



COOKING MADE EASY
IN BITE
SIZED CHUNKS



• BREAKFAST • EGGS • SOUPS • LIGHT MEALS • SIDE DISHES
• SNACKS • MAIN MEALS • PUDDINGS • DESSERTS



Introduction

Food is something that most of us take for granted, often forgetting the major role it plays in our lives. Food not only provides us with goodness and nourishment, for many of us it's also about enjoyment, including the social aspects of sharing meals with family and friends. Food impacts on the way we live and helps to structure and enrich our lives.

This cookbook was inspired by Service User Groups across a range of addiction services as they wanted to develop a cook book for those who have experienced chaotic alcohol and/or drug use and are in recovery and receiving help and support to move towards independent living. The cook book covers cooking basics, simple recipes to encourage healthier eating and information on safe storage of food and useful equipment.

You will see some of the quotes from the Service Users throughout the book highlighting the importance of food and cooking.

Introduction (continued)

The booklet was developed by a working group of health professionals working alongside the Service User Groups.

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218 Service

ARBD Cooking Group

Grow It, Cook It, Eat It Group

Colleagues across Greater Glasgow & Clyde



BASIC EQUIPMENT AND UTENSILS

- | | |
|---------------------|---------------------|
| 1 - MEDIUM SAUCEPAN | 12 - TABLESPOON |
| 2 - LARGE SAUCEPAN | 13 - MIXING SPOON |
| 3 - FRYING PAN | 14 - MIXING BOWL |
| 4 - OVENPROOF DISH | 15 - SIEVE |
| 5 - BAKING TRAY | 16 - SCALES |
| 6 - CHOPPING BOARD | 17 - GARLIC CRUSHER |
| 7 - SHARP KNIFE | 18 - PEELER |
| 8 - MASHER | 19 - FISH SLICE |
| 9 - GRATER | 20 - TIN OPENER |
| 10 - MEASURING JUG | 21 - LADLE |
| 11 - TEASPOON | 22 - SERVING SPOON |



Storing in the Fridge

Some foods need to be kept cool to help stop bacteria growing. This includes foods with 'use by' dates such as fresh meat, poultry, fish, dairy products and eggs; also cooked and ready-to-eat foods such as desserts and cooked meats.

Key tips are:

- The temperature of the fridge should be kept between 0 and 5 degrees.
- Hot leftovers need to be cooled before going into the fridge. Cool them as quickly as possible before you put them in the fridge. Eat any leftovers within a maximum of two days.
- Never put open tins in the fridge as metal can transfer to the food once they have been opened. Transfer the contents into a storage container or covered bowl.
- Store raw meat and poultry on the bottom shelf of the fridge and keep it separate from cooked meat.

Freezing / Defrosting

- Products should be wrapped or put in containers before going in the freezer and make sure that fresh meat and fish is frozen before the use-by date.
- Defrost fresh meat and fish gradually in the fridge before cooking.

Re-freezing & re-heating food

- Never re-freeze raw meat, poultry or fish that has already been defrosted.
- When reheating food, make sure it is piping hot all the way through.
- To reduce wastage, divide meals into portions before freezing and then just defrost what you need.

Handling Food

- Make sure you wash your hands before touching any food and between handling raw and other foods.

Food labelling

Best before, use by and display until all appear on food packaging but what do they all mean?

- Food with a 'best before' date is generally dried or in tins so is long lasting. It should be safe to eat after the date on the box or packet but might not be at its best quality or taste as nice after this date.
- Food with a 'use by' date is usually fresh and can go off quickly. The date refers to when it's safe to eat. Fresh foods can be dangerous to eat after the 'use by' date.
- Food with no dates can be difficult to tell if they are ok to eat. Generally, you should use your judgement and if the food looks and smells ok then it should be fine. Fresh meat or fish from a butcher or fishmonger should be frozen on the day it's bought or kept in the fridge for up to 2 days. If you are in doubt, throw it out!

