



# Mrs Kelly's Lemon and Blueberry Baked Oats

## Ingredients:

- 40 gr Oats
- 175 g Fat Free Natural Yoghurt
- 1 tsp Vanilla Extract
- $\frac{3}{4}$  tbsp Granulated Sweetener
- $\frac{1}{2}$  Lemon juice and zest
- 2 Eggs (or 1 if you prefer a slightly drier texture)
- 50 gr Blueberries



## Step 1

Reserve 1/4 of the blueberries, then add all of the other ingredient into a bowl and stir until combined.



## Step 2

Pour into an oven proof dish and place the remaining blueberries on top.



## Step 3

Place on a baking tray, so you don't end up with a messy oven if it rises a bit too much, and bake on about 180°C for 35-40 minutes.



# Mrs Rickett's Homemade spaghetti bolognaise varieties for all ages

## Ingredients:

- 2tsp sunflower oil
- 1 onion finely chopped
- 1 red pepper, diced
- 1 courgette, diced
- 1 carrot, diced
- 5cm of leek, sliced
- 3 mushroom, diced
- 2 tins of 400g chopped tomatoes
- 2tbsp tomato puree
- 500g mince beef



1. Heat the oil in the saucepan. Add the onion, red pepper, courgette, carrot, leek and mushrooms and fry for 5 minutes.
2. Add the tomatoes and tomato puree. Cover and simmer for 30 minutes until the vegetables are soft.
3. Transfer to a bowl and blend together using a blender.
4. Place the mince in a saucepan and continue to cook until browned.
5. Pour the sauce back over and stir together.
6. In a separate saucepan, boil some water and add the required amount of dried pasta (75g per person) and cook for the required amount of time.
7. Put the pasta/spaghetti on a plate, pour over the sauce and top with cheese of your choice - cheddar, parmesan.
8. Enjoy! (Or separate into pots and freeze for use at a later date)

### **A note from the chef...**

*I have cooked this recipe as part of my son's weaning journey. Early on I re-blended the sauce after the mince had been added so that it was a smooth puree and I cooked conchiglies (baby pasta shells) separately. As he's a bit older, I've blended the vegetable sauce but left the mince once it's been added as he's beginning to chew a little. A meal for the whole family!*

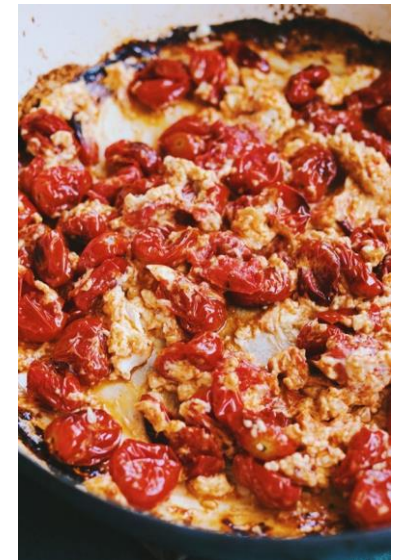




# Miss Amos' Baked Feta and Tomato Pasta

## Ingredients:

- Olive oil
  - 1 punnet of cherry tomatoes
  - 1 block of feta
  - 60g of pasta per person
  - Salt
  - Salad to serve
  - Garlic
- Preheat your oven to 200
  - Toss cherry tomatoes with olive oil, salt and pepper in a baking dish. Stick a block of feta in the middle and add another glug of olive oil along with some black pepper.
  - Bake the whole thing for 30 minutes then turn it up to 220 and bake for another 5-10 minutes or until the feta is brown and the tomatoes have burst.
  - Cook the pasta in boiling, salted water for 10 – 12 minutes then drain.
  - Mix the feta and tomatoes in with the pasta. Crush in some fresh garlic (the heat of the pasta will cook it through and it will smell lovely!)
  - Serve with a fresh salad



# Miss Pritchard's Cottage Pie

## Ingredients:

- 300g Quorn Mince
- 1 tbsp vegetable oil
- 1 onion, very finely chopped
- 2 carrots, medium, very finely chopped
- 2 sticks celery, medium, very finely chopped
- 1/2 small swede, small dice
- 450ml hot vegetable stock
- 2 tsp porcini mushroom paste
- 2 tbsp vegetarian Worcestershire Sauce
- 1 tbsp fresh thyme, leaves removed from the stalks and chopped, plus sprigs to garnish
- 1 tbsp cornflour dissolved in 2 tbsp cold water
- 400g mashed potato (use up leftovers or pre-made chilled mash potato available in supermarkets)
- 1 egg yolk, beaten
- Salt and freshly ground black pepper to taste
- 50g Cheddar
- 2 tbsp fresh chives, chopped
- Salt and pepper, to taste



