this dish |  Celery |  Cereals containing gluten |  Crustaceans |  Eggs |
|--|---|--|--|---|
|  Fish |  Lupin |  Milk |  Mollusc |  Mustard |
|  Nuts |  Peanuts |  Sesame seeds |  Soya |  Sulphur Dioxide |

Reviewed and checked by Kerry-Jane Kelly
09/07/20





Meatballs



Method

- Finely chop the parsley.
- Beat the egg with a fork.
- Put all of the ingredients except the oil into a large bowl and mix well.
- Roll the mixture into 24 balls.
- Add half the oil to large pan and cook half of the meatballs over a medium heat for 10-12 minutes until browned. Keep these warm whilst cooking the other half of the meatballs in the remaining olive oil.
- Serve with ciabatta or spaghetti and a green salad.





Niki's American Pancakes



Makes 12 small pancakes

Ingredients

- 110g plain **flour**
- 1 pinch of salt
- 1/2 tbsp. baking powder
- 1 **egg** (beaten)
- 15 g or 2 tsp **butter** (melted and cooled) sunflower oil can be used instead
- 150ml **milk**
- Sunflower oil for frying
- Fresh, dried, tinned or frozen fruit
- Honey/maple syrup/lemon/lime

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| Tick the allergens which are in this dish | Celery | Cereals containing gluten | Crustaceans | Eggs |
|---|---------|---------------------------|-------------|-----------------|
| Fish | Lupin | Milk | Mollusc | Mustard |
| Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |

Reviewed and checked by Nicola Andrews
21.05.20





Niki's American Pancakes



METHOD

- Put the flour into a large bowl, add baking powder and salt, mix together.
- Make a well in the centre and gradually add the beaten egg, melted butter and milk whisking all the time until a smooth batter is reached.
- Heat a smooth griddle or non-stick frying pan on the hob, medium heat, spray with fry light or oil
- Once the pan is hot, this will take about 1-2 minutes, place 1 tablespoon of mixture into the hot pan, you should get 3 - 4 in the pan at the same time as long as they are not touching or if you prefer do them one at a time.
- When the upper side of the pancake is blistering and bubbling it's time to flip them over to cook the other side, this only needs about 1 minute, if that. (you could add fruit before turning).
- Keep warm until you have cooked all the mixture then add fresh fruit and honey or whatever you like and enjoy!





No-Pastry Mini Mushroom

Quiche



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Serves 4

- 1 tsp **low fat spread**
- 1 tbsp sunflower oil
- 100g button mushrooms
- 1 onion
- 2 **eggs**
- 50 ml semi-skimmed **milk**
- Pinch black pepper
- Pinch ground nutmeg
- 10g fat reduced **cheese**
- 1/4 iceberg lettuce
- 1/2 green pepper
- 1 **celery** stick
- 1/4 cucumber
- Few stems of fresh chives

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| Tick the allergens which are in this dish |  Celery |  Cereals containing gluten |  Crustaceans |  Eggs |
|--|---|--|--|---|
|  Fish |  Lupin |  Milk |  Mollusc |  Mustard |
|  Nuts |  Peanuts |  Sesame seeds |  Soya |  Sulphur Dioxide |

Reviewed and checked by Kerry-Jane Kelly
26/06/20





No-Pastry Mini

Mushroom Quiche



Method

- Preheat the oven to 180c/160c fan/gas mark 4.
- Grease the bottom and sides of 4 holes of a muffin tray. Cut 4 circles of baking paper and place in the bottom of each hole.
- Finely chop the onion and cut the mushrooms into quarters.
- Heat the oil in a small frying pan, add the onions and cook for a couple of minutes until softened, then add the mushrooms and cook for a further few minutes. Transfer to the muffin tray.
- Grate the cheese.
- Mix the eggs with the milk, black pepper and nutmeg. Pour into the muffin tray and sprinkle on the cheese.
- Bake in the oven for around 15 minutes until risen and brown.
- Leave in the tin to cool for 10 minutes.
- Whilst the quiche is cooling, finely chop the lettuce, pepper, celery, cucumber and chives.
- Remove the quiche by running a knife around the edge of the tin.
- Serve with the green salad.





Orange Cake



Serves 8



- 175g unsalted **butter**, softened
- 150g caster sugar
- 175g self raising **flour**
- 3 medium **eggs**
- Grated zest of 1 orange
- 1 tsp baking powder

For the filing

- 40g unsalted **butter**, softened
- 125g icing sugar plus extra for dusting
- 1 tbsp orange juice
- Grated zest of 1/2 orange

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| Tick the allergens which are in this dish | Celery | Cereals containing gluten | Crustaceans | Eggs |
|---|---------|---------------------------|-------------|-----------------|
| Fish | Lupin | Milk | Mollusc | Mustard |
| Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |

Reviewed and checked by Kerry-Jane Kelly
20/05/20



Orange Cake



Method

- Pre heat the oven to 180c fan, (350F/gas mark 4).
- Grease two 20 cm (8 inch) cake tins and line the bases with baking paper.
- Break the eggs into a bowl and grate the zest of 1 orange.
- Put all of the ingredients into a bowl and beat together with an electric whisk until thick and well mixed.
- Divide the mixture between the tins and level the top.
- Bake in the oven for 25-30 minutes.
- Leave to cool in the tins for 5 minutes, then turn out onto a cooling rack and allow to cool fully.
- To make the filling, grate the zest of 1/2 an orange and squeeze out 1 tbsp of orange juice into a bowl.
- Add the butter and icing sugar to the orange zest & juice and mix until smooth and creamy.
- Spread the filling on the base of one of the cakes and lay the other cake on top. Sprinkle icing sugar on top of the cake.
- Your cake is now ready to eat. Enjoy!





