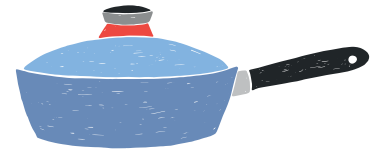


FAMILY KITCHEN COOKBOOK



Welcome to the Family Kitchen Cookbook!




Introduction

This cookbook book was developed, compiled and written by Camden's Health and Wellbeing Team. We would like to give acknowledgement to the London Borough of Islington's Health and Wellbeing Team, whom Family Kitchen was originally established by. This programme has been successfully running and positively evaluated in Camden since 2016. Family Kitchen provides an opportunity for families to learn to cook and enjoy meals together.

Camden is rich with culture and one of the key things that brings us all together as a community is food, really good food! In this book, we have compiled a diverse range of healthy family recipes that have been inspired by Camden's community. Cooking is a great way to spend quality time together as a family, learn a life changing skill as well as make happy and fun memories. We hope you continue to be inspired to make healthy meals and enjoy cooking at home with these recipes.

First Edition: Camden Health and Wellbeing Team 2019

For Families for Life Programmes, information on training and services contact us on:

 0207 974 6736

 Healthandwellbeingteam@camden.gov.uk

Table of Contents



1. Staying Safe in the Kitchen

- Allergens
- Cutting Skills
- Key guide to recipes

2. Information and guides

- How to involve the children
- Handy Equipment
- Top Tips

3. Side Dishes

- Soda Bread
- Crisp & Hearty Salad
- Zesty Oven Wedges
- Greek Salad
- Watermelon, Feta, & Mint Salad
- Carrot Salad
- Tzatziki
- Crunchy Salad
- Naan Bread

4. Small plates

- Fish Dip with Dippers
- Healthy Falafels
- Miniature Minty Pea Frittata
- Rainbow Wraps with Avocado
- Rainbow Couscous Salad

- Jollof Inspired Couscous

- Pita Pizza

5. Mains

- Feta and Herb Crusted Fish
- Fish Curry
- Mince and Sweet Potato One Pan
- Pasta Bowls
- Spaghetti Bolognese
- Perfect Meatballs
- Sweet & Sour Chicken
- Black Bean Quesadillas
- Korma Inspired Chicken
- Bean and mushroom Burgers
- Beef Burgers
- Quick Dough
- Tasty Tacos
- Thai Inspired Noodles
- Lemon and Herb Goujons
- Stir Fry
- Dhal
- Spicy Sweet Potato Stew

6. Breakfast

- Banana Muffins
- Carrot & Raisin Pancakes
- Shakshuka
- Courgette & Tomato Frittata
- Wholesome Bagels
- Baked Tomatoes on Toast
- Fantastic French Toast

7. Desserts

- Fruit Crumble
- Banana Cookies
- Knickerbocker Glory
- Fruit Sticks
- Cinnamon Popcorn
- Courgette & Carrot Muffins
- Tropical Fruit Salad

8. Appendices

- Measurements
- How to Cook Basic Carbohydrates
- Eatwell Guide
- Label Reading Guide
- Notes

Staying Safe in the Kitchen



Food Hygiene

- Always wash hands before handling food
- Tie up long hair with a hairband
- Please wash your hands after each time you touch your face while preparing food
- Use a separate chopping board for meat
- Wash all fruit and vegetables before use
- Ensure the area you're preparing and cooking in is clean

Health and Safety

- Always supervise your children in the kitchen especially when using knives
- Use safe cutting techniques such as the bridge and claw (see cutting skills)
- No running or pushing in the kitchen as this can be dangerous
- Adults only to use the oven and hob.

Allergies

Acknowledgement: Food Standards Agency (food.gov.uk)

Where an ingredient is in bold, this means the ingredient is, or contains, one or more of the 14 allergens.

Please note: allergy information is for guidance only. Different brands have different ingredients, so please check the label if you are not sure a product contains an allergen.

The allergen logo at the bottom of the page indicates that the recipe does or may contain one of the 14 allergens.

Please note: Items marked with this symbol are non halal.



Meat has not been marked and can be purchased according to individual requirements.

www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance

Allergens



Coming to a food label near you

The way allergens are labelled on packaged foods has changed because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:



CELERY

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.



GLUTEN

Wheat (such as spelt and Khorasan wheat/ Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.



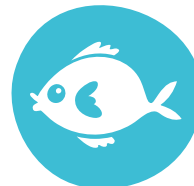
CRUSTACEAN

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.



EGGS

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



FISH

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.



LUPINS

Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.



MILK

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.



SHELLFISH

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.



MUSTARD

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.



NUTS

Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.



PEANUTS

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.



SESAME

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.



SOYA

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.



SULPHUR DIOXIDE

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

For more information visit: food.gov.uk/allergy or nhs.uk/conditions/allergies

Cutting Skills



- Children will model your behaviour so it's important to use age appropriate knives and practice the bridge and claw cutting techniques to demonstrate how to cut safely and with care:

Bridge Cut:









Claw Cut:



Key guide to recipes



Family Friendly Budget	
Symbol	What does it mean?
	All the recipes are for a family friendly budget, the few that have this symbol are even more economical
Challenge accepted	
	Easy Peasy
	Not too tricky
	Challenge me
Adult Help	
	Adults job
2 - 4 years	
	These recipes are suitable for children under the age of 4 to participate in making

How to involve the children



Children of all ages are able to get involved in helping to make healthy meals for your family, a variety of tasks and skills will be suitable for different ages. Cooking together is a great way to try new foods and pick up cooking skills that will last a lifetime along the way. Here are some practical ways that children can get excited about being in the kitchen:

- Plan ahead and chat with your child about what recipes they would like to make
- Allow plenty of time. Cooking with children can take a little longer than usual so try and have patience!
- Get organised and check the recipe to choose age appropriate tasks for your family
- Start simple and get a feel for what your child can do and work from there
- Check food packaging - have your child help look at the labels by reminding them to look for low sugar, fat and salt varieties (See Appendix, for further information about food labelling).

A few fun things they can do:

- Count – how many people are we cooking for?
- Collect ingredients needed for the recipe
- Wash fruit and vegetables in clean water
- Chop with an appropriate knife
- Measure, pour, grate, and mix the ingredients
- Tear herbs like mint and basil to add to recipes
- Help prepare the table for your meal – children can collect the safe to handle cutlery, plates, water jugs and glasses
- After the meal the children can help clear the table and assist with washing, drying and putting things away.

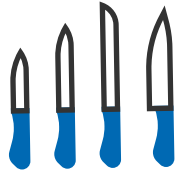
Handy Equipment



Here is some basic kitchen equipment that you'll need:



Chopping board



Knives



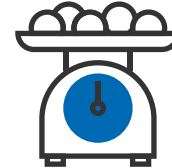
Bowls



Measuring Spoons



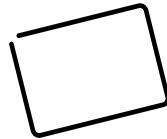
Measuring Jug



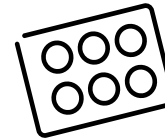
measuring Scales



Pan with lid



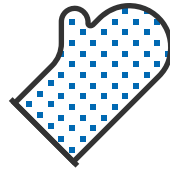
Baking tray



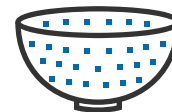
Muffin tray



Grater and zester



Oven gloves



Colander



TOP TIP

A word on salt "always measure out your salt when cooking and think about reducing the amount"

Top Tips



Aim to fill your trolley with a healthy balance of different types of food. You can use the handy Eatwell Guide, located in the appendix, to help you make healthier choices whenever you're:

- deciding what to eat
 - at home cooking
 - out shopping for food
 - eating out in a restaurant or cafe
 - choosing food on the go
- Children may not always be neat and tidy, even adults can struggle with this! A bit of mess is to be expected so allow for some extra time to clean up together at the end.
 - Get into the habit of measuring salt and oil so not to add more than what's required. This way, you're helping to ensure that your children don't have too much and will be less likely develop a taste for salty food.
 - Encourage your children to plate up their own food so they can manage their own appetites and choose portions that suit them.
 - Aim to include a vegetable or fruit in every meal and snack.

The maximum recommended amount of salt for babies and children is:

up to 12 months - less than 1g of salt a day (less than 0.4g sodium)

1 to 3 years – no more than 2g of salt a day (0.8g sodium)

4 to 6 years – no more than 3g of salt a day (1.2g sodium)

7 to 10 years – no more than 5g of salt a day (2g sodium)

11 years and over – no more than 6g of salt a day (2.4g sodium)



Side Dishes

Salads are refreshing and really balance out a meal. Try to make your salads as colourful as possible, making them fun and exciting for children. You can have a salad as a side to a larger meal or bulk it out with protein and carbohydrates to make a complete meal!

Breads are a wonderful way to add energy and fibre to a meal. Making bread is a great way to get younger children involved in cooking, they love to knead the dough!

SODA BREAD



Makes 1 small loaf

Preparation time: 15 minutes

Cook time: 30 minutes



Ingredients

- **250g plain white flour**
- **250g plain wholemeal flour**
- 1 teaspoon salt
- 1 teaspoon bicarbonate of soda
- **About 400ml buttermilk**

Method

1. Heat the oven to 200°C/Gas mark 6. Line a baking tray with baking paper.
2. Add the flours, salt and bicarbonate of soda into a large bowl and mix well. Make a hole in the centre of the mixture and pour in half the buttermilk. Using your fingers gently mix in with flour. Continue to slowly add the buttermilk until all the flour has been absorbed and you have a sticky dough. You may not need all the buttermilk, it depends on the flour you use.
3. Tip the dough out on to a lightly floured surface, shape it into a ball and flatten it slightly with the palm of your hand. It is important to work quickly, as once the buttermilk is added it begins to react with the bicarbonate of soda.
4. Put the dough on the baking tray. Mark into quarters with a large, sharp knife, cutting deeply through the loaf, almost but not quite through to the base. Dust the top with flour.
5. Bake for 30 minutes or until the loaf is golden brown and sounds hollow when tapped on the base. Leave to cool on a wire rack. Eat on the day of baking – or use it for toast the next day.