- Pre-heat the oil in a saucepan over a medium to high heat and add the onions. Gently fry for 2 minutes, stirring frequently. Add the carrots, celery and swede, cover and cook for a further 3 minutes stirring frequently
- Stir in the hot stock and porcini mushroom paste, bring to the boil then cover and cook for 2 minutes on a high heat. Stir in the Quorn Mince, vegetarian Worcestershire sauce and the fresh thyme. Cover and cook on a medium heat for a further 7 minutes
- Meanwhile, preheat the grill. Mix the mashed potato with the egg yolk and a good pinch of salt and pepper. Place in a microwavable bowl, cover and cook on full power for 5 1/2 minutes. Stir in half of the cheese and all of the chopped chives. Make circles of potato approximately 8cm in diameter and 1cm deep using for example a cookie cutter. Place them on a greased oven proof sheet, sprinkle over the remaining cheese and grill for 1-2 minutes until golden brown and warmed through
- Add the cornflour and water to the Quorn Cottage Pie, continue to simmer stirring continuously for a 1-2 minutes until thickened then season to taste
- Serve a hearty spoonful of Quorn Cottage Pie topped with a golden potato topper

# Mrs McGorman's Pizza Topped Chicken

## Ingredients:

- Half a chopped onion
- Half a chopped red pepper
- 1 tablespoon of tinned tomatoes
- 1 teaspoon of tomato purée
- 1 skinless and boneless chicken breast
- 40g cheese
- Seasoning to taste - salt, pepper, oregano



- Place the onion and pepper in a small saucepan and simmer for a few minutes until softened. Stir in the canned tomatoes, tomato purée and oregano and simmer for 5 minutes. Set aside.
- Preheat your oven to 220°C/fan 200°C/gas 7.
- Spray a non-stick frying pan with low-calorie cooking spray and place over a medium heat. Add the chicken and fry to colour on both sides. Place the chicken on a baking tray and bake in the oven for 15-20 minutes, or until cooked through.
- Remove the chicken from the oven and spread the tomato mixture on top. Sprinkle the cheese over. Put back in the oven to cook for 5 minutes, so the cheese melts.
- Sprinkle with the basil (if desired) and serve with a huge crispy salad, or the potatoes and veg of your choice.



# Mrs Train's Chicken, Bacon and Avocado Burgers

## Ingredients:

### Serves 4

- 4 x chicken breasts
- 4 x bacon rashers
- 2 x avocados
- 2 x tomatoes
- Mayonnaise
- 4 x brioche buns
- Olive oil, salt and pepper



### *A note from the chef...*

You could serve with sweet potato fries as a healthy alternative to normal chips.

- Method
- 1. Butterfly the chicken breasts and cover in 1 tbsp on olive oil.
- 2. Season with salt and pepper.
- 3. Place chicken breast in a large frying pan and cook through.
- 4. Fry off bacon in the same pan.
- 5. Once chicken and bacon is cooked, layer up your burgers:
  - - Spread mayonnaise on one side of the brioche bun.
  - - Spread smashed avocado on the other side of the brioche bun.
  - - Layer up with chicken, bacon and sliced tomato.
- 6. Enjoy!

# Miss Spencer's deliciously comforting mushroom risotto (V)

## Ingredients:

### • Recipe:

- Arborio rice (risotto rice) 300g
- 2 large handfuls of mushrooms (Any will do!)
- 1 Vegetable stock cube
- 1 glass of white wine
- A splash of olive oil
- 1 red onion
- 1 clove of garlic
- Butter, salt, pepper and mixed herbs
- Parmesan cheese (grated cheddar will do!)