BREAKFAST



Breakfast

1. Porridge with milk
2. Cereal with milk
3. Bread & jam
4. Cereal bars
5. Toast & butter
6. Pastries
7. Eggs Page xx
8. Fruit
9. Cheese
10. Cold meats
11. Smoothie Page xx
12. Cooked breakfast

Other breakfast and cereal brands and products are available

"I love the sense of achievement and the pleasure I get from cooking my own meals."

PERFECT PORRIDGE

SERVES 1

Ingredients

- 50g porridge oats
- 350ml milk or water, or a mixture of the two

Method:

1. Put the oats in a saucepan, pour in the milk or water and sprinkle in a pinch of salt. Bring to the boil and simmer for 4-5 minutes, stirring from time to time and watching carefully that it doesn't stick to the bottom of the pan.
2. Alternatively you can try this in a microwave. Mix the oats, milk or water and a pinch of salt in a large microwave proof bowl, then microwave on High for 5 minutes, stirring halfway through. Leave to stand for 2 minutes before eating.

TOP TIPS

If you prefer it sweeter, try different toppings such as jam or honey, or a little sugar mixed through.

BREAKFAST SMOOTHIE

SERVES 2

**Ingredients:**

- 200 ml semi skimmed milk
- 2 tbsps clear honey
- 2 tbsps porridge oats
- 1 banana

Method:

1. Pour the milk into a blender. Add all the other ingredients. Blend until smooth.

Strawberry & Banana Smoothie

Ingredients:

- 6 strawberries
- 1 small pot of yogurt (plain or strawberry)
- 1 medium banana, sliced
- 100ml of orange juice (optional)
- A few ice cubes (optional)

Method:

1. Put all ingredients into a blender and blend until smooth.

**TOP
TIPS**

These smoothies provide good basic recipes but you can experiment with other ingredients, especially with fruit that is overripe.

HOW TO COOK WITH EGGS



THE PERFECT OMELETTE

SERVES 2



Ingredients:

- 3 eggs
- 10g butter, diced
- 2 tps olive oil
- Salt and freshly ground pepper

You can add some onions, peppers, cheese, ham or tomatoes for extra flavour or variety. Add these extra ingredients at step 4 as shown on page xx.

Method:

1. Crack the eggs into a bowl and beat with a fork until smooth. Stir in the cold diced butter, salt and pepper.
2. Heat a heavy, non-stick frying pan over a high heat and add the oil. When the oil is smoking hot, pour the eggs quickly into the pan.
3. Using a wooden fork or spatula and working in a circular motion, move the eggs in the pan around while at the same time moving the back and forth across the heat. Allow the eggs to start forming.
4. Stop moving the pan. Allow the eggs to form a slight skin and then remove the pan from the heat. If adding extra ingredients at this stage, put them on one half of the omelette. This is the half that will go on the plate first.
5. Pick up the pan and slide the omelette to the left of the pan (if you are right handed) or the right of the pan (if you are left handed) until half the omelette is on the plate.
6. Tip the pan and fold the other half of the omelette on top of the other half to create a half moon shape.

How to cook the perfect omelette



Step 1



Step 2



Step 3



Step 4



Step 5



Step 6

SCRAMBLED EGGS

SERVES 1



Ingredients:

- 2 large eggs
- 6 tbsps of milk
- A knob of butter

To make on the cooker:

1. Lightly whisk the eggs and milk together with a little salt until the mixture is combined.
2. Heat a small non-stick frying pan for about a minute.
3. Add the butter and let it melt.
4. Pour in the egg mixture and let it sit for a few second in the frying pan without stirring, allowing the eggs to cook a little.
5. Stir for a few seconds with a wooden spoon then leave the eggs to cook a little.
6. Repeat the stirring and sitting steps until the eggs are cooked through. This will take a couple of minutes.
7. Remove from the heat and serve immediately.