GLUTEN



MILK



CRISP AND HEARTY SALSA SALAD



Makes 6 – 8 servings

Preparation time: 40 minutes

(this includes 20 minutes standing time)

Cook time: None

Ingredients

- 1 clove garlic - peeled and grated
- 1 lime
- 1 tablespoon olive oil
- **25ml red wine vinegar** (leave out if Halal)
- ¼ teaspoon ground cumin
- 1 x 225g can of red kidney bean or black beans
- 1 x 100g can of sweetcorn
- ½ cucumber – 2cm chunks
- 1 red pepper – 2cm chunks
- 4 spring onions - sliced
- 250g fresh tomatoes – 2cm chunks
- Black pepper to taste
- Optional - 1 teaspoon hot pepper sauce

Method

1. Cut the lime in half and squeeze out the juice in a mixing bowl with the garlic.
2. Add the olive oil, vinegar, hot sauce, cumin, and pepper to the lime juice mixture and mix well.
3. Drain the canned beans and sweetcorn and rinse using a sieve.
4. Chop the tomato, red pepper and cucumber into cubes.
5. Add all the ingredients to the dressing in the serving bowl and mix well.
6. Cover and leave to stand for 20 minutes to allow the flavours to develop.



ZESTY OVEN WEDGES



Makes 1 small loaf
Preparation time: 15 minutes
Cook time: 30 minutes

Ingredients

- 2 large sweet unpeeled potatoes - cut in to thin, equal sized wedges
- 2 tablespoon vegetable oil
- 1 tablespoon ground paprika
- ½ teaspoon cumin

Method

1. Preheat the oven to 220 °C/ gas mark 7.
2. Mix together oil and spices in a large bowl.
3. Add potatoes to the spices and oil and mix well to coat the potatoes.
4. Put the potatoes in a single layer on a lined baking tray of baking paper. Bake in the oven for about 25 minutes or until cooked to your liking.



TOP TIP

Mix it up! Depending on what's available, a combination of potatoes and sweet potatoes is just as delicious.

Try smoky or spicy paprika. A mixture of herbs would also taste great!



GREEK SALAD



Makes 4 – 6 servings
Preparation time: 10 minutes
Cook time: None

Ingredients

Salad

- 4 medium tomatoes – 2cm chunks
- 1 cucumber – 2cm chunks
- 1 red onion – peeled and finely chopped
- 50g black olives
- **50g low fat feta cheese**

Method

Salad

1. Chop the tomato, red onion and cucumber into cubes.
2. Mix the tomatoes, cucumber and onion in a large bowl.
3. Scatter the olives and crumble the feta on top.



Dressing

- 1 clove garlic – peeled and minced
- 100ml olive oil
- 1 tablespoon lemon juice
- 2 teaspoons dried oregano
- Black pepper

Dressing

1. Whisk the garlic, oil, vinegar, lemon juice, herbs and pepper together with a fork, pour over the salad and serve.



MILK



NON HALAL

WATERMELON, FETA AND MINT SALAD



Makes 4 – 6 servings
Preparation time: 10 minutes
Cook time: None

Ingredients

- 500g watermelon – 2-3cm chunks without peel
- 1 small red onion – peeled and finely chopped
- 100g low fat feta cheese
- ½ cucumber – 2cm chunks
- 1 bunch of fresh mint
- **Optional: balsamic vinegar**

Method

1. Place watermelon in to a large bowl.
2. Chop the watermelon, red onion and cucumber into cubes.
3. Add the onion and cucumber, crumble the feta, tear the mint leaves and combine with the watermelon.
4. Optional – drizzle with 1 teaspoon of olive oil and season with black pepper.



TOP TIP

Add a sprinkle of balsamic vinegar

Enjoy with falafels or with wraps.



MLK



NON HALAL

CARROT SALAD



Makes 5 servings

Preparation time: 10 minutes

Cook time: None



Ingredients

- 5 carrots - grated
- 1 red onion – peeled and finely chopped
- **50g raisins**

For the dressing

- 1 tablespoon fresh parsley – finely chopped
- Few fresh basil leaves – finely chopped
- 1 clove garlic- peeled and minced
- 2 tablespoons olive oil
- Black pepper to taste

Method

1. Place carrot, raisins and onion in a medium sized serving bowl.
2. Stir the parsley and basil leaves into the carrot mixture.
3. In a small bowl mix together the garlic, olive oil and pepper with a fork.
4. Pour over the carrot mixture and mix well using salad servers.



SULPHITE

TZATZIKI



Makes 6 - 8 servings
Preparation Time: 10 minutes
Cook Time: None

Ingredients

- 1 cucumber – small cubes
- **400g natural yoghurt**
- 1 sprig of mint – finely chopped
- 1 lemon
- 1 tablespoon olive oil
- Sprinkle of paprika (optional)

Method

1. Wash cucumber and scoop out the seeds, as these can make the tzatziki watery. Chop the cucumber into very small cubes.
2. Put the yoghurt and diced cucumber in a bowl.
3. Add the mint to the mixture.
4. Squeeze the lemon and add the juice to the mixture.
5. Measure out the olive oil and add to the mixture.
6. Mix all ingredients and leave to chill until ready to use.
7. Sprinkle with a little paprika powder before serving with some dippers such as pitta or vegetable sticks.



MLK



Variations

Raita (or pachadi) is similar to tzatziki. It is a South Asian/Indian condiment based on yoghurt and used as a cooling sauce or dip to accompany spicy Indian dishes.

Onion and tomato raita: add two small chopped tomatoes and 1 onion to 250g yoghurt. Add pepper to taste.

Cucumber and red pepper raita: add ½ cucumber (de-seeded and finely diced), ½ red pepper (finely chopped), sprig of mint (finely chopped) to 250g yoghurt.



CRUNCHY SALAD



Makes 4 servings
Preparation time: 15 minutes
Cook time: None

Ingredients

- 2 mangoes – peeled and chop in to 2-3 cm pieces
- ½ cucumber – chopped in to 2cm pieces
- 175g of cherry tomatoes – cut in half
- 200g (small tin) sweet corn - drained
- ½ red onion - finely chopped
- ¼ lemon
- 1 handful of coriander – finely chopped
- 1 handful of fresh mint leaves – finely chopped
- 1 pinch of chilli flakes (optional)
- 2 pieces of cooked chicken or **cooked Quorn pieces (meal option)**

Method

1. Add the mango, cucumber, tomatoes, sweetcorn and onions to a large salad bowl.
2. Squeeze in the lemon juice and mix.
3. Add the mint and coriander.
4. If you are adding chicken, you can shred the chicken pieces and add to the salad. Alternatively, add cooked Quorn pieces.



This is a
colourful and
refreshing salad,
ideal as a side
dish or as a main.



SOYA



EGGS



SULPHUR DIOXIDE



NAAN BREAD



Makes 8 – 10 small naan breads

Preparation time: 35 minutes

Cook time: 3 - 4 minutes

Ingredients

- Oil for greasing
- **90ml milk**
- **300g strong flour**
- **2 teaspoons baking powder**
- 1 sachet instant yeast (7g)
- 1 teaspoon Nigella (Kalonji) seeds
- **2 tablespoons natural yoghurt**
- 1 tablespoon vegetable oil

Method

1. Preheat the oven to 200°C / gas mark 7 and grease the baking tray.
2. Heat the milk in a saucepan or microwave until warm and leave on one side.
3. Sieve the flour and baking powder into a mixing bowl.
4. Stir in the yeast and seeds.
5. Add the yoghurt, oil and milk.
6. Mix into a soft dough – add a little more water if necessary.
7. Knead the dough on a lightly floured surface for 10 minutes.
8. Put the dough back into the bowl. Cover the bowl with cling film and leave to prove for 15 minutes in a warm place.
9. Knead the dough again on a lightly floured surface for 5 minutes and divide into small pieces.
10. Roll or stretch out each piece of dough into an oval shape (about the size of your palm).
11. Bake in the oven for 3 - 4 minutes until they puff up and are golden brown.



Variations

Yeast is killed by excessive heat, so ensure that the milk is lukewarm and not boiling hot.

These are delicious when served with a curry.



GLUTEN



MILK



LUPINS







Small Plates

Small plates are a great way to sample various types of food without having to commit to a full meal. It's a great way to get children to take control and choose what to put on their plate.

Fussy eaters may feel more confident to step outside their comfort zone when its only small bits, so have fun exploring! Make sure you prepare healthy options for them to choose from. Our recipes in this section are all super healthy, yummy, and packed full of fruits and veggies!

FISH DIP WITH DIPPERS



Serves 4 - 6

Preparation time: 10 minutes

Cook time: None

Ingredients

- **1 tin of sardines or mackerel in spring water - drained**
- **3 tablespoons of low fat cream cheese**
- ¼ lime – juice and zest
- Black pepper
- 2 carrots – grated for wraps or sliced in to long strips for dippers
- 1 cucumber – thin slices for wraps or long strips for dippers
- **3 sticks of celery** – cut into long strips for dippers
- 2 red, yellow or orange peppers – cut into long thin strips
- Rice cakes with no added salt

Method

1. Place the fish into a bowl.
2. Squeeze the lime juice over the fish and add the zest.
3. Spoon the cream cheese into the bowl with the fish and mash together using a fork.
4. Add black pepper to the dip and mix in.
5. Serve the fish dip with the vegetable sticks and rice cakes.



Variations

This can be made in to a rainbow wrap by placing it all in to the centre of a wrap and rolling it up.

Mange tout, radishes, broccoli, long beans and baby sweetcorn can be used for dippers.