## Method:

- Measure out 300g of Arborio risotto rice and gently fry along with a blob of butter in a pan on a medium/low heat for 5 minutes until rice becomes transparent.
- Pour in a glass of white wine and gently let the rice simmer in the wine, stir occasionally for a further 5 minutes.
- Chop the onion and mushrooms and finely chop 1 clove of garlic. Pop the chopped mushrooms, onions and garlic into a pan and fry gently with a splash of olive oil on a medium heat, season with a pinch of salt and pepper and fry until soft (5 minutes)
- Now add the onion, mushrooms and garlic to the rice pan and stir.
- Measure 1 pint of hot water into a jug and add 1 vegetable stock cube. Stir and add to pan gradually (continue adding a large spoonful of stock every few minutes, stirring continuously until liquid is dissolved within the rice mixture)
- Once all of the stock has been used, add chopped parsley or mixed herbs, a pinch of salt and pepper and serve with a sprinkle of grated parmesan cheese and some mixed vegetables of your choice!
- Enjoy!



# Mr D's Straight Forward Spag Bol.

## Ingredients:

2x onions

2 x garlic cloves

400g minced beef

3x tablespoons of tomato puree

2 x tins of tomatoes

1 x small pack of basil

2x tea spoons of fennel seeds, crushed

300g spaghetti

A few vegetables of choice.



- Cook the pasta in boiling water.
- Fry the onions, garlic and minced beef.
- Add tomato puree, tins of tomatoes, basil, fennel seeds and your chosen vegetables.
- Bring to the boil and then simmer.
- Mix with the cooked pasta.

# Mrs McKechnie's Satay Chicken with Papaya and Chilli Salad

## Ingredients:

- 2 chicken breasts
- 1 tbs curry powder
- 1 tbs olive oil

## Satay sauce

- Juice of 1 lime
- 4 tablespoons of peanut butter
- ½ cm piece of ginger
- 1 red chilli
- 1 tbs curry powder
- 1 garlic clove, peeled
- 1 tbs tamari
- 1 tsp honey

## Papaya Salad

- 1 Papaya – peeled and juiced
- 1 cucumber, diced
- ½ red onion finely chopped
- ½ red chilli finely chopped
- 1 small bunch of coriander

4 kebab sticks



- Preheat your oven to 200\*c
- Slice each chicken breast into 4 strips lengthways. Place them in a bowl and mix with the curry powder and olive oil. Chill in the fridge for at least 30 minutes. Now skewer the strips of chicken onto each kebab sticks. Roast the chicken in the oven for 12-15 minutes or until cooked through. Allow to rest for 2 minutes.
- Place all the ingredients for the satay sauce in a food processor along with 100ml water and blend until smooth. Set aside.
- Place the papaya in a mixing bowl, along with the cucumber, red onion and chilli. Roughly chop the coriander and mix everything together. Divide the salad between two plates and top with the chicken kebabs. Put the satay sauce over the top and serve.

# Mr Atkinson's Vegetable Risotto

## Ingredients

### For the roasted vegetables

- 1 tbsp olive oil
- 300 g cherry tomatoes
- 2 red peppers
- 1 large courgette
- A generous pinch of salt and pepper

### For the risotto

- 1 tbsp olive oil
- 1 large red onion, diced
- 3 garlic cloves, minced
- 225 g risotto rice
- 1 tbsp balsamic vinegar
- 250 ml passata
- 250 ml vegetable stock
- Approx. 6 sun-dried tomatoes, chopped into small chunks
- A small bunch of fresh basil, torn
- salt and pepper, to taste