Pasta Ratatouille Bake



Ingredients makes 4

- 200g **macaroni / pasta** (whole-wheat if possible)
- 1 tablespoon olive oil
- 2 medium onions chopped
- 1 garlic clove crushed
- 1 tablespoon dried oregano (or fresh)
- 1 tablespoon dried basil (or fresh)
- 4 tomatoes chopped
- 4 courgettes sliced
- 200g green beans (fresh, frozen or canned)
- 125ml reduced salt vegetable or chicken stock
- 25g **pamesan cheese** grated
- 1 pinch ground black pepper

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| Tick the allergens which are in this dish | Celery | Cereals containing gluten | Crustaceans | Eggs |
|---|---------|---------------------------|-------------|-----------------|
| Fish | Lupin | Milk | Mollusc | Mustard |
| Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |

Reviewed and checked by Nicola Andrews 23/06/20



Pasta Ratatouille Bake



Method

1. Preheat the oven to Gas Mark 4/180°C/ fan oven 160°C.
2. Cook the macaroni according to pack instructions, then drain. Meanwhile, heat the oil in a large saucepan and cook the onion and garlic slowly until tender and golden. Stir in the herbs, tomatoes, courgettes, beans and stock. Simmer for 5 minutes.
3. Combine the pasta and vegetables. Season with black pepper. Transfer to a baking dish and sprinkle the cheese on top. Bake for 30-35 minutes.

Tip 1: Use 2 tsp dried mixed herbs instead of the oregano and basil.

Tip 2: Make this recipe in summer when tomatoes, courgettes and green beans are at their seasonal best (and cheapest).

Tip 3: You could use reduced fat hard cheese instead of Parmesan.





Pizza Muffins



Makes 12 muffins

- 250g plain **flour**
- 1 tsp baking powder
- 1 tsp dried oregano
- 115g **butter**
- 250ml **milk**
- 2 **eggs**
- 2 tbsp pizza sauce plus extra for dipping
- 115g mixed **cheddar and mozzarella** grated
- 100g tinned sweetcorn

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|---|-------------|-------------------------------|-----------------|---------------------|
| Fish | Lupin | Milk | Mollusc | Mustard |
| Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |

Reviewed and checked by Kerry-Jane Kelly
20/5/20



Pizza Muffins



Method

- Pre heat the oven to 190c/375F/Gas 5.
- Grease a muffin tin with oil.
- Mix the flour, baking powder and oregano in a bowl.
- Melt the butter in a saucepan or microwave.
- Put the melted butter, milk, eggs and pizza sauce into a jug.
- Pour the egg mixture into the flour mixture and gently stir together.
- Stir in the cheese and sweetcorn to the mixture.
- Spoon the mixture using a teaspoon into the muffin tin.
- Put the muffin tin in the oven with the help of an adult for 20-25 minutes until golden brown.
- Allow the muffins to cool slightly and then they are ready to eat!
- Serve with the extra pizza sauce for dipping.





Pizza Pitta Faces












Serves 4

- 4 wholemeal **pitta breads**
- 4 tsp tomato puree
- 1 tsp dried mixed herbs
- 8 thin cucumber slices
- 4 cherry tomatoes
- 1 yellow or red pepper
- 40g reduced fat **cheese**



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|--|---|--|--|---|
|  Fish |  Lupin |  Milk |  Mollusc |  Mustard |
|  Nuts |  Peanuts |  Sesame seeds |  Soya |  Sulphur Dioxide |

Reviewed and checked by Kerry-Jane Kelly
on 04/06/20





Pizza Pitta Faces



Method

- Preheat the grill or if you prefer cook these in an oven preheated to 180c/160c fan/gas mark 4 for 8-10 minutes.
- Spread 1 tsp of tomato puree over one side of each pitta bread. Sprinkle with the dried mixed herbs.
- Cut the tomatoes in half and thinly slice 8 slices of cucumber. Slice the pepper long ways into 12 long thin strips.
- Arrange the halved tomatoes on the pittas to resemble eyes, sliced cucumber for the noses and the sliced pepper to look like eye brows and mouths.
- Grate the cheese and add it to the pittas for the hair.
- Place on a grill rack and grill for 4-5 minutes or place on a baking tray and oven bake for 8-10 minutes.
- Cool for a few moments then serve and enjoy!