FISH



MILK



CELERY



HEALTHY FALAFELS



Makes 12 - 14 small falafels
Preparation time: 30 minutes
Cook time: 30 minutes, or until golden

Ingredients

- 1 tin of chickpeas
- 1 white onion – peeled and finely chopped
- 3 cloves garlic – peeled and minced
- 1 tablespoon ground cumin
- 1 teaspoon ground coriander
- **1 teaspoon baking powder**
- 1 pack (30g) of flat leaf or curly parsley – finely chopped
- **1 Tablespoon tahini**
- **1 Tablespoon sesame seeds**
- **1 egg**
- Ground pepper
- 1 teaspoon oil

Method

1. Preheat oven to 200°C / gas mark 6 and line a baking tray with greaseproof paper.
2. Heat the oil in a frying pan and cook the onion and garlic on a low - medium heat for about 5 minutes. They should be soft but not brown.
3. Add the ground cumin and coriander to the onions until they release their fragrance.
4. Add the chickpeas, onion mixture, parsley, tahini, sesame seeds, baking powder, egg and seasoning a large mixing bowl. Mash everything together as well as you can by using hands or a potato masher. Add to the large mixing bowl, the aim is for the texture to be soft but not runny.
5. Scoop a heaped tablespoon of mixture into your hands and form into small densely packed balls. Place on the baking tray and flatten slightly. Repeat to make 12-14 falafels in total.
6. Bake for 30 minutes, or until golden.



Variations

Enjoy in a wholemeal pita bread with salad and hummus



EGGS



GLUTEN



SESAME



LUPINS

MINIATURE MINTY PEA FRITTATA



Makes 12 frittatas

Preparation Time: 5 minutes

Cook Time: 10 minutes



Ingredients

- Spray oil (to grease)
- 1 small onion- finely chopped
- **100g Low fat cheddar cheese - grated**
- 150g frozen peas
- 2 handfuls fresh chives – finely chopped
- 1 handful of mint- finely chopped
- **6 large eggs**
- **10ml milk**
- Ground black pepper to taste

Method

1. Preheat oven to 200°C / Gas mark 6.
2. Spray light cooking oil in 1 deep muffin tray or use muffin cups.
3. If peas are frozen - in a separate heatproof bowl, add hot water to the peas and leave for 1 minute.
4. In a large bowl or jug, mix together the eggs and milk with a fork.
5. Add the peas, cheese, onion, mint and chives to the egg mixture and stir well.
6. Divide the mixture evenly amongst the muffin tray.
7. Bake for about 10 – 15 minutes, until set.

Variations

Enjoy with ratatouille and the rainbow cous cous for a wholesome meal!



EGGS



MILK



RAINBOW WRAPS WITH AVOCADO



Makes 4 wraps

Preparation time: 10 minutes

Cook Time: None

Ingredients

- Half a ripe avocado - remove the stone
- **2 tablespoons of low-fat natural or Greek yoghurt or cream cheese**
- 1 tomatoe - finely chopped
- Juice of ¼ lemon & coriander as optional
- 2 carrots - grated
- 1 cucumber – thinly sliced
- 2 yellow or orange peppers – cut in to long thin strips
- **4 wholemeal tortilla wraps**

Method

1. Use a spoon to scoop out the avocado into a bowl and a fork to mash it until it is smooth.
2. Place tomatoes and the cream cheese into the bowl with the avocado and mix.
3. Spread the avocado mix on to the middle of the wrap and add the colourful vegetable sticks.
4. Fold the wrap up from the side, bottom and then other side.



Variations

For those with smaller appetites, just cut the wraps in half.

You could also use wholemeal pita breads as pockets.

Get creative and come up with your own healthy fillings, such as spinach, tuna, mackerel, or grilled chicken.



GLUTEN



LUPINS



MILK



RAINBOW COUSCOUS SALAD



Makes 4 – 6 servings
Preparation time: 10 minutes
Cook Time: 5 minutes



Ingredients

- 200g wholewheat couscous & 1 low salt stock cube (use gluten free if needed)
- 1/4 ball of light mozzarella
- 1 lemon
- 1/2 small bunch of mint – finely chopped
- 2 spring onions - sliced
- 1 cucumber – chopped in to 2cm chunks
- 1 yellow pepper / green pepper – chopped in to 2cm chunks
- 1/2 mango – chopped in to 1 cm chunks
- 10 small cherry tomatoes – chopped in to 4
- Optional: Pinch of freshly ground pepper / 1/2 teaspoon of olive oil

Method

1. Add the low salt stock cube to the boiling water
2. Pour boiling water over the couscous until it is just covered in a bowl, cover with a plate or tea towel and leave to stand for 5 minutes.
3. Fluff up couscous with a fork to separate the grains and add the mint.
4. Squeeze 1/2 of the lemon with a hand juicer or by squeezing the lemon by hand. Zest half the lemon. Add the juice and zest to the couscous and mix.
5. Add the cucumber, peppers, tomatoes and mango to the couscous and grind the pepper (optional) into the salad. Mix together.

Variations

Small children can tear things like the spring onion, mozzarella and herbs.

For a change, add pomegranate seeds instead of mango.



CELERY



LUPINS



MILK



GLUTEN



JOLLOF INSPIRED COUSCOUS



Makes 4 – 6 servings
Preparation Time: 10 minutes
Cook Time: 20 minutes



Ingredients

- **120g wholewheat couscous & 1 low salt stock cube (use gluten free if needed)**
- **500ml chicken or vegetable stock**
- 1 red pepper
- 1 habanero pepper - omit if you do not want the dish to be spicy
- 1/2 of 1 onion - finely chopped
- 1 tablespoon oil
- 3 tablespoons tomato puree
- 1 teaspoon of thyme
- 1 bay leaf

Method

1. Blend the red pepper and habanero pepper till it is smooth and set aside. Use a blender or chop finely.
2. In a deep pan on medium heat, heat the oil for about a minute, and fry the onions until they are transparent. Add in the tomato puree and keep frying for two minutes or until the tomato puree is mostly broken down.
3. Add in the blended peppers and keep frying the mixture until most of the water is evaporated, and the sauce resembles a loose paste (approximately 5 minutes).
4. Stir in the thyme and bay leaf and fry for another minute.
5. Pour in the vegetable or chicken stock and bring the mixture to a gentle boil.
6. Take the sauce off the heat and add in the couscous. Make sure couscous is covered with sauce and cover with a lid and set aside. Let couscous sit for about 5 minutes and then fluff with a fork.

Variations

This take on Jollof rice can be prepared much faster than traditional Jollof Rice



CELERY



LUPINS



MILK



PITA PIZZA



Makes 4 pita pizzas
Preparation Time: 5 minutes
Cook Time: 10 minutes

Ingredients

- 4 wholemeal Pita Breads
- 4 tablespoons tomato passata or puree
- 1 small handful of mushrooms - sliced
- 4 tomatoes - thinly sliced
- 125g light mozzarella cheese - sliced
- 2 teaspoons dried mixed herbs
- Ground pepper

Method

1. Preheat the oven to 190°C, fan 170°C, gas mark 5. Place the pita breads on a prepared baking sheet.
2. Spread 1 tablespoon of tomato passata or puree evenly on each pita.
3. Top with mushrooms, sliced tomato and cheese.
4. Sprinkle with mixed herbs and black pepper.
5. Bake for 10-12 min or until the cheese is melted and bubbling.



It's fun setting up a pizza-making assembly line where your child can choose their own toppings.



Variations

Try adding some olives, sliced peppers and sliced red onions

For a protein boost, add tinned tuna or beans.

If you prefer, you can grill the pitas under a medium hot grill for 6-8 min instead of baking.

If you have a little extra time, you can also make your own dough! Check out the 'Quick Dough' recipe.



GLUTEN



LUPINS



MILK







Main Dishes

Some of these main dishes are complete meals, meaning they don't need a side dish. The recipes will note whether they are a complete meal or require a side to make a complete meal.

Oily fish is high in Omega 3 fatty acids and is important for brain development. Try to include 2 servings of fish a week, one of which should be oily. Some examples of oily fish are salmon, mackerel, sardines, herring, anchovies, tuna and trout.

Poultry provides us with much needed essential amino acids (amino acids that our body can't make on its own). Amino acids are the building block of protein so we need them to build strong muscles!

Red meat can be a part of a healthy diet by choosing leaner cuts of meat and small portions. Red meat is a good source of iron, which is beneficial to our diets if used moderately.

Going meatless for some of your meals has some great health benefits such as a choice in more vegetables, pulses and beans and decrease in salt content and saturated fat.

FETA AND HERB CRUSTED FISH



Makes 4 – 5 servings
Preparation time: 5 minutes
Cooking time: 20 minutes

Ingredients

- 500g fish fillet such as salmon or tuna
- 60g low fat feta (100g approx.) - crumbled
- 1 large bunch of parsley – finely chopped
- Juice from half a lemon
- Pinch of pepper

Method

1. Preheat oven to 200°C
2. Line baking sheet with foil or baking paper and place the fish on top.
3. Mix the parsley, feta, lemon juice and pepper on a chopping board.
4. Spread evenly on top of the fish.
5. Bake for 20 minutes or until cooked through.



Variations

Optional sides: new potatoes and green beans

This works well with frozen fish

Children can use their hands to spread the topping on the fish



FISH



MILK

FISH CURRY



Makes: 4 – 6 servings
Preparation time: 15-20 minutes
Cooking time: 20 minutes

Ingredients

- 1 large onion – peeled and finely chopped
- 1 garlic clove – peeled and minced
- 1 red pepper – cut in to slices
- **1 low salt vegetable stock cube**
- 250ml boiling water
- 1 tablespoon vegetable oil
- 1 – 2 tablespoon madras curry paste
- 50ml light coconut milk
- 400g can of tomatoes
- **2 cod fillets** – cut in to chunks
- A few coriander leaves

Method

1. Peel and chop the onion and garlic.
2. Wash, de-seed and slice the pepper.
3. Dissolve the vegetable stock cube in the boiling water to make the stock.
4. Heat the oil in the frying pan and gently fry the onion, garlic and pepper for about 5 minutes or until soft.
5. Add the curry paste and stir-fry for 1 – 2 minutes, then add the coconut milk, tomatoes and stock. Bring to the boil then leave to simmer for 2 – 3 minutes.
6. Add the fish to the simmering mixture. Gently cook for 5 - 10 minutes until the fish flakes easily. Add a few leaves of coriander as garnish.



Top Tips:

Optional sides: boiled rice or naan bread

This dish can be made milder by using a less spicy curry paste, such as korma.

