



Wardley School's
Very Own
Healthy
Cookbook



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Auntie Helen's Spinach Pasties

Eve



Method

- Pre-heat the oven
- Unroll the pastry and cut into 4 equal pieces
- Defrost half the packet of spinach in the microwave.
- Once defrosted place spinach in a pan and add 4 portions of Dairylea. Stir well until cheese is melted in the mixture.
- Season to your taste.
- Place 3 spoonfuls of the mixture onto each of the pastry pieces and fold like a Cornish pastry.
- Brush the pasties with the egg yolk and put in the oven for 10 min.

My shopping basket

- 1 ready made puff pastry roll
- 1 pack of frozen spinach
- 1 box of Dairylea
- 1 egg yolk



Cooking time : 10 min
Preparation time 15 min
Preheat oven to : 5 (150°C)



Serves 4



Easy

Bon Appétit !





Croque Monsieur

Method

- Preheat the oven to 180C
- Spread half a teaspoon of mustard over each slice of bread.
- Top two of the slices with half of the grated cheese followed by a slice of ham each, then finish with the remaining cheese on top.
- Sandwich together with the other two slices of bread.
- Heat the butter in a large frying pan until very hot, then add the sandwiches and fry for 1-2 minutes on each side, or until golden-brown. To be healthy skip straight to...
- Put the sandwiches on a baking tray and place into the oven for 4-5 minutes, or until the cheese has melted.
- Place the sandwiches on a serving plate, slice each sandwich in half and serve immediately.

Leo



My shopping basket

- 4 slices wholemeal bread
- 2 tsp mustard
- 80g grated cheese
- 2 slices ham
- 30g unsalted butter



Cooking time : 15
Preparation time 10
Preheat oven to : 6 (180°C)



Serves 4



Easy

Bon Appétit !



2



Hummmmmus dippers

Darna



Method

- Chop the Coriander
- Rinse and drain the chickpeas
- Chop the garlic
- Juice the lemon
- Place all the ingredients, except the pitta bread into a mixing bowl and mix together with a hand blender. Season with salt and freshly ground black pepper and mix again.
- Serve the hummus in a little bowl on a serving plate, with toasted pitta 'soldiers' on the side and a few olives.

My shopping basket

- 2 tbsp olive oil
- 2 tbsp fresh coriander
- 150g canned chickpeas
- ½ lemon, juice only
- 1 garlic clove
- salt and pepper
- Pitta bread



Cooking time:
Preparation time 15 mins
Preheat oven to:



Serves 6



Easy

Bon Appétit !





Jacket Mice

Eddie

Method

- Preheat the oven to 200C/400F/Gas 6.
- Wash the potatoes, pat them dry and prick the skins with a fork. Put the potatoes on a baking tray and brush them with a little oil.
- Bake the potatoes until they are soft - about an hour.
- When cooked and cool enough to handle cut off the tops and carefully scoop out the soft potato centres. You can eat the lids with a bit of butter.
- Mash the soft centres with the butter, milk and cheese. Add a pinch of salt and pepper, then pop the mixture back into the potato jackets.
- Sprinkle with cheese and cook your potatoes under the grill for a few minutes until they are golden.
- Make a nose with half a cherry tomato held in place with a cocktail stick tuck some chives behind for the whiskers. Give him some raisin eyes, radish ears and spring onion tails.



My shopping basket

- 4 potatoes
- 1 tbsp oil
- 30g/1oz butter
- 6 tbsp milk
- grated cheese
- salt and freshly ground black pepper
- cherry tomatoes
- chives
- raisins
- radishes
- spring onions



Cooking time : 1 - 2 hours
Preparation time 30 mins
Preheat oven to : 7 (210°C)



Serves 4



Easy

Bon Appétit !



4



Leek and Potato Soup

Kaljit

Method

- Melt the butter in a large saucepan. Add shallots, garlic and leeks, and cook gently for five minutes, without colouring.
- Add the potatoes and cook gently for 3 minutes.
- Pour in the stock and bring the mixture to the boil. Skim off the froth from the surface.
- Simmer for 20 minutes or until the potatoes are very tender.
- Trim the bases of the chives and add the trimmings to the saucepan. Remove the pan from the heat. Use blender or such like to liquidise the soup.
- Pass the soup through a sieve into a clean saucepan and bring the soup back to the boil. Skim the froth from the surface once more.
- Season to taste, then add the cream. Chop and add the chives.
- Quick'n'easy method: Boil some leeks and potatoes and when they're squidgy liquidise them, season and add some cream.



- 30g butter
- 100g shallots, chopped
- 1 garlic clove, finely chopped
- 150g leeks, chopped
- 300g potatoes, peeled, diced
- 1 litre chicken or veg stock
- 1 small bunch fresh chives
- salt and pepper
- 150ml single cream



Cooking time : 30 mins
Preparation time 15 mins
Preheat oven to :



Serves 4



Easy

Bon Appétit !