Potato & Onion Cakes



Serves 4

-
- 425g potatoes
- 125g plain **flour**
- 1 **egg**
- 1 onion
- 1 tbsp fresh chives or parsley
- 2 tsp sunflower oil
- 1/2 tsp black pepper
- 1/2 tsp salt

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|---|--|--|--|--|
|  Fish |  Lupin |  Milk |  Mollusc |  Mustard |
|  Nuts |  Peanuts |  Sesame seeds |  Soya |  Sulphur Dioxide |

Reviewed and checked by Kerry-Jane Kelly
20/05/2020





Potato & Onion Cakes



Telford & Wrekin
COUNCIL

Method

- Cook the potatoes in boiling water until tender. Drain well and press through a potato masher.
- Dice the onion and finely chop the chives or parsley
- Mix the mashed potatoes, flour, onion, chives,/parsley, egg, salt and black pepper into a bowl and mix well.
- Divide the mixture into approximately 10 balls and use your hands to shape into flat cakes.
- Heat a large non -stick pan over a medium heat. Add 1 tsp sunflower oil. When the fat is hot, start to cook the cakes. Add half of the cakes to the pan and cook until golden brown, about 5 minutes on each side.
- Remove with a slotted spoon and drain on kitchen towel. Repeat with the remaining cakes.
- Serve hot.





Raspberry & Apple Crumble



Serves 6

- 2 x 400g tins sliced apples in juice
- 350g frozen raspberries, de-frosted
- 1 lemon
- 2-3 tbsp caster sugar
- 1 tsp cinnamon

For the crumble

- 225g plain **flour**
- 175g unsalted **butter**
- 50g demerara sugar
- 125g **oats**

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|---|---------|---------------------------|-------------|-----------------|
| Fish | Lupin | Milk | Mollusc | Mustard |
| Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |

Reviewed and checked by Kerry-Jane Kelly
on 02/06/20





Raspberry & Apple Crumble



Method

- Preheat the oven to 200c/180 fan/gas mark 6.
- Put the apple slices and defrosted raspberries into a bowl. Add the sugar and cinnamon and squeeze the juice from the lemon and add to the bowl too. Mix well.
- Tip the fruit mixture into an ovenproof dish (approximately 12 x 9 inches) and pat down.
- Cut the butter into cubes and put into a bowl with the flour. Use your fingers to pinch and rub the butter into the flour. Stir in the demerara sugar and oats and mix thoroughly.
- Sprinkle the crumble mixture over the fruit.
- Bake in the oven for 40- 45 minutes. Cover the top with foil if the top is browning too much.
- Serve and enjoy!



















Raspberry Ice



Serves 4

- 125g caster sugar
- 200ml cold water
- 450g fresh raspberries
- 2 tbsp. lime juice

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|--|---|--|--|---|
|  Fish |  Lupin |  Milk |  Mollusc |  Mustard |
|  Nuts |  Peanuts |  Sesame seeds |  Soya |  Sulphur Dioxide |

Reviewed and checked by Kerry-Jane Kelly
20/05/20



Raspberry Ice

Method

- Add the water and sugar to a saucepan, bring to the boil and then reduce the heat and simmer for 5 minutes. Allow to cool
- Place the raspberries and lime juice in a food processor or blender and blend until you have a thick puree.
- Put the raspberry mixture into a sieve over a bowl. Use a spoon to press the mixture through the sieve, then discard the seeds.
- Pour the cooled syrup from the saucepan into the raspberry mixture, then pour into a shallow plastic box and freeze for 2 hours.
- Remove from the freezer and scrape with a fork, mixing the solid mixture into the liquid mixture.
- Return to the freezer and repeat the process twice more at 30 minute intervals, then let it freeze a final time.
- Before serving transfer to the fridge for 20 minutes to soften. Then serve and enjoy!

















Roasted Veg & Couscous salad



Serves 4

- 400g Butternut Squash, peeled and cubed
- 1 courgette, cut into 2.5cm chunks
- 1 red onion, cut into 8 wedges
- 1 red pepper, deseeded and cut into 2.5cm pieces
- 1 tablespoon oil
- 200g **couscous**
- 300ml hot stock
- 2 lemons, zest and juice
- 4 tablespoons freshly chopped mixed herbs or 2-3 teaspoons dried , optional
1 extra tablespoon fresh or 1 teaspoon dried for decoration before serving
- Black pepper and salt to season, optional

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|--|---|--|--|---|
|  Fish |  Lupin |  Milk |  Mollusc |  Mustard |
|  Nuts |  Peanuts |  Sesame seeds |  Soya |  Sulphur Dioxide |

Reviewed and checked by Nicola Andrews
04/06/20





Roasted Veg & Couscous Salad



Method

- Pre heat oven to 200°c fan/ 220°c/gas 7
- Put the butternut squash, courgette, onion and pepper into a large bowl, drizzle the oil over the vegetables and season with the black pepper and salt if desired. Mix together with a spoon checking all the vegetables are covered with the oil
- Now place the vegetables onto a baking tray, making sure the vegetables are not piled on top of each other
- Put into the preheated oven for 15 minutes, then take out of oven and turn over the vegetables using a spoon so they cook evenly. Put back in oven for a further 15-20 minutes
- Put the couscous into a large bowl, add the hot stock, lemon zest and juice. Stir and cover, leave to stand for 5 minutes. Season with pepper if desired and fluff up with a fork
- Mix the vegetables and additional mixed herbs if using into the couscous, this can be eaten hot or cold as a main course or with meat, fish or cheese