Works well with frozen fish



CELERY



FISH



MINCE AND SWEET POTATO ONE PAN



Makes: 4 - 5

Preparation time: 15 minutes

Cook time: 17 minutes



Ingredients

- 1 tablespoon. oil
- 400g lean beef mince or **quorn mince**
- 2 cloves garlic – peeled and minced
- 1 onion – peeled and finely chopped
- 2 yellow peppers – chopped in to cubes
- 350g sweet potato – unpeeled and chopped in to cubes
- **50g mozzarella cheese - shredded**
- A pinch of red pepper flakes

Method

1. Preheat the oven to 200°C / gas mark 6.
2. In an oven proof pan, heat oil over medium high heat.
3. Add mince and garlic. Stir occasionally and cook for about 10 minutes.
4. Add onions, and yellow peppers and cook until onions are golden brown.
5. Add the sweet potato and red pepper flakes. Cover the pan and cook until they are tender, about 5 minutes. If necessary, add a little water to cook the sweet potato.
6. Add mozzarella to the pan and put in the oven to melt the cheese (about 2 minutes). Remove and serve.

Top Tips:

This is a complete one pan meal. You have carbohydrates (sweet potato), vegetables (yellow pepper), protein (mince), dairy (mozzarella cheese) and a bit of oil.



MILK



SULPHUR DIOXIDE



EGGS



PASTA BOWLS



Makes: 5 – 6 servings

Preparation time: 20 minutes

Cook time: 10 minutes



Ingredients

- 500g skinless, boneless chicken breast cut into strips and cooked. Alternatively, **Quorn** pieces can be used
- 300g g dried pasta (**penne, fusilli, orecchiette**)
- 1 red pepper - sliced
- 2 courgettes - sliced
- 60g cherry tomatoes - halved
- 1 tablespoon. oil
- 4 cloves garlic – peeled and minced
- 2 avocados - sliced
- 1 tablespoon of lime juice
- 1 tin sweet corn - drained
- 2 tablespoons basil – finely chopped

Method

1. Cook pasta according to package directions.
2. Place chicken in a bowl and drizzle with $\frac{1}{2}$ tablespoon. oil and 2 cloves of minced garlic and toss.
3. In a separate bowl, add red pepper, courgette and tomatoes and drizzle with $\frac{1}{2}$ tablespoon. oil and 2 cloves of garlic and toss. Grill separately in a pan until cooked through, about 10 minutes.
4. Place avocado in a bowl and mash with lime juice and black pepper to taste.
5. To assemble bowls, divide pasta among 5 bowls and evenly distribute the veggies, chicken and sweet corn between the bowls, sprinkle with basil and top with avocado mixture.

Top Tips:

This is a complete meal. Protein (chicken/ Quorn), carbohydrates (pasta), Veggies (courgette, cherry tomatoes, sweet corn, and red pepper), and a bit of oil.



LUPINS



GLUTEN

SPAGHETTI BOLOGNESE



Makes 4 – 6 servings

Preparation time: 10 minutes

Cooking time: 20 - 30 minutes



Ingredients

- 3 sprays of olive oil
- **200g Quorn mince or extra lean mince**
- 1 medium onion – finely chopped
- 2 cloves of garlic – peeled and minced or chopped finely
- 80g mushrooms - sliced
- 1 carrot - sliced
- 400g canned chopped tomatoes
- **150ml low salt vegetable stock**
- 2 tablespoon tomato paste (sundried tomato paste is lovely too!)
- **300g wholewheat spaghetti**
- Bunch of fresh basil or parsley
- **10g of grated low fat cheddar cheese**

Method

1. Heat the olive oil in a large saucepan and fry the onions, garlic and mince until the mince has browned.
2. Add the mushrooms, carrot, tomatoes, stock and tomato puree. Bring to the boil and then let simmer for 15-20minutes or until it has thickened.
3. Place the spaghetti in a saucepan of boiling water salt and cook until the spaghetti is soft.
4. Divide the spaghetti into appropriate portion sizes and serve with the Bolognese sauce on top. Sprinkle with the cheese and fresh herbs to serve.

Top Tips:

Use turkey mince or extra lean beef mince.



SOYA



CELERY



GLUTEN



LUPINS



EGGS



MILK



PERFECT BEEF MEATBALLS



Makes 17 meatballs
Preparation time: 10 min
Cook time: 20 min



Ingredients

- 400g extra lean beef mince
- 1 onion - finely chopped
- 2 garlic cloves – peeled and minced
- **30g dried bread crumbs**
- **1 egg**
- **120g parmesan cheese, finely grated**
- 3 tablespoons tomato puree
- ¼ teaspoon pepper
- ½ tablespoon dried oregano
- 1 teaspoon dried basil

Method

1. Preheat oven to 200°C / gas mark 6.
2. Mix together onion, bread crumbs, garlic, egg, cheese, tomato puree, pepper, oregano and basil in a large mixing bowl.
3. Add in beef mince and mix gently until combined. Using a tablespoon, form meat balls and place on foil lined cookie sheet.
4. Bake in preheated oven for 15-20 minutes, or until meatballs are browned and cooked through
5. If you want - Add to a saucepan with tomato passata, 1 tablespoon. oregano and 2 teaspoons garlic granules and let simmer with the sauce for as long as you can or up to 45 minutes.

Top Tips:

Optional sides: cooked pasta, couscous, rice, side salad, roasted vegetables.

Young children can get involved by using their hands to mix the mince and herbs together.



GLUTEN



EGGS



MILK



LUPINS



SWEET AND SOUR CHICKEN



Makes: 4 – 6 servings
Preparation time: 10 minutes
Cook time: 15 minutes

Ingredients

1 teaspoon oil
1 onion - peeled and sliced
3 garlic cloves – peeled and grated
1cm piece of ginger - grated.
450g chicken breasts – chopped into chunks
(alternatively, use **Quorn**)
2 peppers - chopped into 2.5cm
2 carrots - cut into slices

Method

1. Heat the oil in a large frying pan. Add the onions and garlic and fry for 2 minutes, until the onion turns clear.
2. Add the chicken and cook until golden. Add the peppers, ginger and carrots and fry for a further 2 minutes.
3. Mix the sauce ingredients in a bowl.
4. Add the sauce to the pan, bring to the boil and then add the pineapple.
5. Serve with brown rice or noodles.

432g can of pineapple chunks in natural juice

For the sauce

1 1/2 tablespoons white wine vinegar or rice vinegar

1 tablespoon low salt **soy sauce**

120ml fruit juice from the can of pineapple

1 tablespoon tomato puree

1-2 teaspoon corn flour

Top Tips:

For a meat free version you can use Quorn pieces or lots of extra vegetables.



SOYA



EGGS



BLACK BEAN AND CORN QUESADILLAS



Makes 4 quesadillas
Preparation time: 10 minutes
Cooking time: 20 minutes



Ingredients

- **8 wholemeal large tortillas** - finely chopped
- 400g tin **black beans** - drained
- 1 tin sweetcorn - drained
- 1 large pepper - cubed
- 1 large handful fresh coriander
- 1 red onion – peeled and chopped
- 2 teaspoons ground cumin
- **200g low fat cheddar or mozzarella - grated**

This is a take on a Mexican dish that can be filled with a variety of tasty ingredients for a quick meal.



Method

1. Preheat oven to 175°C and line 2 large baking sheets with parchment paper or silicone mats
2. In a large bowl, add black beans, sweetcorn, pepper, coriander, red onion, and cumin and stir well.
3. Build each quesadilla: on a half of a tortilla sprinkle 3 tablespoons of cheese, spread the vegetable mixture and then sprinkle with the remaining cheese. Fold in half and pressing on it somewhat gently making a half moon shape. Repeat and make 8 quesadillas.
4. Bake for 20 minutes. Remove from the oven, let rest for 3 - 5 minutes and cut each quesadilla in to quarters using serrated knife.

Top Tips:

Serve with plain yoghurt, salsa, and a side salad.



MILK



LUPINS



GLUTEN

KORMA INSPIRED CHICKEN



Makes 4 - 6 servings
Preparation time: 10 minutes
Cook time: 30 minutes

Ingredients

- 1 tablespoon olive oil
- 1 onion – peeled and sliced
- 750g skinless chicken breast or **Quorn** pieces - chopped into 2cm pieces
- 200-300ml light coconut milk
- 2 cm piece of ginger - grated
- 2 garlic cloves – peel and minced
- 1 teaspoon turmeric powder
- 1 ½ tablespoon garam masala powder
- 1 bunch of coriander chopped (plus extra for garnish)

Method

1. Put the olive oil in a non-stick saucepan and add the sliced onions. Cook on a low heat, covered with a lid, until the onions are soft.
2. Add the chunks of chicken. Turn the heat up to medium-high and cook for 5 minutes until golden brown.
3. Reduce the heat and add the grated ginger and garlic together with the turmeric and garam masala. Cook for 2 minutes.
4. Add about 200ml of the coconut milk, bring to the boil and then turn down to gently simmer for 10 minutes. If you find the curry becoming too dry you can add more of the coconut milk.
5. After 10 minutes, add the chopped coriander and cook for a few more minutes then serve with rice and garnish with chopped coriander.



EGGS



SOYA



A lighter version of a classic that can be enjoyed by the whole family.



Top Tips:

Replace half the coconut milk for low fat Greek yoghurt.

Serve with naan bread or stir-fried rice.



BEAN AND MUSHROOM BURGER



Makes 6 burgers

Preparation Time: 15 minutes

Cook Time: 10 minutes

Ingredients

- 400g tin of **black beans** in water - drained
- 300g of mushrooms - finely chopped
- 50g rolled **oats**
- **60g breadcrumbs**
- **2 eggs**
- 2 tablespoons of fresh basil - finely chopped
- 2 cloves garlic – peeled and minced or 4 teaspoons of garlic granules
- 4 teaspoons of dried oregano
- 24g grated **parmesan cheese (vegetarian options are available)**
- Optional – 1 teaspoon oil

Method

1. Add the tinned beans to mixing bowl and mash with hands or a potato masher.
2. Combined all ingredients into a large mixing bowl and thoroughly mix.
3. Form mixture into 6 burgers.
4. Cook burgers in a non-stick frying pan or in a slightly greased frying pan, roughly for 8-10 minutes, turning the burgers half way through.