5



Pea Green Soup

Hilda



Method

- Fry the leeks and onion in butter in a saucepan until tender.
- Sprinkle in the flour and stir to mix. Stir in the stock, bring to the boil and add the mint and peas.
- Cook, covered, for about 15 minutes, until the peas are tender. Remove the mint.
- Liquidise the mixture and serve with single cream.

My shopping basket

- 3 leeks, finely chopped
- 1 onion, finely chopped
- 50g butter
- 2 tbsp flour
- 1.7L chicken stock
- 1 sprig mint
- 1kg garden peas
- salt and pepper
- 250ml single cream



Cooking time : 30 mins
Preparation time 10 mins
Preheat oven to :



Serves 4



Easy

Bon Appétit !





Perfect Poached Eggs

Patrick

Method

- Fill a small pan just over one third full with cold water and bring it to the boil.
- Add the vinegar and turn down to simmer.
- Crack the eggs one at a time into a small bowl and gently tip into the simmering water.
- Lightly poach for 3-4 minutes.
- Remove with a slotted spoon and drain on kitchen towels.
- Season with salt and freshly ground black pepper and serve immediately, with toast and green salad!



- 1 tbsp white wine vinegar
- 2 free-range eggs
- salt and ground black pepper



Cooking time: 4 mins
Preparation time: 1 min
Preheat oven to:



Serves 2



Easy

Bon Appétit !





Potato Wedges

Phillip

Method

- Preheat the grill to high. Cut the potatoes into wedges and cook in a large pan of boiling salted water for 15 minutes until tender.
- Meanwhile, seed and thinly slice the pepper, chop the spring onions and grate the cheese.
- Drain the potatoes well, then mix with the red pepper, spring onions and ham. Transfer to a heatproof dish. Season well and sprinkle with cheese and paprika
- Grill for 3 minutes until golden brown. Spoon over the crème fraîche on the side and use as a dip.



My shopping basket

- 4 baking potatoes
- 1 red pepper
- bunch spring onions
- 100g cheddar cheese
- 100g wafer-thin ham
- 1 tsp paprika
- 200ml carton crème fraîche



Cooking time : 20 mins
Preparation time < 30 mins
Preheat oven to :



Serves 4



Easy

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Spinach Quiche

Elliot

Method

- Preheat the oven to 210°C.
- Take pastry out of fridge to warm up to room temp.
- Cut bacon into smaller bits and fry with the onion until it's getting crispy and the onion tender.
- Microwave the spinach until it's defrosted (2 mins) and fry it a short while with your bacon.
- In a bowl whisk up your eggs and add a wee bit of mustard, the cream and a pinch of nutmeg if you like.
- Line an oven proof dish (20cm) with the pastry (leaving the grease proof paper on underside) prick the bottom with a fork and add the bacon, onion and spinach mix.
- Pour the whisked eggs on the top of the bacon.
- Sprinkle with grated cheddar and cook in the oven for 35 minutes.



My shopping basket

- Pastry (pre-prepared)
- 5 eggs
- 150ml single cream
- Frozen spinach
- Bacon
- Onion
- Mustard
- Nutmeg
- Grated Cheddar
- Salt and pepper



Cooking time : 35 mins
Preparation time 30 mins
Preheat oven to : 7 (210°C)



Serves 6



Easy

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Tortilla Wedges

William



Method

- Heat 3 tbsp of the olive oil in a frying pan and gently fry the onion, garlic and potatoes for about 15 minutes until almost tender.
- Tip the potato mixture into a large bowl and leave to cool for 5 minutes.
- Add the beaten eggs and leave to stand for 10 minutes.
- Place a medium-sized non-stick frying pan, approx. 23-25cm, over a low heat and add the remaining oil.
- Season the potato and egg mixture generously with salt and pepper, then pour into the pan.
- Leave to cook for 15 minutes until almost set.
- Gently slide the tortilla on to a plate and place another plate on top, flip over and then slide back into the pan, now with the uncooked side down.
- Continue to cook for a further 5 minutes. Serve warm or at room temperature, cut into wedges and serve with some salad.

My shopping basket

- 6 tbsp olive oil
- 1 large onion, thinly sliced
- 2 garlic cloves, crushed
- 4 medium-sized potatoes, thinly sliced
- 5 eggs, lightly beaten
- flaked sea salt and freshly ground black pepper



Cooking time : 30 mins
Preparation time 30 mins
Preheat oven to :



Serves 6



Easy

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Zoe's Zucchini nibble

Zoe



Method

- Thinly slice your courgettes length way.
- Preheat a griddle pan for 5 mns or use a barbecue in the summer.
- With a pastry brush, brush all the slices with olive oil
- Once the griddle pan is very hot, put your courgettes slices to sizzle in the pan and turn onto the other side after 4 to 5 minutes until crispy.
- Sprinkle them with a little salt and pepper.
- This makes a fingerlicking nibble!