Roasted Vegetable Lasagne



Serves 4

- 2 tbsp. olive oil
- 1 red onion
- 2 garlic cloves
- 200g button mushrooms
- 1 courgette
- 1 aubergine
- 1 red pepper
- 1 yellow pepper
- Salt and black pepper
- 1 x 400g tin chopped tomatoes
- 2 tbsp. tomato puree
- 1 tsp dried basil
- 1 tsp dried oregano
- Salt & black pepper
- 50g **butter** or **margarine**
- 50g plain **flour**
- 500ml skimmed **milk**
- 75g fat reduced **cheese**
- 6 sheets **lasagne**

| Tick the allergens which are in this dish | Celery | Cereals containing gluten | Crustaceans | Eggs |
|---|---------|---------------------------|-------------|-----------------|
| Fish | Lupin | Milk | Mollusc | Mustard |
| Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |

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Reviewed and checked by Kerry-Jane Kelly
03/07/2020





Roasted Vegetable Lasagne



Method

- Pre heat oven to 210°C/ Fan 200°C or gas mark 6.
- Chop all of the vegetable into pieces approximately 2.5cm and finely chop or crush the garlic. Place all the vegetables once prepared into a large bowl, then add the crushed garlic, olive oil and seasoning, mix well using your hands. Spread the vegetables onto a baking sheet and bake for 30 minutes or until vegetables are toasted brown on the edges.
- In a medium pan put the chopped tinned tomatoes, tomato puree, basil, oregano, salt & pepper and heat through, leave to simmer for 5 minutes.
- Put the butter/margarine in a small saucepan and allow to melt on a low heat, once melted add the flour and stir with a wooden spoon, continue stirring on a low heat for about 30 seconds.
- Now add a little of the milk, keep stirring to avoid lumps gradually add more of the milk stirring the lumps out as you go, do not add more milk if you have got lumps, a whisk can be used instead of the wooden spoon. Once all the milk has been added allow the mixture to boil then turn the heat down and simmer for about 3-4 minutes to allow the sauce to thicken.
- Take off the heat and allow the sauce to cool for 5 minutes, now add half the cheese reserving the other half for sprinkling on the top of the finished lasagne.
- Once the tomato sauce is cooked add the cooked vegetables,
- In an ovenproof dish place (approximately 12x9 inches) add half of the tomato & vegetable mixture, then 3 sheets of lasagne, and finally a layer of the sauce over the lasagne, now repeat the process until there is no more mixture or sauce left . Now sprinkle the remaining cheese on the top.
- Bake in the oven for 30-35 minutes until golden brown. It is now ready to serve!



















Spaghetti Bolognese



INGREDIENTS serves 4

- 1 tablespoon vegetable oil/fry light
- 300g beef mince or turkey mince or half of each
- 1 medium onion, diced fairly finely
- 2 **celery sticks**, washed and diced fairly finely
- 1 large carrot, grated
- 1 red pepper, diced finely
- 2 garlic clove, chopped finely
- 1 beef stock cube
- 2 heaped teaspoons dried oregano
- 2 heaped teaspoons dried basil
- Pepper and salt to taste (stock cubes can be salty so you may not need any)
- 1 400g chopped tomatoes
- 1 heaped tablespoon tomato puree
- 12 mushrooms, chopped chunky
- 240g dried **whole-wheat spaghetti or pasta shapes**

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| Tick the allergens which are in this dish |  Celery |  Cereals containing gluten |  Crustaceans |  Eggs |
|--|---|--|--|---|
|  Fish |  Lupin |  Milk |  Mollusc |  Mustard |
|  Nuts |  Peanuts |  Sesame seeds |  Soya |  Sulphur Dioxide |

Reviewed and checked by Nicola Andrews 11/06/20





METHOD

1. Heat the oil in a large pan over a medium heat, add the chopped onions and celery, fry for 5 minutes stirring most of the time
2. Add the chopped pepper and crushed garlic, cook for a further minute stirring all the time
3. Now add the beef mince, chop it up in the pan so it separates as it browns, this will take about 5 minutes, keep stirring so it does not burn
4. Once the meat has change colour from red to brown crumble the stock cube over the meat, add the oregano, basil and pepper and mix together
5. Now add the grated carrot and keep stirring for 2 minutes
6. Add the chopped tomatoes and tomato puree and stir
7. Bring to the boil stirring all the time then reduce to a simmer, cover and leave for at least 15 minutes longer if possible, check it does not burn
8. Now add mushrooms and simmer for a further 10 minutes
9. Whilst the mushrooms are simmering put the spaghetti/pasta on to cook, read cooking instructions on product, it usually takes 10-12 minutes to cook
10. Mix the spaghetti/pasta into the sauce and enjoy
11. This recipe is a great way to incorporate lots of vegetables that some children/adults may not usually eat!
12. This can be made the day before which allows the flavours to develop, stored in the fridge once cool. Freeze leftovers