Top Tips:

Serve with guacamole, sliced tomato, low fat cheese and crunchy salad leaves.

Try with the burger bun from the quick dough recipe or spicy wedges.



GLUTEN



EGGS



MILK



LUPINS



SULPHITE

BEEF BURGER



Makes 6 burgers

Preparation Time: 10 minutes

Cook Time: 10 minutes

Ingredients

- 500g lean beef mince
- 1 **Egg**
- 1 small onion – peeled and finely chopped
- 1 garlic – grated
- Optional - 1 teaspoon vegetable oil

Method

1. Mix the beef, diced onion, garlic and egg in a bowl
2. Form the mixture into 4 burger shapes.
5. Cook burgers in a non-stick pan or slightly greased frying pan, approximately for 8-10 minutes, turning the burgers half way through.



Top Tips:

Serve with an avocado dip, sliced tomato, low fat cheese in a wholemeal burger bun or alongside spicy wedges.



EGGS

QUICK DOUGH



Preparation time: 15 minutes,
plus 20+ minutes proving time

Cook Time: 15 minutes or until golden brown

Ingredients

- 250g strong flour (half white and half wholemeal strong flour makes a good mixture)
- 1/2 teaspoon salt
- 7g packet fast action dried yeast
- 150ml lukewarm water
- 1tablespoon of oil

Method

1. Preheat oven to 200°C / gas mark 6.
2. Pour the flour in the mixing bowl and mix in the salt.
3. Add the yeast and stir it in.
4. Measure the lukewarm water and the oil.
5. Add both to the flour and mix into a soft dough.
6. The dough should be soft and pliable but not too sticky. If it is too wet, add extra flour and if it is too dry add a little more lukewarm water.
7. Knead the dough on a lightly floured surface for about 10 minutes.
8. Once the dough is made, it can be left in a slightly oiled bowl, covered with clingfilm. Leave for 20 – 30 minutes.

For Pizza:

- After 20 minutes, cut the raised dough in half, roll and shape out 2 pizza bases.
- Add desired toppings such as passata, peppers, onion, sweetcorn, tuna mushrooms, mozzarella, tomatoes, oregano or basil.
- Cook at 180C for 15 minutes, until golden brown.
- Remove from the oven, cut into slices and serve.

For Focaccia:

- After 20 minutes, roll out the dough into a 23cm round. Place it on a greased and floured baking tray.
- Cover it with clingfilm and leave to rise for further 10 minutes.
- Make indents with your fingertips all over the dough.

- Spray a small amount of olive oil over the dough, add rosemary leaves in each 'hole'. Measure out 1/2 level teaspoon. of sea salt and sprinkle on top.
- Bake for approximately 15 minutes until golden brown.
- Remove from the oven, cut into slices and serve.

For the small rolls:

- After 20 minutes, divide the dough into 4 – 6 rolls on a lightly floured surface.
- Place it on a greased and floured baking tray.
- Cover it with clingfilm and leave to rise for further 10 minutes.
- Bake for approximately 15 minutes until golden brown.
- Remove from the oven, cut into slices and serve.



This is an easy recipe for pizza bases, focaccia, bread rolls or a small loaf of bread. Makes around 2 x pizza bases, 1x focaccia or 4 - 6x small rolls



GLUTEN



LUPINS



TASTY TACOS



Makes 10 mini tacos

Preparation time: 5 minutes

Cook time: 10 minutes

Ingredients

- 500g extra lean beef/turkey mince or **black beans**
- 1 tablespoon. oil
- 1 clove of garlic - peeled and minced
- 100g Tomato puree
- **10 mini wholemeal tortilla wraps or taco shells**
- Optional toppings: salsa, shredded lettuce, **Greek yoghurt, grated cheese**

Method

1. Heat oil in a pan on medium heat.
2. Add garlic and cook until golden brown, about 2 minutes.
3. Add meat (or beans) to pan and break up into small pieces with a spoon. Keep mixing in the pan so it does not stick.
4. Add tomato puree to the meat/bean mixture and cook a further 5 minutes to allow the flavours to mix.
5. Serve in tortilla wraps and top with your choice of optional toppings, listed above.



Top Tips:

This can be done with either beef mince or turkey mince. Turkey mince is leaner and contains less fat.

For a vegetarian option, use tinned black beans.

Serve with a side salad for a complete meal.



GLUTEN



LUPINS



SULPHUR DIOXIDE

THAI INSPIRED NOODLES



Makes 5 servings

Preparation time: 15 minutes

Cook time: 15 minutes

Ingredients

- 280g wholemeal rice noodles
- 400g skinless and boneless chicken breast - sliced into small strips. Alternatively, use **Quorn** pieces.
- 2 tablespoon **soy sauce**
- 2 tablespoon **rice vinegar**
- 1 tablespoon lime juice
- 1 tablespoon **fish sauce**
- 1 red bell pepper - sliced into thin strips
- 3 carrots - sliced into thin strips
- 2 garlic cloves - peeled and grated
- 100g of bean sprouts
- 3 large **eggs**
- 1 large bunch of coriander - chopped
- Optional - 30g **unsalted peanuts** - roughly chopped
- Optional - 1 teaspoon oil

Method

1. Prepare rice noodles according to package directions.
2. In a mixing bowl, stir together soy sauce, rice vinegar, lime juice, fish sauce, and then set aside.
3. While noodles are cooking, heat up a non-stick pan or a lightly greased pan over medium high heat. Add chicken and cooked until cooked through, about 6 minutes. Transfer chicken to a plate and leave oil in the pan.
4. Add bell pepper and carrots to pan and cook for 1-2 minutes, then add garlic, bean sprouts and cook for another minute.
5. Push veggies to the side of the pan and crack eggs in the centre of the pan. Cook and scramble eggs until cooked through.
6. Add in chicken and noodles and sauce and toss everything and cook for another 1-2 minutes.
7. Serve topped with chopped peanuts and coriander.

Top Tips:

Notes: this is a complete meal. Protein (chicken, eggs and peanuts), carbohydrates (noodles), Veggies (carrots, bean sprouts, and bell pepper), and a bit of oil. Can be served with a crunchy salad



EGGS



SOYA



FISH



PEANUTS



NON HALAL



LEMON AND HERB GOUJONS



Makes 6 – 8 goujons

Preparation time: 20 minutes

Cook time: 20 minutes



Ingredients

- **75g of brown breadcrumbs**
- 85g boneless chicken breast, cut into strips (or 100g white **fish** in chunks)
- 1 lemon - zested
- 1 teaspoon mixed dried herbs
- **1 free range egg** – beaten with 1 tablespoon cold water

Method

1. Preheat the oven to 180°C / gas mark 4.
2. Get 2 bowls and place the beaten egg in one bowl and the breadcrumbs in the second bowl.
3. Add the lemon zest and mixed herbs to the breadcrumbs and mix well.
4. One by one, coat the chicken strips or fish in the beaten egg mix and then roll in the breadcrumbs.
5. Place each of the goujons on a baking tray lined with parchment paper and bake in the oven until golden brown and cooked through.

Top Tips:

Serve with rainbow cous cous or potato wedges.



GLUTEN



LUPINS



EGGS



FISH

STIR FRY



Makes 6 servings
Preparation time: 10 minutes
Cook time: 10 minutes

Ingredients

- 1 tablespoon. oil
- **400g Egg noodles**
- 500g chicken breast - cubed
- 3 carrots – thinly sliced strips
- 100g broccoli florets
- 1 red pepper – cut in thin strips
- 1 onion – peeled and finely chopped
- 3 cloves garlic – peeled and grated
- 100g cherry tomatoes - halved
- ½ teaspoon paprika
- ½ teaspoon cumin

Method

1. In a large pan, heat the oil over medium high heat. Add the chicken, carrots, broccoli, pepper, onion, and garlic. Stir frequently until vegetables are soft and chicken cooked through, for about 10 minutes.
2. Reduce heat to low and stir the tomatoes in to the pan along with the cumin, and paprika.
3. Add in the noodles. Cover and let it cook for 5 minutes



Top Tips:

If using dried noodles, soak in boiling water whilst preparing the vegetables. or swap the noodles for cooked whole meal rice.

Children can help by pulling the broccoli into separate florets.



EGGS



GLUTEN



DHAL



Makes 4 – 6 servings
Preparation time: 5 - 10 minutes
Cook time: 20 - 25 minutes

Ingredients

- 3 spring onions or 1 small onion – peeled and finely chopped
- 1 - 2 cloves garlic – peeled and minced
- 2cm piece fresh root ginger - grated
- 1tablespoon vegetable oil
- ½ teaspoon turmeric
- 1 teaspoon ground cumin
- 100g red lentils
- 1 **low salt vegetable stock**
- Pepper
- 300ml water

Method

1. Heat the oil in the saucepan and then add the onion, garlic, ginger, turmeric and cumin and fry for 5 minutes until soft.
2. Add the lentils, stock cube and water to the saucepan and stir well.
3. Bring to the boil, reduce the heat and simmer for 20 minutes until the lentils are very soft and thick.
4. Season with pepper, to taste.



Top Tips:

Can be served with rice or naan bread.



CELERY



SPICY, SWEET POTATO STEW



Makes: 4 – 6 servings

Preparation time: 15 minutes

Cook time: 40 minutes

Ingredients

- 1 large onion – finely sliced
- 1 garlic clove – finely diced
- 1 teaspoon. olive oil
- 2 sweet potatoes cut into 1cm chunks
- 6 fresh tomatoes - chopped (or 425g can of whole plum tomatoes)
- 400g can **chickpeas**
- 75g **raisins**
- 1 bunch spinach - washed
- **1 low salt vegetable stock** + 50ml water
- 1 teaspoon paprika powder
- Pepper – to taste
- Large bunch of coriander
- Optional: 100g brown rice + 100ml water.