To roast the vegetables

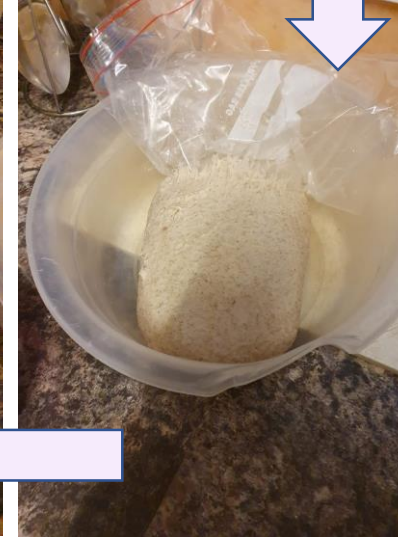
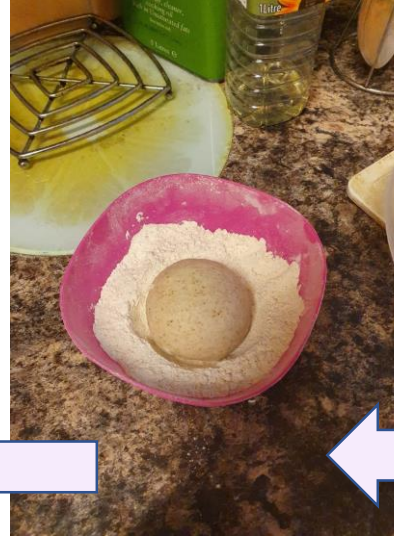
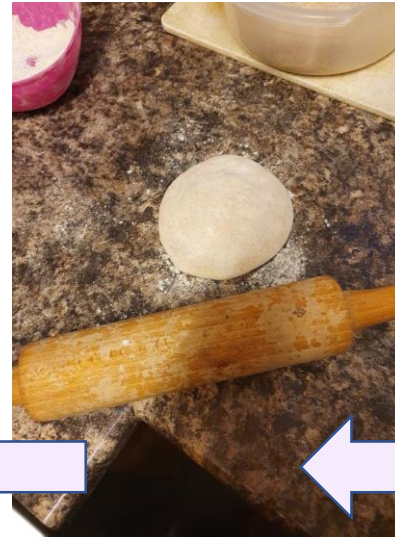
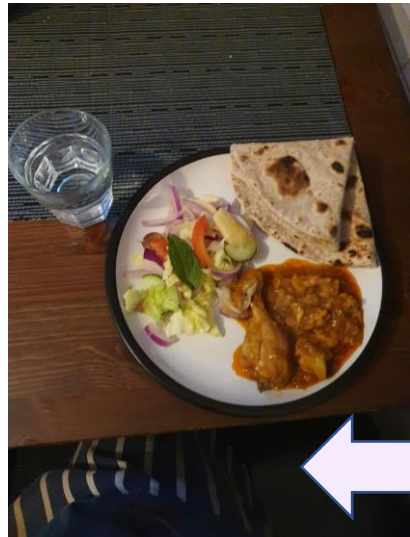
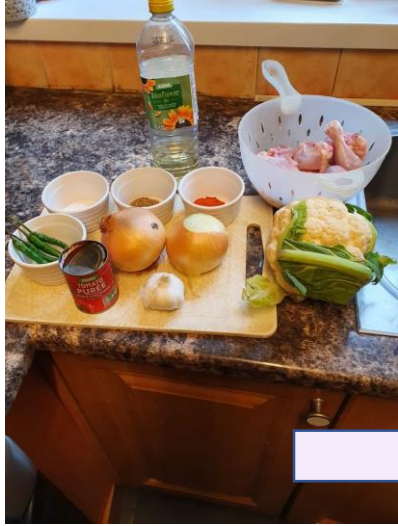
- 1. Preheat the oven to 180C / 350F and add the olive oil to a roasting tin.
- 2. Chop the vegetables into small chunks and spread out in the tin, adding the salt and pepper before giving everything a shake to coat.
- 3. Roast for 30 minutes.

To make the risotto

- 1. Meanwhile, add olive oil to a shallow casserole dish or large frying pan, on a low-medium heat.
- 2. Fry the onion for a few minutes before adding the minced garlic and cooking for another minute.
- 3. Stir in the rice with the vinegar and stir for approx. 30 seconds, to coat it in the oil.
- 4. Pour in the passata and vegetable stock, 1/2 cup at a time, alternating between the two. Allow each amount to be absorbed by the rice before adding the next.
- 5. After 20 minutes, add in the sundried tomatoes and the roasted vegetables. Give everything a stir, adding more liquid if needed, and cook for a further 5 minutes until everything is cooked through and the rice is done.
- 6. Remove from the heat and stir in the basil, salt and pepper and vegan cheese (if using). Feel free to stir in any extra oil or dairy-free butter at this point for an extra creamy risotto.
- 7. Serve right away and enjoy!