Squash & Coconut Curry



Ingredients -Serves 4

- 1 tablespoon oil
- 1 onion, chopped
- 1 garlic clove, chopped/crushed
- 2 teaspoons fresh finely grated ginger
- 2 tablespoons mild curry powder
- 1 large butternut squashed, cubed
- 2 tablespoons water, plus 200ml
- 1 400ml can coconut milk
- 225g green beans, trimmed and chopped

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Reviewed and checked by Nicola Andrews
21/05/20

| Tick the allergens which are in this dish | Celery | Cereals containing gluten | Crustaceans | Eggs |
|---|---------|---------------------------|-------------|-----------------|
| Fish | Lupin | Milk | Mollusc | Mustard |
| Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |





Squash & Coconut Curry



Method

- Put the oil into a large saucepan on a medium heat, allow the oil to warm
- Now add the onions, garlic and ginger, cook for 2-3 minutes
- Add the curry powder to the pan stir and cook for a further minute
- Now add the butternut squash and 2 tablespoons water, cook for 3-4 minutes
- Pour the coconut milk, 200ml water and the green beans into the pan, stir and bring to the boil
- Now reduce the heat, cover and simmer for 15-20 minutes or until the squash is soft.
- You could use sweet potatoes or pumpkin instead of the squash in this recipe.
- Serve with plain boiled rice and or a homemade flatbread.





Stuffed Jacket Potatoes



Serves 4

- 4 medium potatoes
- 100g **cheddar cheese** plus a little extra for the topping
- 100g mixed peppers
- 100g sweetcorn
- Small handful of fresh herbs, oregano, basil, coriander, dill or thyme.

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|---|---------|---------------------------|-------------|-----------------|
| Fish | Lupin | Milk | Mollusc | Mustard |
| Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |

Reviewed and checked by Kerry-Jane Kelly
02/07/20





Stuffed Jacket Potatoes



Telford & Wrekin
COUNCIL

Method

- Heat the oven to 200c/180c fan/gas 6. Scrub the potato skins and place them onto a baking tray. Bake the potatoes for about 1 hour until cooked and the skins are crispy. Leave to cool completely.
- To stuff the potatoes, cut the potatoes in half. Using a spoon, carefully scoop out the middle of the potato, leaving the skin unbroken (like a boat). Place the scooped potato into a mixing bowl.
- Using a fork mash the potato until there are no lumps. Grate the cheese and finely chop the peppers. Add the cheese, mixed peppers and sweetcorn and mix well. Gently pick the leaves from the herbs and tear into small pieces. Stir the herbs into the cheesy potato mixture.
- Using a spoon, carefully spoon the mixture back into the potato boats. Make sure that you use all of the mixture up. Sprinkle with a little grated cheese and place the potatoes on a baking tray.
- Using the oven gloves, place the baking tray in the oven and bake for 10-15 minutes until golden.





Stuffed Tomatoes



Let's Dine
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Let's Dine
Secondary Schools and Academies



Makes 4

- 4 large beefsteak tomatoes (about 250g each)
- 1 tsp salt
- 2 tbsp olive oil
- 1 small onion, chopped
- 1 clove garlic, crushed
- 450g **pork sausages**
- 4 tbsp chopped parsley
- 2 tsp chopped thyme
- Pinch of black pepper

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|--|---|--|--|---|
|  Fish |  Lupin |  Milk |  Mollusc |  Mustard |
|  Nuts |  Peanuts |  Sesame seeds |  Soya |  Sulphur Dioxide |

Reviewed and checked by Kerry-Jane Kelly
02/06/20





Stuffed Tomatoes



Telford & Wrekin
COUNCIL

Method

- Preheat the oven to 200c/400F/Gas Mark 6.
- Cut a 2cm thick slice at the top of the tomatoes and scoop out the insides with a spoon. Save the tops for later.
- Sprinkle salt into the tomatoes and turn them upside down.
- Heat 1 tbsp of oil in a small pan and cook the onion and garlic over a low heat for 2-3 minutes until soft.
- Squeeze the meat out of the sausage skins into a bowl. Discard the skins. Mix in the onion, garlic, parsley, thyme and black pepper.
- Rinse out the salt from the tomatoes and then stuff the mixture into the tomatoes. Put the tops back on and drizzle with the remaining oil.
- Cook the tomatoes for 45 minutes in the oven.
- Serve and enjoy!



















Summer Vegetable Crumble

- 1 tbsp olive oil
 - 1 onion
 - 2-3 cloves garlic
 - 100g button mushrooms
 - 1/2 red pepper
 - 1/2 yellow pepper
 - 1 courgette
 - 1 400g tin chopped tomatoes
 - 1 tbsp tomato puree
 - 2 tbsp fresh parsley
 - Black pepper
- For the crumble
- 75g **butter** or **margarine**
 - 100g wholemeal **flour**
 - 100g **breadcrumbs**
 - 50g **mixed nuts**
 - 1 tsp mixed herbs
 - 75g fat reduced **cheese**,

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Reviewed and checked by Kerry-Jane Kelly
on 11/06/20



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|--|---|--|--|---|
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|  Nuts |  Peanuts |  Sesame seeds |  Soya |  Sulphur Dioxide |