Method

1. Fry the onion, garlic and paprika in the olive oil for 2 - 3 minutes.
2. Scrub the sweet potatoes, and then cut them into small 1cm chunks.
3. Chop tomatoes if using fresh.
4. Drain and rinse the chickpeas.
5. Add the chickpeas, raisins, sweet potatoes, and tomatoes to the fried onion mix.
6. Thoroughly wash the spinach and add to the saucepan and cook for a couple of minutes until it wilts.
7. If you're adding rice: make a well in the centre of the mixture in the saucepan and put the rice and water in the well and pat down until it is wet.
8. Cover and cook until the rice is soft or for about 20 – 25 minutes, add a little more water if needed.
9. Add the chopped coriander and serve.



CELERY



SULPHUR DIOXIDE



Breakfast

It's been said that breakfast is the most important meal of the day, so why not start off on the right foot? Choosing healthy, natural sugar found in whole fruit as opposed to high sugar breakfasts will keep your blood sugar even and take you through to your next meal.

Often when we have high refined sugar breakfasts our blood sugar has a sudden spike and then crashes, leaving us lethargic, irritable and unable to concentrate. In this next section we have some excellent and easy to make breakfast options the whole family is sure to enjoy!

BANANA MUFFINS



Serves 12 muffins

Preparation Time: 15 minutes

Cook Time: 15 minutes

Ingredients

- 4 ripe bananas, mashed
- **1 egg**
- 125ml water
- **125ml vegetable oil***
- **250g wholemeal flour**
- **½ teaspoon bicarbonate of soda***
- **1 ½ teaspoons baking powder***
- 2 teaspoons of cinnamon
- 5ml vanilla extract
- **3 handfuls of sultanas***

Method

Preheat the oven to 180 C / Gas mark 4. Use reusable silicone 12 muffin cups, or line a muffin tin with paper muffin cases or greaseproof baking paper

1. Peel and mash the bananas in a mixing bowl
2. Add the egg, water and oil
3. Mix in the flour, bicarbonate of soda, baking powder, vanilla and cinnamon until mostly smooth, apart from the lumpy banana bits
4. Gently fold the sultanas into the mixture
5. Bake in the preheated oven until golden and the tops spring back when lightly pressed, about 15 minutes. Remove muffins from tins and cool on a wire rack.



These are great to grab & go for those busy times.



EGGS



SULPHITE



GLUTEN



LUPINS



CARROT AND RAISIN PANCAKES



Makes 8 – 10 pancakes
Preparation time: 10 minutes
Cook time: 15 minutes

Ingredients

- 100g **wholemeal self-rising flour**
- 1 large **egg**
- 80g carrot - grated
- 1 teaspoon ground mixed spice
- 100ml **semi-skimmed milk**
- 4 tablespoon. **Low fat natural, plain or Greek yoghurt**
- 30g **raisins**
- 1 teaspoon oil

Method

1. In a large bowl, combine the flour, mixed spice, egg, grated carrot, yogurt and milk and mix together. Then mix in the raisins.
2. Heat a non-stick frying pan over a medium heat and heat the oil.
3. For the first batch, use a spoon to add the batter into the pan and cook on 1-3 minutes on each side until cooked through. Do the same again for the second batch, adding a further spray of oil if needed.



EGGS



SULPHITE



MILK



GLUTEN



LUPINS

SHAKSHUKA

Makes 2-3 servings
Preparation Time: 5 minutes
Cook Time: 20 - 25 minutes

Ingredients

- 1 tablespoon olive oil
- 1 medium onion – peeled and diced
- 2 garlic cloves – peeled and minced
- 400g tin chopped tomatoes
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon sea salt
- 5 large **eggs**
- Black pepper, to taste
- optional: pinch of dried chili flakes, parsley

Method

1. Heat up oil in a large lidded frying pan over med-high heat.
2. Add the onions and cook for 3-5 minutes or until translucent.
3. Add in garlic and cook for 1 minute.
4. Add diced tomatoes and spices and bring to a boil then let simmer for about 5 minutes or until broth has thickened.
5. Create 5 small “holes” for the eggs and crack eggs directly into holes. There should be enough room for 4 around the edges and 1 in the middle.
6. Cover with a lid, if available or lightly with tin foil and let cook for about 10 minutes for over-easy (runny eggs) eggs or longer for more well done. Watch closely until desired egg consistency has been reached as each pan/stove top is different.
7. Serve immediately with **fresh bread or pita** for dipping



EGGS



Top Tips:

Optional toppings: Parsley and Feta Cheese.

Serving for an adult is 2 eggs and for a child 1 egg

Serve with naan or focaccia to make a complete meal

COURGETTE AND TOMATO FRITTATA



Makes 4 servings

Preparation Time: 10 minutes

Cook Time: 12 minutes



Ingredients

- 2 teaspoon vegetable oil
- 1 courgette - coarsely grated
- 2 tomatoes – thinly sliced
- 6 eggs
- 2 tablespoon **milk**
- 1 pinch ground black pepper
- Optional - 4 slices **wholemeal bread** for serving

Method

1. Preheat the grill.
2. Heat the vegetable oil in a non-stick frying pan. Add the courgette and tomatoes and cook on the hob for 3-4 minutes, stirring often, until soft. Spread out over the base of the frying pan. If you use a good non-stick frying pan the frittata will be easy to remove.
3. Beat the eggs and milk together and pour into the frying pan. Cook over a medium-low heat for 4-5 minutes to set the base, then transfer to the grill to set the surface - about 2-3 minutes. Remove from the heat and let the frittata cool for 3-4 minutes.

Top Tips:

This could be made for breakfast, lunch or dinner.

Add any vegetables you want, the more colour the better!



GLUTEN



LUPINS



EGGS



MILK



WHOLESOME BAGELS



Makes 1 yummy bagel
Preparation Time: 5 minutes
Cook time: None

Ingredients

- 1 **Wholemeal bagel**, preferably thin.
- 1 tablespoons of **low fat cream cheese**
- ½ to 1 small ripe banana - sliced
- Small handful of chopped **apricots or sultanas**
- ¼ teaspoon of cinnamon

Method

1. Slice the thin bagel in half.
2. Mix the low-fat soft cheese and apricots together and spread over the bagel bases.
3. Sprinkle over the cinnamon.
4. Add on some sliced banana and sandwich the bagel top in place.



Top Tips:

To add a bit more protein, why not top with chopped nuts. Also, if you are lactose intolerant, use nut butter instead of soft cheese or simply mash the banana into a spread.

Half a bagel would do for smaller appetites.



SULPHITE



MILK



GLUTEN



LUPINS



BAKED TOMATOES ON TOAST



Makes 4 – 6 servings
Preparation Time: 5 minutes
Cook Time: 15 minutes



Ingredients

- 8 tomatoes – halved
- 3 handfuls cherry tomatoes - halved
- 1 teaspoon dried mixed herbs
- 2 teaspoon fresh chives, chopped
- 2 tablespoon **white or wholemeal breadcrumbs**
- 4 teaspoon **low fat parmesan cheese**, finely grated (vegetarian options are available)
- 4 slices **wholemeal bread**
- 1 pinch ground black pepper

Method

1. Preheat the oven to 190°C/fan oven 170°C/gas mark 5.
2. Arrange the tomatoes with their skins down, on a baking sheet. Sprinkle with the dried herbs and chives and season with black pepper. Roast for 10 minutes, then sprinkle the breadcrumbs and cheese over them. Roast for 5 more minutes.
3. Meanwhile, toast the bread. Place the toast on plates and divide the tomatoes between them. Sprinkle with a little extra black pepper, then serve.

Top Tips:

You can bulk this meal up with some tofu or scrambled eggs for a protein kick.



MLK



GLUTEN



LUPINS

FANTASTIC FRENCH TOAST



Makes 4 toasts

Preparation time: 10 minutes

Cook time: 10 - 12 minutes



Ingredients

- 2 large **eggs**
- 250ml **semi skimmed milk** (or milk alternative, if required)
- 1tablespoon of oil
- 4 slices of **wholemeal or rye bread**
- 100g blueberries (served cold or warmed in a pan)
- 150g strawberries or raspberries
- Pinch of ground cinnamon, to taste
- 4 tablespoon **low fat plain, natural or Greek yoghurt**
- 1/2 of lemon zest, to serve

Method

1. Using a fork, mix the eggs, milk and cinnamon together in a bowl until they are well combined.
2. Heat a non-stick fry pan over medium heat and spray it lightly with oil.
3. Dip the bread in the egg mixture, coating both sides evenly. Shake off any excess mixture. Place in the hot pan for 2-3 minutes on each side until lightly browned. Transfer to a serving plate.
4. Serve topped with a tablespoon of yogurt and fruit either cold or warmed in the pan, and sprinkle over the lemon zest.

Top Tips:

The berries can be replaced by thinly cut banana!



EGGS



MILK



GLUTEN



LUPINS



Desserts

Most desserts can be really high in sugar and fat but this doesn't have to be the case. A little planning goes a long way into having what we want in our home cupboards and fridges which in turn helps reduce the things we might not want our children or ourselves to eat.

Children will love these quick and easy recipes which are low in sugar and full of flavour and fun to make. A fruity crumble for either winter or summer time. As for a movie night in, we've got the popcorn covered!

FRUIT CRUMBLE



Makes 6 – 8 servings
Preparation: 15 minutes
Cook time: 30 minutes



Frozen cherries and summer berries topped with a crunchy crumble mixture in this are a fantastic option.



Ingredients

- 200g frozen cherries
- 200g frozen summer fruits
- 1 can of apples / peaches or pears (in fruit juice, not syrup)
- 75g plain **wholemeal flour**
- 75g plain **white flour**
- 40g veg/oil spread
- 30g porridge oats
- 2 tablespoons of **sultanas**
- 3 teaspoon of vanilla essence
- 2 teaspoon. cinnamon
- 6 tablespoon. of low-fat, **Greek yoghurt**, to serve

Method

1. Preheat the oven to 180°C, fan oven 160°C, gas mark 4.
2. Put the frozen cherries, berries and canned fruit into a baking dish (there's no need to thaw them) and add 2 teaspoon vanilla extract and mix.
3. In a separate bowl, combine the flours into a large mixing bowl and add the lower-fat spread, rubbing it in with your fingertips until the mixture looks like fine breadcrumbs. Stir in the porridge oats, cinnamon and 1 teaspoon vanilla essence.
4. Sprinkle the crumble topping evenly over the fruit. Place the dish on a baking tray and bake for 30-35 minutes. Serve with 1 tablespoon. of yoghurt per person.