- 4 medium courgettes
- olive oil
- Salt and pepper



Cooking time : 15 mins
Preparation time 15 mins
Preheat oven to :



Serves 4



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Barbecued trout with fennel butter

Stuart

Method

- Wash and dry the trout inside and out and using a sharp knife make several slashes on each side.
- Mix together the thyme leaves, oil and some salt and pepper and rub over the fish making sure the flavourings are pressed well into the slashes.
- Marinate for at least 1 hour.
- Meanwhile, make the butter. Toast the fennel seeds in a dry frying pan until they turn golden and release their aniseed aroma.
- Cool slightly and grind to a fine powder in a spice mill or pestle and mortar.
- Beat into the butter with the parsley, lemon juice and some pepper. Chill until required.
- Brush the fish with a little extra oil and cook on a hot barbecue for 3-4 minutes each side until charred and cooked through. Rest for five minutes and serve with the fennel butter and a tomato and olive salad.



My shopping basket

- 4 whole trout
- 1 tbsp chopped fresh thyme
- 2 tbsp extra virgin olive oil
- salt and pepper
- Fennel Butter:
- 2 tsp fennel seeds
- 125g/4oz butter, softened
- 1 tbsp chopped fresh parsley
- 2 tsp lemon juice



Cooking time : 10 mns
Preparation time 1-2 hours
Preheat oven to :



Serves 4



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Charlie's Cottage Pie

Charlotte

Method

- Preheat the oven to 210.
- Peel the vegetables and chop the onion; dice the carrot; cut the potatoes into chunks; and shred the cabbage.
- Place the potatoes in a saucepan of water and simmer for 20 minutes, until soft.
- Meanwhile, in a non-stick frying pan, dry fry the beef with onion and carrots, until browned.
- Stir in the flour, tomato puree and Worcestershire sauce.
- Make up the stock and add to meat mixture.
- Bring to the boil and simmer for 5-10minutes, until carrot is soft.
- During last 5 minutes of cooking the potatoes add the cabbage.
- Drain potatoes in a colander, return to the saucepan and mash with the milk.
- Spread the meat mixture into an oven proof dish, and spoon the mash over the top.
- Cook until golden brown.



My shopping basket

- 1 onion
- 1 carrot
- 3 medium potatoes (700g)
- 4 Savoy cabbage
- 250g lean minced beef
- 1 x 15ml spoon plain flour
- 1 x 15ml spoon tomato puree
- Worcestershire Sauce
- Beef Stock Cube



Cooking time : 25
Preparation time 30
Preheat oven to : 7 (210°C)



Serves 4



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Cheeky Chicken Kebabs

Mary

Method

- Cut the bacon into strips and wrap around the bread cubes.
- Cut the chicken into cubes and thread them onto skewers along with the bacon bread, courgette and pepper and tomatoes.
- Cook over a barbecue or under a grill.
- Serve with jacket potatoes



My shopping basket

- 4 rashers of bacon
- 4 thick slice bread, cubed
- 500g/16oz chicken breast
- 2 courgette, sliced thickly
- 2 green pepper, sliced
- cherry tomatoes
- 4 Large potatoes for bakin



Cooking time : 20 mins
Preparation time < 30 mins
Preheat oven to :



Serves 4



Easy

Bon Appétit !





Cheesy Chicken. Bacon and creamed leeks

Jack

Method

- Preheat the oven to 210C/Gas 7.
- For the chicken, use a sharp knife to cut a pocket lengthways into the chicken breast. Mix the cheese and rosemary together in a bowl, then stuff the mixture into the pocket of the chicken breast.
- Wrap the chicken in the slices of bacon to cover and seal the pocket.
- Heat the olive oil in an ovenproof frying pan over a high heat. Add the chicken and fry for 1-2 minutes on each side, until the bacon is golden.
- Place frying pan into oven and roast for 15 minutes or until the chicken is completely cooked through.
- For the leeks, heat the olive oil in a frying pan over a medium heat. Add the garlic, onion and leek, and slowly cook until tender add the cream to the pan and let it cook a few minutes. Pour the sauce on top of the chicken and serve.



My shopping basket

- For the chicken
- 4 chicken breasts
- 200 g cheddar
- 4 tsb chopped rosemary
- 10 slices of streaky bacon
- For the leeks
- 2 tsbp olive oil
- 2 garlic cloves, chopped
- 1 onion, chopped
- 2 leeks, sliced
- 200ml double cream
- salt & pepper



Cooking time : 15 mins
Preparation time 30 mins
Preheat oven to : 7 (210°C)



Serves 4



Easy

Bon Appétit !





Chicken Chow Mein

Yana



Method

- Cook the noodles according to packet instructions. Drain, rinse and drain again. Drizzle with a dash of sesame oil and toss through to prevent the noodles from sticking.
- Cut the chicken into strips and put in a bowl. Season with a dash of dark soy sauce, the five-spice powder and chilli sauce, if using.
- Mix well, then lightly dust the chicken strips with the cornflour.
- Heat a wok until smoking and add the groundnut oil, then add the chicken and stir fry until the chicken is golden-brown and cooked through.
- Add the red pepper and stir fry for one minute, then add the bean sprouts and spring onion and stir fry for 30 seconds.
- Stir in the cooked noodles and season with the light soy sauce, a dash of sesame oil and freshly ground black pepper.
- Pile the noodles onto a serving plate and serve immediately.