Summer Vegetable Crumble



Method

- Rub the butter into the flour until the mixture resembles fine crumbs (or whizz together in a food processor). Mix together with the breadcrumbs.
- Grate the cheese. Add the grated cheese, nuts and mixed herbs and set aside.
- Finely chop the vegetables and crush or finely chop the garlic.
- Put the olive oil into a large saucepan and cook the onion and garlic on a low heat for 4-5 minutes.
- Add the mushrooms, peppers and courgette and cook over a gentle heat, stirring occasionally for 10 minutes.
- Add the tinned tomatoes, tomato puree, fresh parsley and black pepper and cook for a further 2 –3 minutes.
- Transfer the vegetable mixture to an ovenproof dish (approximately 12x9 inches).
- Add the crumble topping over the vegetables and bake in the oven at 190°C/Gas mark 5 for about 20-25 minutes until golden brown on top.
- Serve and enjoy!





Sweetheart quiche



Serves 1

- Sunflower oil for greasing
- 60g plain **flour**
- 30g unsalted **butter**, softened
- 3-4 tsps. cold water
- 1 **egg**
- 2 tbsp. **milk**
- 1 slice ham
- 1 stalk fresh parsley
- 1 tbsp. tinned sweetcorn
- 15g grated **cheese**
- Pinch pepper

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|---|---------|---------------------------|-------------|-----------------|
| Fish | Lupin | Milk | Mollusc | Mustard |
| Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |

Reviewed and checked by Kerry-Jane Kelly
20/05/20



Sweetheart quiche



Method

- Preheat the oven to 180c fan, 200c or gas mark 6.
- Brush the inside of a heart shaped tin (about 4 inches/11cm at the widest point) with a little oil.
- Put the flour and butter into a bowl and rub them together with your fingers until the mixture becomes crumbly.
- Add the water until the mixture sticks together to make a soft ball of dough. Sprinkle flour on your work mat, then roll the dough out with a rolling pin until it is bigger all round than the tin. Lift the pastry over the tin and push it into the shape. Trim the edges by tearing the pastry carefully and put the tin in the fridge.
- Break the ham into bite sized pieces with your fingers or carefully with clean scissors. Cut up the parsley carefully with clean scissors.
- Take your pastry case out of the fridge and put the ham, sweetcorn and parsley at the bottom.
- Break the egg into a cup and whisk with a fork. Add the milk and then season with pepper.
- Pour the mixture into the pastry case, don't worry if you can not fit it all in. Sprinkle with cheese.
- Place the tin on a baking tray and put in the oven with the help of an adult for about 20 minutes until golden brown on top.





Tasty Tomato Pancakes



Serves 4

- 100g plain **flour**
- 1 **egg**
- 3 tbsp low fat **yoghurt**
- 250ml skimmed **milk**
- 1 tsp sunflower oil
- 200g closed cup mushrooms
- 50ml reduced salt vegetable stock
- 2 handfuls of cherry tomatoes
- 1 tsp dried mixed herbs
- Pinch black pepper

Sweet pancake

- 1 tbsp low fat **yoghurt**
- 1 banana, sliced

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|---|---------|---------------------------|-------------|-----------------|
| Fish | Lupin | Milk | Mollusc | Mustard |
| Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |

Reviewed and checked by Kerry-Jane Kelly
on 22/06/20





Tasty Tomato Pancakes



Method

- Put the flour into a large mixing bowl and add the egg, yoghurt and milk. Use a wire whisk or hand held electric mixer on a slow speed to whisk the ingredients together to make a smooth batter.
- Heat a few drops of sunflower oil in a non stick frying pan. Add one quarter of the batter, tilting the pan so that the batter flows over the surface. Cook until bubbles appear and the batter has set, then flip over to cook the other side. Repeat to make 4 pancakes, keeping them in a warm place.
- Meanwhile slice the mushrooms and tomatoes. Put the mushrooms and stock into a large frying pan and simmer for 5-6 minutes. Add the cherry tomatoes and herbs and cook for another 2-3 minutes.
- Serve one pancake per person, topped with the mushrooms and tomatoes.
- For a sweet version, serve one pancake per person, topped with a sliced banana and an extra table-spoon of low fat yoghurt.





Tomato Soup













Serves 4

- 1 tbsp. olive oil
- 1 small onion
- 1 clove garlic
- 2 x 400g tins whole tomatoes
- 2 tbsp. tomato puree
- 1 tsp sugar
- 1 vegetable stock cube
- 300ml boiling water
- 1 handful of fresh basil leaves
- Pinch of salt & pepper (optional)

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Reviewed and checked by Kerry-Jane Kelly
20/05/20



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|---|--|--|--|--|
|  Fish |  Lupin |  Milk |  Mollusc |  Mustard |
|  Nuts |  Peanuts |  Sesame seeds |  Soya |  Sulphur Dioxide |





Tomato soup

Method

- Finely chop the onions and garlic.
- Add the vegetable stock cube to 300ml of boiling water and stir until the cube has dissolved.
- Heat the oil in a saucepan and add the onions and garlic and cook them on a low heat for about 5 minutes.
- Stir in the tomatoes, tomato puree, sugar and vegetable stock.
- Bring to the boil then reduce the heat and simmer for 5 minutes.
- Use a blender or stick blender to blitz the soup until smooth.
- Season to taste with salt and pepper if desired.
- Garnish with basil leaves.
- Your soup is now ready to eat when it has cooled slightly.