How your child can help:

- Collecting the ingredients
- Pouring the fruits, flour, **oats** into bowls
- Rubbing the crumble topping to resemble fine breadcrumbs.
- Sprinkling the topping over the fruit
- Counting how many bowls and spoons will be needed
- Help tidy up – carry the used equipment to the sink and wiping down the tables.

Top Tips:

Use any combination of frozen fruits, such as raspberries or fruits of the forest.

Try adding a few drops of vanilla extract to the yoghurt to add some more flavour.

Crumble 3 ways: use the same topping with 3 different fillings such a mixture of stewed apples, plums, mango or peach. Any fruit will do!



SULPHITE



MILK



GLUTEN



LUPINS

BANANA COOKIES



Makes 10 - 12 cookies
Preparation Time: 5 minutes
Cook Time: 10 - 15 minutes

Ingredients

- 2 ripe bananas
- 100g of rolled **oats**
- 1 handful of **raisins**
- ½ teaspoon of ground ginger
- ½ teaspoon of ground cinnamon
- 1 teaspoon vanilla extract

Method

1. Preheat the oven to 200°C (400°F/Gas mark 6).
2. Mash the bananas and combine all the other ingredients into them to form a doughy mixture.
3. Using your hands or a spoon, shape 10 - 12 cookies as you can onto a baking sheet and flatten them slightly.
4. Bake for 10 - 15 minutes until golden and dry on top but chewy in the middle.
5. Cool on a wire rack.



Top Tips:

Optional additions - add in vanilla essence and a variety of dried fruit such as chopped apricots or cranberries.



SULPHITE



GLUTEN



KNICKERBOCKER GLORY



Makes 4 knickerbockers
Preparation Time: 10 minutes
Cook Time: None



Ingredients

- 50g porridge **oats**
- 400g tinned fruit in juice
- 200g fresh fruits such as strawberries, raspberries, banana, blueberries
- 120ml low fat, **Greek or natural yoghurt**
- 1 handful of dried fruit such as **raisins, apricots or prunes**
- Cinnamon, to taste

Method

In a clear cup, arrange the layers however you like. As an example, you could follow this method for a rainbow effect:

1. Place 2 tablespoon of yoghurt at the bottom of the cup.
2. Add a layer of oats
3. Place a layer of fresh or tinned fruit on top of the oats
4. Add another layer of yoghurt
5. Top with cinnamon and dried fruit

Top Tips:

Optional additions - put in one teaspoon of vanilla essence and use frozen fruits such a summer berries.



SULPHITE



MILK



GLUTEN



FRUIT STICKS



Makes 6 – 8 sticks
Preparation Time: 15 minutes
Cook Time: None

Ingredients

- 4 strawberries
- 1 mango, cut into chunks
- 1 kiwi fruit
- 1 banana
- 6 seedless grapes
- 1 nectarine
- 6 straw / stick
- 1 tablespoon of low-fat, **Greek yoghurt**

Method

Choose a variety of coloured fruit as they will then contain a wide range of nutrients.

1. Prepare the chopped fruit into chunks and place in separate bowls.
2. Choose any fruit variety and place them on your stick.
3. Mash a $\frac{1}{2}$ a banana and a spoonful of yogurt together and dunk your stick into the mixture for a delicious dip.



This is a simple and easy way to help children experiment with different fruits in a fun way.



MILK



CINNAMON POPCORN



Makes 2 – 4 servings

Preparation Time: 1 minute

Cook Time: 3 - 4 minutes per batch

Ingredients

- 60 g Popcorn kernels
- Cinnamon

Method

1. Place the popcorn kernels in a heatproof bowl.
2. Cover the bowl with a vented lid and microwave on 'High' for 3 - 4 min, or until popping slows to 1-2 seconds between pops. The time will vary depending on your microwave and bowl, so you may need to do some trial-and-error testing with the first few batches to figure out how long it takes the popcorn to cook.
3. Carefully remove the popcorn from the microwave oven (the bowl is hot!), sprinkle with the cinnamon, and serve.



Top Tips:

Caution:

A vented microwave food cover is needed for this recipe. If the lid isn't vented, intense heat can build up and cause the bowl to explode.

Alternatively, you can cover the top of the bowl with parchment paper, secure it with a rubber band, and poke vent holes in the top with a knife.



COURGETTE AND CARROT MUFFINS



Makes 12 – 14 muffins
Preparation Time: 15 minutes
Cook Time: 30 minutes

Ingredients

- 125g **lower-fat spread**, melted and cooled slightly
- 2 tablespoon semi skimmed **milk**
- 2 large **eggs** - beaten
- 100g carrot - grated
- 100g courgette - grated
- 100g **wholemeal self-raising flour**
- 1 teaspoon **baking powder**
- 1 teaspoon mixed dried herbs
- 75g porridge **oats**

Method

1. Preheat the oven to 180°C, fan oven 160°C, gas mark 4. Line a muffin tin with 8 paper muffin cases or squares of baking paper.
2. Mix together the cooled lower-fat spread, milk and eggs. Stir in the grated carrot and courgette, but be careful not to overmix.
3. In a separate large mixing bowl, combine the flour, baking powder, dried herbs and porridge oats.
4. Stir the wet ingredients into the dry ingredients, taking care that you don't overmix. Spoon into the muffin cases and bake for 25-30 minutes, until firm and golden. Cool on a wire rack.



Top Tips:

These can be made ahead and frozen for a quick breakfast or to pop in your children's packed lunch!



EGGS



MILK



GLUTEN



LUPINS



TROPICAL FRUIT SALAD



Makes 6 – 8 servings
Preparation Time: 20 minutes
Cook Time: None

Ingredients

- 1 orange
- 1 lime
- 1 mango
- ½ cantaloupe melon
- ½ fresh pineapple
- 2 bananas
- Pinch grated fresh ginger

Method

1. Cut the orange and lime in half and squeeze juice into a bowl and add the fresh grated ginger.
2. Roughly chop the all the fruit.
3. Gently, combine all the fruit in with the orange and lime juice. Serve



Great to have at
parties/celebrations
as a healthy pudding!



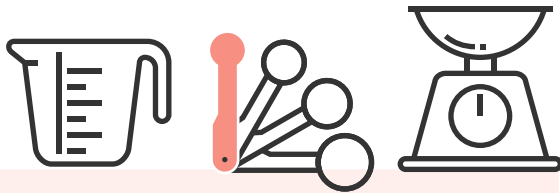


Information and guides



Measuring Guide

For the best results in most recipes, accurate weighing and measuring is essential. In this book, we use metric quantities. If you prefer using Imperial, here is a handy guide:



Oven temperature

Celcius °C	Fan Oven °C	Fahrenheit °F	Gas Mark
120	100	250	1/2
140	120	275	1
150	130	300	2
170	150	325	3
180	160	350	4
160	170	375	5

Weight

Imperial	Metric
1 oz	25g
2 oz	55g
3 oz	85g
4 oz	115g
5 oz	140g
6 oz	170g

Appendices



How to Cook Basic Carbohydrates:

Rice:

- Measure out desired amount of dry rice into a saucepan.
 - Add double the amount of water to rice.
 - Bring to a boil.
 - Once bubbling, turn heat down to simmer and cover.
 - Check in 15 - 18 minutes if done to your liking.
- When ready, add 150mls of water or low vegetable stock, 1 tsp of dried herbs the grated zest of 1 lemon.
 - Simmer and remove from heat as you see the mixture bubbling
 - Cover and set aside for 10 minutes until the bulgur soaks up all of the liquid.

Pasta:

- Bring a saucepan of water to boil.
- Once bubbling, pour desired amount of pasta in. Cook for roughly 10 minutes or until desired consistency.
- Stir occasionally so as not to let the pasta stick together.
- Once done, drain pasta into a colander in a sink.

Bulgur wheat:

- Place a non-stick pan over medium to high heat.
- Add 1 tbsp. olive oil and 200g of bulgur wheat to the pan.
- Stir continuously and stir for at least 2-3 minutes until it becomes nice and golden brown. This way of cooking brings out its rich nutty flavour.

Potatoes:

Jacket:

- Pierce potato with fork.
- Wrap in foil and put in oven preheated to 200 degrees Celsius
- Cook for 30-40 minutes until done to your liking.

Roasted:

- Chop potatoes into chunks
- Drizzle with oil and mix to coat.
- Cook in oven preheated to 200 degrees Celsius for 30-40 minutes. Remove when cooked to your liking.

Boiled:

- Chop potatoes into chunks.
- Put in a saucepan and cover the potatoes with boiling water and cook for 15-20 minutes until cooked to your liking.
- Once done, drain potatoes into a colander in the sink.

Guide to Healthy Eating (over 5's)



Understanding Food Labels.

Most products have nutritional information on the packaging. It can sometimes be confusing so here is a simple guide to knowing what to look for in making the right choices for you and your family.

Some products put colour coding on the front of their packets which tells you 'at a glance' information such as if the food is high (red), medium (amber/orange) or low (green) in sugars, salt, fat, and saturated fat. The more greens that are on the label, the healthier choice it is.