# Mrs Hussain's chicken and cauliflower curry





# Mrs Lee's Butternut Squash Soup

## Ingredients

Serves 4

1 tbsp olive oil

1 red onion, finely chopped

Pinch of smoked paprika

1 garlic clove, crushed

1 medium red chilli, deseeded and chopped (or use 'easy chilli' from a jar - about a quarter to a half a teaspoon)

700g butternut squash - peeled, deseeded and chopped into chunks

400ml vegetable stock

Sour cream/natural yoghurt (optional)

Chopped chives/coriander (optional)



- Heat the oil in a pan and add the onion, paprika, chilli and garlic. Fry for a few minutes until soft. Add the squash and cook for a couple more minutes.
- Add the stock and simmer for 15-20 minutes until the squash is tender.
- Blend until smooth
- Pour into bowls and add a little sour cream or natural yoghurt if you'd like to plus some chopped chives or coriander.
- Enjoy!

# Mr Hill's Roasted Duck Salad

## Ingredients

2 duck breasts, skinless

4 sprigs of thyme

2 tablespoons Molasses

## Aubergine Salad

1 large aubergine, cut into 2cm slices.

1 tablespoon olive oil

1 pomegranate, cut in half and seeds removed.

2 tablespoons Greek Yoghurt

1 small bunch dill, roughly chopped

Zest 1 lemon

50g feta cheese

1 tablespoon Meridian date syrup.

- Preheat your oven to 180°C
- First, make the aubergine salad.
- Heat a large frying pan over a high heat.
- Place the aubergine slices in a large bowl. Drizzle over the olive oil and season with salt and pepper. Carefully add the aubergines to the pan and cook for 2-3 mins on each side. Place in a Tupperware container for at least 5 mins with the lid on.
- Lay the aubergine slices on a serving plate and scatter the pomegranate seeds over the top. Spoon over the yoghurt, add the dill and lemon zest. Crumble over the feta cheese over the top.
- Heat another frying pan, season the duck with salt and pepper and the sprigs of thyme. Add the duck to the pan and cook for 5-6 mins until golden brown. Remove the excess fat and turn the duck breasts. Cook for 1 minute.
- Transfer the duck to a roasting tray, pour over the molasses and roast in the oven for 6-7 minutes. Once the duck is cooked, allow it to rest for 5 minutes before slicing and dividing between 2 serving plates. Spoon over the molasses from the bottom of the roasting tray and serve with the aubergine salad. Drizzle over the date syrup.





# Mrs Tilley's Veggie Bean Bake

## Ingredients:

- 1 onion, finely chopped
- 3 garlic cloves sliced
- 1 tsp smoked paprika
- ½ tsp ground cumin
- 1 tbsp dried thyme
- 3 carrots, sliced
- 2 celery sticks
- 2 peppers, chopped
- can of tomatoes
- Can of mixed beans
- 2 courgettes,
- 4 mushrooms



## STEP 1

- Heat 1 tbsp olive oil in a pan. Add the chopped onion and cook gently for 5 – 10 mins until softened.

## STEP 2

- Add garlic cloves, 1 tsp smoked paprika, ½ tsp ground cumin, 1 tbsp dried thyme, carrots, celery sticks, peppers and cook for 5 minutes.
- Add can tomatoes, can of mixed beans, mushrooms and sliced courgettes and cook for 20 - 25 minutes.

# Mrs Sampson's Burgers

## Ingredients:

- 1lb of lean mince beef
- 1 garlic clove (finely sliced)
- 2 spring onions (finely sliced)
- ½ tsp spoken paprika
- Pinch cayenne pepper
- Pinch salt and pepper



Combine all the ingredients in a large bowl.  
Split into 4 balls and squash into patties.  
Fry evenly on both sides until cooked.  
Top with low fat mayo, lettuce and onion.

# Miss Hancox's Chicken and Chorizo Paella

## Ingredients:

- 3 garlic cloves, crushed
- 2 tsp smoked paprika
- 1½; tsp ground cumin
- 1 tsp turmeric
- 1 tsp dried thyme
- 350g long-grain rice
- ½ x 400g can chopped tomatoes
- 1 tbsp tomato purée
- ½ roasted peppers in brine from a jar, drained and chopped
- 750ml boiling chicken stock
- 100g frozen peas
- 1 onion, chopped
- 100g button mushrooms, sliced
- 400g skinless and boneless chicken breasts, cut into strips
- 1 40g cooking chorizo



## STEP 1

Heat the olive oil in a deep frying pan over a high heat. Brown the chicken all over – don't cook completely. Once browned, transfer to a plate.