My shopping basket

- 150g egg noodles
- sesame oil
- 300g chicken breast
- dash dark soy sauce
- 1tsp five-spice
- 1tsp chilli sauce
- 1tbsp cornflour
- 1-2tbsp groundnut oil
- 1 red pepper sliced
- 150g bean sprouts
- 1 large spring onion, sliced
- 2tbsp light soy sauce
- Pepper



Cooking time : 30 mins
Preparation time 30 mins
Preheat oven to :



Serves 4



Easy

Bon Appétit !



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Chicken Wraps Take Away

Jake Longmoor

Method

- Put the garlic, orange juice, soy sauce, honey and chilli into a bowl. Season and mix well.
- Put the chicken into a large shallow roasting tin then pour over the honey mixture and turn the fillets over to coat well. Marinate in the fridge for 1 hour.
- Preheat the oven to 220C/425F/Gas 7. Turn the chicken in the honey marinade once more.
- Put the roasting tin in the oven and cook the chicken for 25-30 minutes, turning halfway through and basting with the glaze, until the chicken is tender and slightly blackened.
- Cut the chicken into strips and set aside.
- Lay a tortilla on a clean board. Put some mayonnaise into the centre and spread. Add a little iceberg lettuce and top with several strips of chicken.
- Fold the tortilla up over the filling. Fold in both sides of the tortilla. Use a paper napkin lengthways to wrap around the tortilla. Repeat to make eight wraps in total.



My shopping basket

- 2 garlic cloves, crushed
- 1 orange, juice only
- 2 tbsp light soy sauce
- 3 tbsp clear honey
- ½ tsp mild chilli powder
- 8 chicken thigh fillets
- 8 small tortillas
- 8tbsp mayonnaise
- small bag torn iceberg lettuce



Cooking time : 30mns
Preparation time 1 hour
Preheat oven to : 7 (210°C)



Serves 6



Easy

Bon Appétit !






Fish Pie and Sweet Potatoes

Christopher

Method

- 
- Heat one tablespoon of the olive oil in a pan, add the onion and garlic and fry for 3-4 minutes until softened.
 - Add the water and hot fish stock and boil for three minutes.
 - Add the chopped haddock and cook for three minutes.
 - Add the cream and three tablespoons of the chervil and season, to taste, with salt and freshly ground black pepper. Simmer for 1-2 minutes, then pour the mixture into a gratin dish.
 - Place the sweet potato slices on top of the fish sauce mixture, drizzle with the remaining olive oil, and season, to taste, with salt and freshly ground black pepper.
 - Place under a medium grill for 4-5 minutes, or until the top is crisp and golden-brown.
 - Serve the fish pie at the table in the gratin dish, and garnish with the remaining chopped chervil.



My shopping basket

- 2 tbsp olive oil
- ½ onion, chopped
- 2 garlic cloves, chopped
- splash water
- 100ml hot fish stock
- 100g haddock, skin removed, chopped
- 75ml double cream
- 4 tbsp chopped fresh chervil
- salt and pepper
- ½ sweet potato, peeled thinly sliced



Cooking time : 30 mins
Preparation time 30 mins
Preheat oven to :



Serves 2



Easy

Bon Appétit !



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Inside-out cheeseburger

Tom

Method

- Mix the beef with the garlic and mustard.
- Mix the cheese with the chives and set aside.
- Divide the beef into four and form into burger shapes. Make a deep indentation into each of the burgers and place a spoonful of cheese into the indentation.
- Shape the beef around the cheese until it is totally sealed.
- Sprinkle a little pepper over each burger and place in the fridge until ready to cook.
- Cook the burgers in a pan or under the grill, for 4 minutes each side for rare, 6 minutes for medium and 8-9 minutes for well done.
- Toast the burger buns on the cut-side and create your burger with the bacon, tomatoes, lettuce and sliced onion.



My shopping basket

- 450g/1lb minced beef
- Garlic cloves finely chopped
- 1 tbsp mellow mustard
- 110g/4oz cheddar, grated
- 1 tbsp chopped fresh chives
- 1 tbsp ground black pepper
- Crispy cooked streaky bacon
- lettuce
- 2 tomatoes
- 1 red onion
- 4 burger buns



Cooking time : 20 mins
Preparation time 30 mins
Preheat oven to :



Serves 4



Easy

Bon Appétit !



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Lancashire Hotpot

Brian

Method

- Preheat the oven to 180C/350F/Gas 4.
- Chop the onions, carrots and turnips and place into a heavy-based lidded casserole dish.
- Cube the lamb and add it with the bay leaf and season with salt and freshly ground black pepper.
- Cut the black pudding into 8 x 2.5cm slices and the potatoes into 5mm thick slices.
- Cover the lamb and vegetables with the black pudding slices followed by a layer of potato slices, overlapping the slices to completely cover the lamb, vegetables and black pudding.
- Add the hot stock to the casserole and brush the potatoes with melted butter.
- Cover the casserole and place in the oven to cook for about two hours. After two hours remove the lid and cook for another 30-45 minutes, until the potatoes are crisp and golden-brown.
- Take the casserole dish to the table and serve.