Tomato Spirals
















Makes 12

- Vegetable oil for greasing
- **Flour** for dusting
- 125g ready rolled **puff pastry** (at room temperature)
- 2 dessertspoons tomato puree
- 30g grated cheddar **cheese**
- 4 basil leaves

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Reviewed and checked by Nicola Andrews
21/05/20

| | | | | |
|--|---|--|--|---|
| Tick the allergens which are in this dish |  Celery |  Cereals containing gluten |  Crustaceans |  Eggs |
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|  Nuts |  Peanuts |  Sesame seeds |  Soya |  Sulphur Dioxide |





Tomato Spirals



Method

- Pre heat oven to 200°c fan/ 220°c/gas 7
- Line a large baking tray with greaseproof paper and lightly brush with oil
- Lightly sprinkle your work top with flour
- Now place your ready rolled pastry onto the flour (if you don't have ready rolled, roll out with a rolling pin into a big rectangle about 3mm thick)
- Using a knife spread the tomato puree all over the pastry making sure you go right up to the edges
- Now sprinkle the cheese all over the tomato puree
- Tear the basil leaves with your fingers and scatter over the cheese
- From the widest edge roll up the pastry into a long sausage shape, hiding all the filling inside
- Cut the pastry into 12 equal slices and place each one onto the baking tray so you can see the spiral effect, if they come apart when moving to the tray just squeeze back into spirals
- Place into preheated oven for 15 minutes or until lightly golden, enjoy with a salad



Homemade Tuna Fishcakes



Ingredients makes 4

- 350g potatoes, peeled & roughly chopped
- 1 x160g can **tuna** in brine, drained
- 100g frozen or canned sweetcorn
- 1/2 lemon zest, finely grated
- Tablespoon fresh flat leaf parsley, chopped or 1 teaspoon dried
- Salt & pepper
- 1 **egg**, beaten
- 60g wholemeal/white **breadcrumbs**
- Sunflower/vegetable oil for frying
- 1-2 Tablespoon **plain flour**

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|---|---------|---------------------------|-------------|-----------------|
| Fish | Lupin | Milk | Mollusc | Mustard |
| Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |

Reviewed and checked by Nicola Andrews 16/06/20





Homemade Tuna Fishcakes



Method

- Place the quartered potatoes into a saucepan add water and bring to the boil, simmer until they are really tender. Drain and allow to steam-dry in a colander
- Place tuna, sweetcorn, lemon zest, parsley, pepper and salt into a bowl and mix together
- Mash potatoes in a separate bowl until smooth, now add to the tuna mixture and stir altogether
- Now divide the mixture into 4 and shape each one into little round cakes you may need a little flour on your hands to stop the mixture sticking
- Place each one on a plate and allow to chill either in the fridge or freezer for about 15 minutes
- Dip each cake into the flour then the beaten egg, letting the excess drip off, then coat all over with bread-crumbs
- Heat a little of the oil in a frying pan and gently fry for 3-4 minutes on each side until golden brown
- Serve with homemade tomato sauce and salad or green beans





Vegetable Bhuna













Serves 2

- 2 spring onions, chopped
- 1/2 pepper, chopped
- 50g (10 dwarf beans), topped & tailed and cut in half
- 4 baby beans, whole or chopped
- 4 baby new potatoes, sliced
- 1 teaspoon **madras curry paste**
- 125ml tinned chopped tomatoes
- 125ml water

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Reviewed and checked by Nicola Andrews
04/06/20

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|--|---|--|--|---|
|  Fish |  Lupin |  Milk |  Mollusc |  Mustard |
|  Nuts |  Peanuts |  Sesame seeds |  Soya |  Sulphur Dioxide |





Vegetable Bhuna



Method

- Pre heat oven to 180°c fan, 200°c, gas mark 6
- In a 500ml capacity oven proof dish with lid or tin foil if you do not have a lid, add the onions, pepper and dwarf beans
- Now on top of the vegetables place the baby corn and sliced potatoes
- Mix the curry paste into the chopped tomatoes and pour over the potatoes
- Lastly pour the water over the top and cover with the lid or foil
- Put on a baking tray and place in the oven for 40 minutes or until the vegetables are cooked
- Serve with brown rice if possible as healthier than white
- If you like more sauce add more tomatoes and water



VEGETABLE CHILLI

INGREDIENTS Serves 4

- 1 tablespoon oil/fry light
- 2 garlic cloves, finely chopped
- 5cm piece of ginger, chopped small / grated
- 1 medium onion, chopped
- 1 courgette, small dice
- 1 medium carrot, small dice
- 1 red pepper, deseeded and chopped
- 1 yellow pepper, deseeded and chopped
- 1 tsp chilli powder mild or 1 fresh chilli, finely chopped
- 1 tablespoon tomato purée
- 400g tin chopped tomatoes
- 200g frozen/tinned sweetcorn
- 400g tin mixed beans in water, drained
- 400g tin red kidney beans in water, drained
- 1 vegetable stock cube
- Black pepper
- 200ml water