To make in the microwave:

1. In a microwave safe bowl, whisk the eggs until fluffy.
2. Add the milk and whisk again.
3. Dot the butter over the eggs.
4. Cook on high for 2 minutes, stir and cook for another 2 minutes.
5. Remove the eggs from the microwave, fluff up with fork and leave to stand for 2 minutes.
6. Add salt and pepper to taste and serve immediately.

POACHED EGGS



SERVES 2

HOW TO COOK WITH EGGS

Ingredients:

- As many eggs as you need, usually 2 per person.

Method:

1. Use a wide, shallow pot filled with water.
2. Bring the water to the boil.
3. Using a spoon, swirl the water to create a whirlpool. This will help the eggs to hold their shape.
4. Crack the eggs, one at a time, directly into the centre of the whirlpool.
5. As the eggs cook, use the spoon to keep the water moving and make sure the egg whites wrap around the yolks. Do this carefully so you don't break the eggs.
6. The eggs will be cooked in approximately 2 minutes, or when you can see that the white is no longer runny.
7. Remove the eggs one at a time from the water using a slotted spoon and allow them to drain a little.
8. Serve immediately.

"I enjoy experimenting with food now I am more confident with my skills, such as adding different spices or trying new vegetables."

How to cook the perfect poached egg



Step 1



Step 2



Step 3



THE PERFECT BOILED EGG

SERVES 2

HOW TO COOK WITH EGGS

Ingredients:

- As many eggs as you need, usually 2 per person.

Method:

1. Put the raw eggs in a pot.
2. Fill the pot with cold water until it is about 2cm (1 inch) above the eggs.
3. Put the pot on the cooker and cook over a medium heat until the water begins to boil.
4. Reduce the heat to low.
5. Simmer for 3 minutes for a soft boiled egg.
6. Simmer for 4 minutes if you like a cooked white but a soft yolk.
7. Simmer for 7 minutes for a hard boiled egg.
8. Once the eggs are cooked the way you like them, run them under a cold tap for around a minute to stop them cooking further in the shell.
9. Serve warm with toast or cold hard boiled in a salad.

SOUPS



MINESTRONE SOUP



SERVES 4

Ingredients:

- 1 tbsp of vegetable oil
- 2 onions, peeled and chopped
- 2 sticks of celery, sliced
- 2 carrots, peeled and sliced
- Half a turnip (swede), peeled and chopped
- 2 vegetable stock cubes dissolved in 800ml of boiling water
- 1 tin chopped tomatoes
- 2 tsps of dried mixed herbs
- 40g of uncooked pasta, (macaroni or spaghetti broken up into small bits are ideal for soup)
- Salt and pepper to taste
- Chopped fresh parsley to serve if you like

Method:

1. Heat a large pot with the cooking oil. Add the onion, celery, carrot and turnip (swede) and cook for about 3 minutes.
2. Pour in the vegetable stock and add the tinned tomatoes and dried herbs. Bring to the boil and then turn the heat down. Cover and simmer slowly for 15 minutes.
3. Add the pasta to the pot and cook for another 10 -12 minutes until the pasta is cooked. Add salt and pepper if you think it needs it.
4. Add parsley to the bowl of soup before serving if you like.
5. Any unused soup can be cooled, covered and put in the fridge but you should eat it within 3 days. This soup can also be frozen for eating at later date.

LENTIL AND BACON SOUP

SERVES 4



Ingredients:

- 2 tbsps of sunflower oil
- 6 rashers bacon, chopped into cubes
- 1 onion, peeled and chopped
- 2 carrots, peeled and grated
- 200g red lentils
- 1 ham stock cube dissolved in 1½ litres boiling water
- 2 tbsps of fresh parsley, chopped
- Salt and pepper

Method:

1. Heat the oil in a large saucepan. Add the bacon, onion and carrots and cook over a medium heat, stirring occasionally, for 7-10 minutes or until the bacon has started to turn golden and the vegetables have softened.
2. Add the lentils to the pan and stir well. Pour in the ham stock. Bring to the boil, cover and then simmer the soup gently for 45 minutes.
3. Before serving, add salt and pepper and sprinkle parsley on top.
4. Serve with crusty bread.