Handy tips:

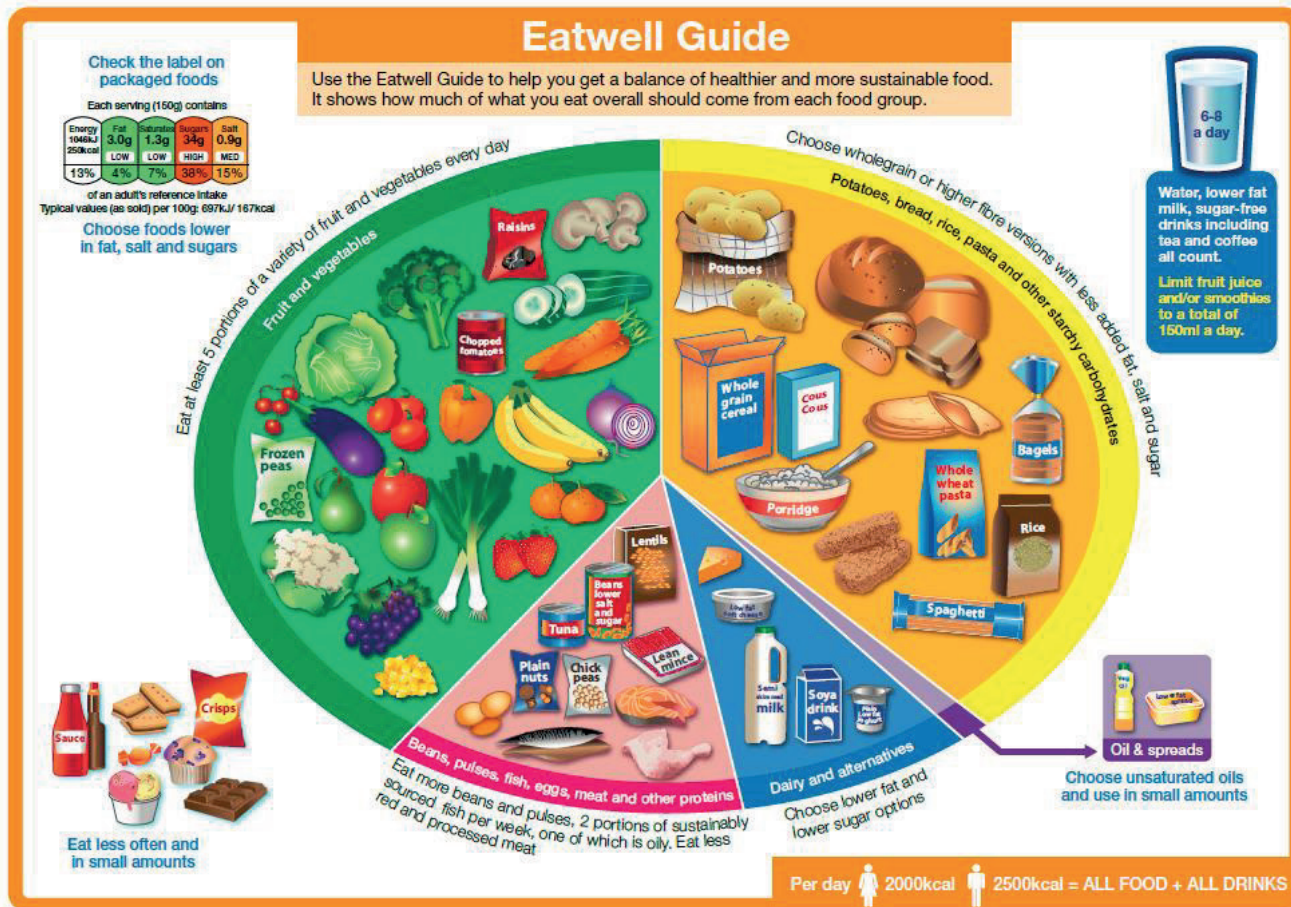
- Look at the list of ingredients, they are listed in descending order of how much of each is in the product.
- Sugar is not always listed in the ingredients list as sugar. Look out for other terms such as: sucrose, fructose, glucose, honey, malt, maltose, palm sugar, hydrolysed starch, syrup and invert sugar. The ingredients are listed in order of weight, with the main ingredient first, followed in descending order by those in smaller amounts.

	FAT	SATURATES	SUGARS	SALT
LOW HEALTHIER CHOICE	3g or less	1.5g or less	5g or less	0.3g or less
MEDIUM OK MOST OF THE TIME	3.1g to 17.5g	1.6g to 5g	5.1g to 22.5g	0.31g to 1.5g
HIGH JUST OCCASIONALLY	More than 17.5g	More than 5g	More than 22.5g	More than 1.5g

More about labelling:

bhf.org.uk/information-support/support/healthy-living/healthy-eating/food-labelling

Eatwell guide



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

© Crown copyright 2016

Source of resources:

You can find more information on the Eatwell Guide here: [gov.uk > government > publications > the-eatwell-guide](https://www.gov.uk/government/publications/the-eatwell-guide)

Eatwell guide

Food group	What's included?		
Fruit and vegetables	All fruit and vegetables including fresh, frozen, canned, dried and juiced varieties. Potatoes do not count as they are considered a starchy carbohydrate food.		
Potatoes, bread, rice, pasta and other starchy carbohydrates	<ul style="list-style-type: none"> • bread, including: soda bread, rye bread, pitta, flour tortilla, baguettes, chapatti, bagels • rice 	<ul style="list-style-type: none"> • potatoes • breakfast cereals, oats • pasta, noodles • maize, cornmeal, • couscous, bulgur 	<ul style="list-style-type: none"> • polenta • millet, spelt • wheat, pearl barley • yams and plantains
Dairy and dairy alternatives	Milk, cheese, yoghurt, fromage frais, quark, cream cheese. This also includes non-dairy alternatives to these foods. Butters and creams are not included in this group as they are high in saturated fat and so they fit into the 'foods to eat less often and in small amounts' section.		



How much?	Tips
<p>Eat plenty of fruit and vegetables. Aim for at least 5 portions of a variety of fruit and vegetables every day. Remember that a portion of dried fruit is 30g and should be kept to mealtimes. Limit fruit juice and smoothies to a combined total of 150ml which counts as 1 of your 5 A Day. There is evidence to suggest that people who eat lots of fruit and veg are less likely to develop chronic diseases such as coronary heart disease and some types of cancer.</p>	<p>Try to eat as many different types of fruit and vegetables as possible. Avoid adding sauces/dressing high in fat, salt or sugar to your fruit and veg e.g. chocolate sauce on banana or honey/butter glaze on your parsnips. Bulk out your meals with vegetables such as grated carrot, mushrooms or peppers for an extra portion of your 5 A Day which will make your meal spread further. Remember to keep fruit in your bag as a convenient and healthy snack and frozen vegetables in your freezer so you don't run out.</p>
<p>Eat plenty of starchy carbohydrates including potatoes, bread, rice and pasta. Choose wholegrain varieties, or keep the skins on potatoes, for more fibre, vitamins and minerals.</p>	<p>Base your meals around starchy carbohydrates. Check the labels and choose the products lowest in fat, salt and sugar. If you are having chips, go for oven chips lower in fat and salt. If you are serving starchy foods, try to avoid adding too much fat (eg oil or butter on roast potatoes) or sauces (creamy pasta) as these contain lots of calories.</p>
<p>Eat some dairy or dairy alternatives. Choose lower fat options when possible. For products like yoghurt, check the label and go for ones lower in fat and sugars.</p>	<p>Try swapping to 1% fat milk as opposed to whole or semi-skimmed milk. Cheese is high in saturated fat, so try buying reduced fat cheese. Alternatively grate it instead of slicing it to avoid using more than you need. Try to use low fat plain yoghurt as opposed to cream, crème fraiche or mayonnaise.</p>

Eatwell guide

Food group	What's included?		
Beans, pulses, fish, eggs, meat and other proteins	<ul style="list-style-type: none"> • meat, poultry and game, including: lamb, beef, pork, chicken, bacon, sausages, burgers • white fish (fresh, frozen or canned), including: haddock, plaice, pollock, coley, cod, canned tuna 	<ul style="list-style-type: none"> • oily fish (fresh, frozen or canned), including: mackerel, sardines, trout, salmon, whitebait, fresh tuna • shellfish (fresh, frozen or canned), including: prawns, mussels, crab, squid, oysters 	<ul style="list-style-type: none"> • nuts • eggs • beans and other pulses, including: lentils, chickpeas, baked beans, kidney beans, butter beans • vegetarian meat alternatives eg tofu, mycoprotein
Oils and spreads	<p>Unsaturated oils including vegetable oil, rapeseed oil, olive oil and sunflower oil. Soft spreads made from unsaturated oils. Butters are not included in this section as these are high in saturated fat and are included in the 'foods to eat less often and in small amounts' section.</p>		
Foods to eat less often and in small amounts	<ul style="list-style-type: none"> • cakes • biscuits • chocolate • sweets • puddings 	<ul style="list-style-type: none"> • pastries • ice cream • jam • honey • crisps 	<ul style="list-style-type: none"> • sauces • butter • cream • mayonnaise



How much?	Tips
<p>Eat some beans, pulses, fish, eggs, meat and other proteins. Eat at least 2 portions (2 x 140g) of fish each week, one of which is oily. Limit processed meats such as sausages, bacon and cured meats. If you eat more than 90g per day of red or processed meats, try to reduce the amount to no more than 70g per day.</p>	<p>When you're cooking and serving these foods, try not to add extra fat or oil.</p> <p>When you're buying meat, ask your butcher for a lean cut or compare the labels on different products and choose the one lower in saturated fat.</p> <p>Watch out for meat and fish products in pastry, batter or breadcrumbs as these can be high in fat and/or salt.</p> <p>Remember that an 80g portion of beans or pulses can count as 1 of your 5 A Day!</p>
<p>Use these products sparingly as they are high in fat. Cutting down on these types of foods could help to control your weight as they are high in calories.</p>	<p>Choose lower fat spreads where possible and use sparingly.</p> <p>Check the label and choose oils high in unsaturated fat and low in saturated fat. Oils expand when heated and so heating oil in the pan before you use it will make it go further so you don't need to use as much.</p>
<p>These foods are not required as part of a healthy, balanced diet. If included, they should only be consumed infrequently and in small amounts. Most of us need to cut down on the amount of high fat, salt and sugar foods we eat and drink.</p>	<p>Use lower fat spread instead of butter. Swap cakes and biscuits for a slice of malt loaf or a teacake with low fat spread. If you add sugar to your food or drinks, gradually reduce the amount you add until your taste buds adapt and you can cut it out altogether. Alternatively try using a calorie-free sweetener instead.</p>



First Edition: Camden Health and Wellbeing Team 2019