My shopping basket

- 2 red onions
- 3 medium carrots
- 1 turnip
- 900g/2lb leg of lamb
- 1 bay leaf
- salt and pepper
- black pudding
- 900g potatoes
- 570ml hot lamb stock
- 55g butter, melted



Cooking time : 2 hours
Preparation time 30 mins
Preheat oven to : 6 (180°C)



Serves 2



Easy

Bon Appétit !





Lucy's Luscious Mushy Lasagne

Lucy



Method

- Béchamel sauce: mix the flour with the melted butter in the pan and cook for a few minutes.
- Slowly add the hot milk stirring to thicken. Bring to the boil and allow to simmer for just a minute.
- Season with nutmeg, salt and pepper.
- Grate half the parmesan into béchamel, stir. The finished béchamel should be a thick pouring consistency. Add a little more hot milk if necessary.
- The rest:
- Slice mushrooms into large but very thin slices.
- Pour a small amount of the béchamel onto the bottom of an ovenproof dish. Put a layer of lasagne on top followed by a layer of thinly-sliced mushrooms, a layer of parma ham and slivers of parmesan.
- Then pour over a layer of béchamel and repeat the layers finishing with a layer of béchamel sauce, some grated parmesan and a few knobs of butter.
- Bake for 20-30 minutes until nicely browned on top.

My shopping basket

- 500g mushrooms (wild mushrooms best)
- 275g parma ham/bacon
- lasagne sheets (enough to make 3 layers)
- 250g parmesan/cheddar
- butter
- For the béchamel:
- 500ml hot milk
- 50g butter
- 50g plain flour
- pinch nutmeg
- salt and pepper



Cooking time : 30 mins
Preparation time 1 hour
Preheat oven to : 6 (180°C)



Serves 4



Easy

Bon Appétit !





Marvellous Potato and Broccoli Mash

Mia

Method

- Boil the potatoes in salted water. (Choose roughly similar-sized potatoes so they cook at the same rate.)
- Add some broccoli florets after 5 minutes and continue to boil for another 10 minutes or until soft.
- Drain in a colander and leave them to steam until just cool enough to handle.
- Break up roughly with a fork to allow more moisture to steam off.
- Add the milk and butter to a saucepan and heat. Infuse some fresh ground black pepper and a pinch of nutmeg.
- After a couple of minutes more steaming, the potatoes can then be sieved into the pan of bubbling hot milk and butter, or even cream and butter and whisk until smooth.
- Taste and carefully adjust the seasoning again before serving.
- Serve with sausages!



My shopping basket

- potatoes
- broccoli
- milk
- butter
- salt and black pepper
- pinch of nutmeg



Cooking time : 30 mins
Preparation time 30 mins
Preheat oven to :



Serves 4



Easy

Bon Appétit !






Nettle and Herb Risotto

Harry

Method

- 
- Blanch nettles in boiling water for two minutes, drain, dry, and chop finely with the other herbs.
 - Bring stock to a simmer on a low heat. In another saucepan sweat the onion in butter for a few minutes until soft. Add rice and cook for a further few minutes.
 - Add a ladle of hot stock and allow to come to a gentle simmer. Cook rice until almost all the liquid has been absorbed, stirring occasionally so it doesn't stick to pan.
 - Continue to add the liquid by degrees, incorporating the wine towards the end of the cooking, until all liquid is absorbed, the risotto is creamy, and the individual rice grains tender.
 - Stir the chopped nettles and herbs into the risotto, which should become a beautiful pale green. Season to taste.
 - Served warm, not piping hot, with a sprinkling of chopped fresh herbs and a trickle of olive oil on each portion. Parmesan cheese is a bonus.



My shopping basket

- 40 nettle tops
- Parsley, tarragon and chives,
- Some wild garlic leaves if possible
- 1 small onion or 2 shallots
- 50g butter
- 200g arborio rice
- 500ml chicken or veg stock
- 1 glass of white wine
- salt and black pepper



Cooking time : 30 mins
Preparation time 1 hour
Preheat oven to :



Serves



Easy

Bon Appétit !





Nifty Noodles

Oscar

Method

- In a wok heat the sesame oil with the onions, carrots, red peppers, garlic and ginger cook for 2-3 minutes.
- Finish by adding the soy sauce and noodles. Cook for two minutes.
- Serve with the chopped coriander.



My shopping basket

- 1 tbsp sesame oil
- 1 onion, thinly sliced
- 1 carrot, thinly sliced
- 1 red pepper, thinly sliced
- 2 garlic cloves, sliced



Cooking time : 10 mins
Preparation time 15 mins
Preheat oven to :



Serves 2



Easy

Bon Appétit !





Perfect Pasta

Harvey

Method

- Cook the pasta shapes according to the packet instructions. Add the broccoli for the last three minutes.
- Shred the cooked chicken into bite-sized pieces. Remove any bits of skin.
- Carefully slice the spring onions.
- Make a dressing by mixing together the honey, vinegar, soy sauce and sesame oil.
- Mix together the pasta, broccoli, chicken, spring onions, sweetcorn and the dressing.
- Your pasta salad is now ready to eat.