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| Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |



Reviewed and checked by Nicola Andrews 08/07/20



VEGETABLE CHILLI



1. Heat the oil in a deep frying pan or saucepan.
 2. Add the carrot and onion and cook for 3 minutes, then add the garlic, fresh chilli (if using) ginger, courgette and pepper cook for a further 5 minutes until starting to soften.
 3. Now add the chilli powder if not using fresh and cook for 1 min more.
 4. Stir in the mixed beans, red beans, tomato purée, tinned tomatoes, pinch of pepper, stock cube and water. Bring to the boil and simmer until vegetables are soft
 5. Add the sweetcorn and bring to the boil and simmer for 1 minute
 6. You can add a little cornflour mixed with a little cold water to thicken if desired
- Serve with brown rice or whole-wheat pasta. Follow packet instruction





Vegetable Frittata



Let's Dine
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Serves 2

- Sunflower oil for greasing
- 100g cooked potatoes (fresh or tinned)
- 1 spring onion
- 2 asparagus spears
- 2 heaped tbsp frozen peas
- 5 fresh mint leaves
- 2 tbsp **cheddar** or **parmesan** **cheese**
- 2 **eggs**
- Pinch black pepper

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Reviewed and checked by Kerry-Jane Kelly
15/06/20

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|---|---------|---------------------------|-------------|-----------------|
| Fish | Lupin | Milk | Mollusc | Mustard |
| Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |





Vegetable Frittata



Method

- Preheat the oven to 180c fan/200c/Gas Mark 6.
- Brush the inside of the ovenproof dish (about 400ml capacity) with the oil and put it on a baking tray.
- Put the potatoes in a bowl and use the end of a rolling pin to crush them into small pieces.
- Top and tail the spring onion and cut it into small pieces.
- Chop the asparagus into small pieces.
- Finely chop the mint leaves and grate the cheese if using cheddar.
- Add the spring onion, asparagus, peas, mint leaves and grated cheese to the bowl and mix well.
- Break the eggs into a bowl and beat lightly with a fork. Pour the beaten eggs into the mixing bowl and add a pinch of pepper. Stir until all of the ingredients are mixed together. Pour the mixture into the dish.
- Place the dish in the oven for 15-20 minutes or until completely set.
- Once the frittata has cooled down slightly, you can eat it!





Vegetable Spring Rolls



Makes 4 rolls

- Sunflower oil for greasing
- 50g carrot
- 50g tinned **cannellini beans**
- 50g beansprouts
- 1 spring onion
- 1/4 red pepper
- 1 tbsp **chilli dipping sauce**
- 8 sheets ready rolled fresh **filo pastry**

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|---|-------------|-------------------------------|-----------------|---------------------|
| Fish | Lupin | Milk | Mollusc | Mustard |
| Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |

Reviewed and checked by Kerry-Jane Kelly
20/05/20



Vegetable Spring Rolls

Method

- Pre heat the oven to 200c fan, 220c, gas mark 7. Line the baking tray with baking paper and brush it with oil.
- Put the grated carrot and beans in a bowl and mix together with the fork.
- Rinse the bean sprouts and dry using some kitchen paper, then put them in the other bowl and chop up with clean scissors. Add to the carrot and beans.
- Top and tail the spring onion and cut it into small pieces with the scissors, then add these to the carrot and beans and mix.
- Cut the pepper into small pieces and add to the other vegetables.
- Take out the sheets of filo pastry. Lay one sheet on a clean surface and dab it all over with oil. Place another piece on top and dab it with oil too. Turn the pastry with your hands so that a corner is pointing towards you.
- Spoon on some of the filling near the corner nearest to you. Fold this corner towards the centre and tuck it under the filling.
- Fold the 2 outside corners towards the middle so it looks like an envelope.
- Dab with oil and then roll up the pastry to look like a sausage. Dab with more oil and put on the baking tray. Repeat until you have made 4.
- Place in the oven for 15—20 minutes until crisp and golden.





Veggie Balls



Serves 4

- 2 tbsp olive oil
- 1 onion
- 1 clove garlic
- 250g button mushrooms
- 1 x 400g tin green lentils, drained and rinsed
- 6 tbsp **breadcrumbs**
- 2tbsp fresh parsley
- 2 tsp dried mixed herbs
- 1 **egg**

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| Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |

Reviewed and checked by Kerry-Jane Kelly
02/07/20



Veggie Balls



Telford & Wrekin
COUNCIL

Method

- Finely chop the onions and mushrooms and crush the garlic.
- Heat 1 tbsp. of oil in a pan and cook the onions, garlic and mushrooms for 5 minutes and put them into a food processor or a large bowl.
- Finely chop the parsley.
- Add the lentils, breadcrumbs, parsley, mixed herbs and egg to the food processor or bowl and blitz or mix well until all ingredients are combined.
- Transfer the ingredients to a bowl and chill in the fridge for 30 minutes.
- Roll the mixture into 24 balls. Then add the remaining oil to a pan and cook the veggie balls over a medium heat for around 10-12 minutes, turning often.
- Serve with ciabatta or spaghetti and a green salad.