## STEP 2

Reduce the heat to low, add the onions and cook slowly until softened, about 10 mins. Add the garlic, stir for 1 min, then toss in the chorizo and fry until it releases its oils.

## STEP 3

Stir in the spices, then tip in the rice. Stir to coat the rice in the oils and spices for about 2 mins, then pour in the stock and tomatoes. Bring to the boil, return the chicken to the pan and simmer for about 20 mins, stirring occasionally.

## STEP 4

Add the peas and mushrooms to the pan and simmer for a further 5 mins until the rice is cooked and the chicken is tender. Season well and serve with the lemon and parsley



# HEALTHY CHICKEN FAJITA

Mrs Martin's delicious dish

**Preparation: 15 minutes**

**Cooking: 20 minutes**

Ingredients for Fajita:

- 500g sliced chicken breast
- 2 sliced red onions
- 3 sliced peppers (instead of peppers you can add a can of Kidney beans)

Ingredients for Marinade:

- 5 medium garlic cloves, crushed
- 1 tbsp full paprika
- 1 tbsp ground coriander
- Pinch of ground cumin
- 7 tbsp olive oil
- 1 lime, juiced

To Serve:

- 8 medium tortillas
- Bag of mixed salads
- 1 avocado mashed
- 300g grated cheese
- 1 tub fresh salsa

Method:

- Step 1; Heat oven to 200°C
- Step 2; Mix the 1 tbsp full paprika, 1 tbsp ground coriander, Pinch of ground cumin, 5 medium garlic cloves crushed, 7 tbsp olive oil, 1 lime juiced all together with a pinch of salt and pepper
- Step 3; Stir the chicken, onion and the peppers into the marinade



Step 4; Heat a pan till smoking then add the chicken and marinade

Step 5; Keep everything sitting over a high heat until there is a nice charred effect

Step 6; Put the tortillas in the oven to heat up and serve with the cooked chicken, a bag of mixed salad, sour cream and grated cheese

# Mrs Lees' Honey Chicken

## Ingredients:

- 4 Chicken breasts, sliced
- 3 tbsp honey
- 3 tbsp dark soy sauce
- 2 heaped tbsp tomato puree
- 2 garlic cloves, crushed (or lazy garlic!)
- 1 red pepper, finely sliced
- 1 yellow pepper, finely sliced
- 250g rice (I use the microwave bags!)
- Sprinkle of sesame seeds



1. Mix the honey, soy sauce, tomato puree and garlic together.
2. Place the chicken in the marinade and leave to soak for between 30 mins to 1 hour.
3. Cook the chicken in a pan or wok with the peppers until cooked.
4. Add the rest of the marinade and leave to simmer for a few minutes while you cook the rice.
5. Dish up the rice with the chicken on top and sprinkle over some sesame seeds.
6. Serve with a side salad if you wish.

**Your meal is ready to eat – Enjoy!**

# Mrs Donnelly's Hawaiian chicken and risotto

*A note from the chef: I like this meal because it can be so versatile – there are so many different things you can add!*

## Ingredients (for 3 – 4 people)

- 2 – 3 chicken breasts
- 1 onion
- Pineapple chunks (tinned or fresh)
- Green and red peppers
- Dark soy sauce
- 300g risotto rice
- 1 clove of garlic
- Chicken stock cube
- 1litre of chicken stock
- Salt and pepper
- Olive oil



## Prepare the ingredients for the chicken skewers

- Dice the chicken
- Cut pineapple cubes
- Chop onion into 4 cm pieces
- Chop green pepper into chunks
- Thread ingredients carefully onto a kebab stick
- Brush with soy sauce (leave whilst you begin risotto)

*Handy tip: soak the kebab sticks before grilling to stop them burning.*

## Prepare and cook the risotto

- 1) Chop and crush the garlic
- 2) Heat small amount of olive oil and fry garlic
- 3) Add risotto rice until it turns translucent
- 4) Make chicken stock by boiling hot water and adding stock cube
- 5) Slowly add stock to risotto, stirring all the time, allowing the rice to slowly absorb the water. Add salt and pepper to taste.
- 6) At the same time, put the skewers under the grill heating gently for 10 – 15 minutes. Remember to regularly turn kebab sticks.

It can be a bit tricky so having people to help stir and turn is a good idea!

- 7) Once rice is soft and creamy and skewers are golden brown, it is time to eat!