My shopping basket

- 200g/7oz pasta shapes
- 175g/6oz broccoli
- 2 chicken breasts, cooked
- 4 tbsp honey
- 2 tbsp rice vinegar
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 150g/5oz sweetcorn
- 2 spring onions



Cooking time : 15 mins
Preparation time 30 mins
Preheat oven to :



Serves 4



Easy

Bon Appétit !



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Pizza

Harvey

Method

- Preheat the oven to 220C/Gas 7.
- Make the base according to the packet instructions.
- While the dough is rising you can prepare the tomato sauce and toppings.
- For the sauce, heat the olive oil in a saucepan and gently cook the onion and garlic until softened.
- Add the remaining ingredients and simmer until you have a thick, spreadable sauce. Season with salt and pepper.
- Spread a generous amount of tomato sauce over the base.
- You can now add your favourite toppings (cheese, spinach, pepperoni, ham, prawns - whatever takes your fancy), drizzle with olive oil, then place in the oven for about 15-20 minutes or until the base is crisp and the topping is golden.
- Tip - flavour the dough with chilli flakes, grated parmesan, herbs (oregano, basil, parsley, thyme, marjoram or rosemary), sun-dried tomatoes or chopped olives,



My shopping basket

- 1 packet of pizza dough mix
- For the tomato sauce:
 - 2 tbsp olive oil
 - 1 onion, finely chopped
 - 2 cloves of garlic, crushed
 - 1 tsp dried oregano
 - 1x400g can chopped tomatoes
 - 2 tbsp tomato purée
 - salt and pepper



Cooking time : 45 mins
Preparation time 30 mins
Preheat oven to : 7 (210°C)



Serves 4



Easy

Bon Appétit !





Veggie Spag Bol

Jessica

Method

- Heat the oil in a large pan, add the onions and fry gently until softened.
- Add the red pepper and fry for 4-5 minutes to soften.
- Add the tomatoes, bring to a simmer and continue to heat gently for 20-30 minutes.
- Tear up the parsley and add it to the tomato mix. Season well with salt and freshly ground black pepper.
- Add the cooked spaghetti to the tomato sauce and mix well.
- Serve onto warm plates and sprinkle with grated cheddar or parmesan.



My shopping basket

- 1 tbsp olive oil
- 1 large red onion, chopped
- 1 red pepper, finely chopped
- 1 400g can chopped tomatoes
- handful fresh flatleaf parsley
- salt and pepper
- spaghetti
- grated cheese



Cooking time : 30 mins
Preparation time 30 mins
Preheat oven to :



Serves 2



Easy

Bon Appétit !





Auntie Susie's Cherry Pudding

Albert Smith

Method

- Pre heat your oven.
- Grease the bottom of an oven proof dish with the butter and pour the cherries in.
- (You can take the stones out or not but it will be tastier with and more adventurous!).
- In a separate bowl, whisk the eggs with the sugar and slowly add the flour followed by the milk. (like a pancake mix)
- Pour the mixture onto the cherries and place in the oven for 40 to 45 minutes.



My shopping basket

- Knob of butter
- 400 g of wild cherries
- 4 eggs
- 80 g of sugar
- 100 of flour
- 25 cl of milk



Cooking time : 45 mns
Preparation time 20 mns
Preheat oven to : 6 (180°C)



Serves 6



Easy

Bon Appétit !





Baked Apple with Jam and Ice Cream

Sophie



Method

- Preheat oven to 210°C
- Peel and core your apples and sprinkle with lemon or orange juice.
- If you like you can sprinkle them with brown sugar and almonds.
- Bake them in the oven for 30 minutes
- Take them out, plop some jam in the middle and serve with ice cream.

My shopping basket

- 4 Large apples
- Lemon Juice
- Jam (your favourite - mine's gooseberry)
- Ice cream (vanilla)
- Almonds optional



Cooking time : 30 mins
Preparation time 10 mins
Preheat oven to : 7 (210°C)



Serves 4



Easy

Bon Appétit !



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Ben's brilliant brownies

Benjamin



Method

- Pre-heat the oven to 180C/Gas 4.
- Grease and flour a 20cm/8in square cake tin with some of the sunflower oil.
- In a bowl sift together the flour, salt, cocoa powder and sugar.
- Add the oil, soya milk and vanilla extract, and mix carefully together until completely mixed.
- Pour into the tin, and bake for about 25 minutes, until the brownies spring back when gently pressed.
- Leave to cool for five minutes, then turn out onto a wire rack.

My shopping basket

- 170g self-raising flour
- salt
- 2 tbsp cocoa powder
- 170g caster sugar
- 5 tbsp sunflower oil, plus extra for greasing
- 230ml sweetened soya milk
- 1 tsp vanilla extract



Cooking time : 30 mins
Preparation time 30 mins
Preheat oven to : 6 (180°C)



Serves 8



Easy

Bon Appétit !





Chocolate Mousse

LEAH

Method

- Place the chocolate into a heatproof bowl over a pan of simmering water and melt it, taking care not to let the chocolate over heat.
- Meanwhile, whisk the egg whites until they form soft peaks.
- Stir the liqueur into the beaten egg yolks and add to the melted chocolate.
- Pour the chocolate mixture into the egg whites and gently fold together.
- Divide evenly between four ramekins and transfer to the refrigerator to chill. Decorate with whipped cream and grated chocolate.



My shopping basket

- 170g/6oz dark chocolate
- 4 free-range eggs, separated
- shot of liqueur, such as Cointreau or amaretto (for adults!)
- To decorate
- whipped cream, to decorate
- grated chocolate



Cooking time :
Preparation time < 30 mins
Preheat oven to :



Serves



Easy

Bon Appétit !





Double Chocolate Fridge Cake

Mary

Method

- Use cling film to line a 20cm shallow, square-shaped tin. Leave extra cling film hanging over the sides.
- Bash the biscuits into pieces using a rolling pin. (Put them in a plastic bag first so they don't go everywhere!)
- Melt chocolate, butter and golden syrup in a heatproof bowl set over a pan of simmering water. Stir occasionally.
- Remove the bowl from the heat and stir in the broken biscuits, apricots, raisins and pecans (optional).
- Spoon the mixture into the tin. Level the surface by pressing it down with a potato masher.
- Leave to cool, then put the chocolate mixture in the fridge for 1-2 hours to set.
- Turn out the cake and peel off the cling film. Cut the cake into 12 squares and enjoy!



My shopping basket

- 250g digestive biscuits
- 150g milk chocolate
- 150g dark chocolate
- 100g unsalted butter
- 150g golden syrup
- 100g dried apricots, chopped
- 75g raisins
- 60g pecans, chopped (optional)



Cooking time : 10
Preparation time 30
Preheat oven to :



Serves 6



Easy

Bon Appétit !





Melggie Desert

Elizabeth

Method

- 1. Preheat the oven to 150°C
- 2. Boil the milk with the sugar and vanilla
- 3. Crack the eggs in a mixing bowl and whisk them like for an omelette.
- 4. Slowly pour the boiling milk on the eggs and carry on whisking.
- 5. Pour into individual ramekins or a large oven proof dish.
- 6. Cook in the oven until set (25 to 30 mins)



- 1 litre of milk
- 125g of sugar
- 1 vanilla pod
- 5 eggs



Cooking time : 30 mins
Preparation time 20 mins
Preheat oven to : 5 (150°C)



Serves 6



Easy

Bon Appétit !





Pancakes

Freda

Method

- Put the flour and the salt in a bowl and mix.
- Make a well in the centre and crack in the eggs.
- In a separate bowl mix together the milk and the water.
- Beat the eggs into the flour with a wooden spoon and gradually beat in the milk and water mixture to get a smooth liquid the consistency of cream.
- Stir in the oil and allow to stand for 30 minutes before using.
- Spoon the mixture into a hot pan and when it starts to set and bubble flip 'em! Cook till they're golden and add your favourite toppings.



My shopping basket

- 120g/4oz plain flour
- pinch of salt
- 2 eggs
- 210ml/7fl oz milk
- 90ml/3fl oz water
- 1 tbsp vegetable oil



Cooking time : 10 mins
Preparation time 5 mins
Preheat oven to :



Serves 6



Easy

Bon Appétit !




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Pear and blackberry upside down pudding

William

Method

- 
- 1. Lightly butter a 1.4L non-metallic gratin dish or a 20cm/8in microwave cake dish.
 - 2. Spread the golden syrup over the base of the dish, then sprinkle over the lemon rind. Scatter over the blackberries and pears, cut side up.
 - 3. Beat together all the cake ingredients for 2-3 minutes until light and fluffy.
 - 4. Pour the mixture over the fruit and level the top. Microwave on High for 12 minutes until the cake begins to come away from the sides of the dish.
 - 5. Stand for 5 minutes, then loosen the edges and invert on to a plate. Serve warm with cream or custard.
 - 6. If you don't have a microwave, preheat the oven to 180C/350F/Gas 4. Make the cake as for the microwave, but leave out the milk. Bake for 35-40 minutes. Cool in the tin for about 10 minutes before turning out.



My shopping basket

- 100g golden syrup
- 1 lemon, rind grated
- 100g blackberries
- 3 ripe pears, peeled, cored and quartered
- For the cake:
 - 100g butter, softened
 - 100g sugar
 - 100g self-raising flour
 - 2 eggs
 - 3 tbsp milk
 - cream or custard



Cooking time : 45 mins
Preparation time 30 mins
Preheat oven to : 6 (180°C)



Serves 4



Easy

Bon Appétit !





Yum Yum Apple Crumble

Gregory

Method

- Preheat the oven to 180C/Gas 6
- Place the flour and sugar in a large bowl and mix well. Taking a few cubes of butter at a time rub into the flour mixture. Keep rubbing until the mixture resembles breadcrumbs.
- Place the fruit in a large bowl and sprinkle over the sugar, flour and cinnamon. Stir well being careful not to break up the fruit.
- Butter a 24cm/9in ovenproof dish. Spoon the fruit mixture into the bottom, then sprinkle the crumble mixture on top.
- Bake in the oven for 40-45 minutes until the crumble is browned and the fruit mixture bubbling.
- Serve with thick cream or custard. Yummy!



- Crumble:
- 300g plain flour
- Pinch salt
- 175g unrefined brown sugar
- 200g unsalted butter, cubed
- Knob of butter for greasing
- Filling:
- 450g apples, peeled, cored and cut into 1cm pieces
- 50g brown sugar
- 1 tbsp plain flour
- 1 pinch of cinnamon



Cooking time : 45 mins
Preparation time 30 mins
Preheat oven to : 6 (180°C)



Serves 4



Easy

Bon Appétit !



▲ Conversions

Weights

Imperial	Metric
1/2 oz	10 g
3/4 oz	20 g
1 oz	25 g
2 oz	50 g
3 oz	75 g
1 lb	450 g
1 lb 8 oz	700 g
2 lb	900g
3 lb	1.35 kg

Volume

Imperial	Metric
teaspoon	5 ml
tablespoon	15 ml
2 fl oz	75 ml
5 fl oz (1/4 pint)	150 ml
10 fl (1/2 pint)	275 ml
1 pint	570 ml
1 1/4 pint	725 ml
1 3/4 pint	1 litre
2 pint	1.2 litre



Temperature

Gas Mark	°C	Fahrenheit
1	140	275
2	150	300
3	170	325
4	180	350
5	190	375
6	200	400
7	220	425
8	230	450
9	245	475

Eat Well. Feel Good!



Make sure you:

- ✓ Eat lots of fruit and veg – 5 portions a day at least!
- ✓ Eat more fish – 2 portions a week including a portion of oily fish
- ✓ Drink plenty of water and avoid sugary drinks
- ✓ Base your meals on starchy foods such as bread, rice, pasta, potatoes, and cereals. Choose wholegrain whenever you can. Starchy foods are a great source of energy, nutrients, fibre, calcium, iron and vit-B.
- ✓ Get active! Play more sport, join a club and attain a healthy weight through exercise.



You should avoid:

- ✗ Eating too much saturated fat - substitute it for unsaturated fat instead
- ✗ Eating too much sugar - step 1: more water less fizzy drinks; step 2: less sweets more fruit!
- ✗ Eating too much salt – ready made meals are full of salt, so cook your own to be in control!
- ✗ Skipping breakfast – this most important meal gives you energy for the day and is vital for your concentration levels.
- ✗ Snacking between meals – if you're hungry eat a fruit and drink water instead of pop.

The Healthy Eating Pyramid

At the summit of the pyramid are **the food types we least require** in our daily diet.

At the base of the pyramid are **the food types that are most required** in our daily diet



Fats, oils and refined sugars

Fatty meats, cooking oil, margarine, Chocolate and sweets should be taken in very small quantities.



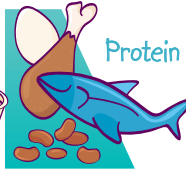
Dairy foods:

milk, yoghurt, cheese.



Protein and healthy fats

Meat, poultry, fish, dry beans, eggs & nuts.



Vegetables



Fruit



Starchy carbohydrates

Bread, cereal, rice, pasta (wholegrain where possible), potatoes, peas, lentils



Liquids

Water, water, water
(nb. water can be found in many guises!)





Food Groups

Each food group is necessary in your diet. But 5 groups in particular should always be found in our daily diet: meat or fish or vegetarian equivalent, cereals or potatoes, fruit and vegetables, dairy products and water.

Food Group	Examples	Nutritional info	How they benefit us
Dairy products	Milk, cheese, yoghurt etc.	Good sources of protein, vitamins (A, B, D, E K) and minerals, and the richest source of calcium in the diet.	Help us grow! Great for our bones & teeth in particular.
Meat, fish, eggs	Meat such as beef, lamb, pork, poultry, fish, eggs.	Rich source of protein, vitamins, fibre and minerals, especially iron and zinc.	Important for our muscles, skin and blood. The protein helps the absorption of iron from vegetables and cereals.
Cereals, potatoes, and starchy foods	Bread, rice, pasta, potatoes, nuts and pulses such as beans, chickpeas and lentils.	Vitamins, protein, minerals, fibre, carbohydrates.	These foods are the main source of energy in our diets.
Fruit and Veg	Fresh, frozen, canned and dried vegetables, fruit and fruit juice.	Wide range of valuable vitamins, minerals and fibre.	Low in fat and calories, they are integral to our diet and digestive needs.
Fat	Butter, cream, oils, margarine etc.	Vit-A in butter, vit-E in oils and margarine	Provide energy
Sugar	Sugar, honey, jam, syrup etc.	Refined sugar is of little nutritional value. Honey however contains magnesium, potassium, calcium, sodium chloride, sulphur, iron and phosphate + small amounts of copper, iodine and zinc and B vitamins.	Short-term energy.
Liquids	Water, tea, coffee, fruit juice etc.	Fluid is vital for health and is central to a balanced intake.	Can't live without it!