TOP TIPS

For a vegetarian option, use vegetable stock cubes and substitute the bacon for extra lentils or some tinned beans, e.g. cannelloni beans.

SPICY PARSNIP SOUP



SERVES 4

Ingredients:

- 2 tbsps of butter
- 1 onion, peeled and chopped
- 2 large parsnips, peeled and chopped into cubes
- 1 clove of garlic, finely chopped
- 750ml boiling water
- 1 stock cube
- 2 tsps of curry powder
- 100ml double cream
- Salt and pepper
- Dried chilli flakes or paprika to garnish

Method:

1. Melt the butter in a large pot over a medium heat. Fry the onion in the butter for about 5 minutes until it is soft. Add the parsnips, garlic and curry powder and fry for a couple of minutes to release the flavours.
2. Boil the water in the kettle and mix with the stock cube in a separate jug. Add to the pot and stir well.
3. Simmer for 15 minutes until the parsnips are soft and easy to break with a wooden spoon.
4. Take the pot off the heat and blend the soup with a hand mixer or in a food processor.
5. Stir in the cream and warm through.
6. Season with salt and pepper to taste, garnish with the chilli flakes or paprika and serve.

CARROT AND CORIANDER SOUP

SERVES 4



Ingredients:

- 1 tbsps of vegetable oil
- 1 onion, peeled and sliced
- 450g carrots, peeled and sliced
- 1 tps ground coriander
- 1.2 litres vegetable stock
- Large bunch fresh coriander, roughly chopped
- Salt and pepper

Method:

1. Heat the oil in a large pot and add the onions and carrots. Cook for 3-4 minutes until starting to soften
2. Stir in the ground coriander and add salt and pepper. Cook for 1 minute.
3. Add the vegetable stock and bring to the boil. Turn down the heat and simmer for about 20 minutes or until the vegetables are tender.
4. Whizz with a hand blender or in a food processor until smooth. Stir in the fresh coriander and serve.

TOP TIPS

Freeze in portions for a ready made lunch or dinner another day. Take out of the freezer the night before and defrost it in the fridge overnight.



Snack suggestions

Oatcakes with cheese

Scones with jam or butter

Nuts

Plain biscuit

Fresh or Dried Fruit

Popcorn

Pancakes with jam or butter

Light meal suggestions

Toast is a quick and easy base of a light meal.

Try it with the following toppings;

Butter or Margarine

Beans

Jam

Eggs (see page xx for recipe)

Peanut Butter

Cheese

Chocolate Spread

Cold Meat

Pate

Tinned Spaghetti Shapes

Tinned Sardines

Other light meal and snack ingredients are available

POTATO WEDGES



SERVES 4

LIGHT MEALS, SNACKS & SIDE DISHES

Ingredients:

salt and pepper
600g potatoes
2 tbsps vegetable oil

Method:

1. Preheat your oven to 200°C/180°C fan/400°F/gas 6.
2. Put a large pan of salted water on to boil then wash your potatoes.
3. Cut each potato in half lengthways then again and again so that you have 8 wedges from each potato.
4. Add to the pan of boiling water and parboil for 8 minutes.
5. Drain the potatoes in a colander then transfer to a baking tray and coat with the oil and a little salt and pepper.
6. Toss together so all the wedges are coated in the oil then spread out in one layer.
7. Cook in the oven for 30 minutes until golden and cooked through.

TOP TIPS

These can be sprinkled with herbs or spices for a tasty twist.

BAKED POTATO

SERVES 1

Ingredients:

1 fist sized potato per person

Method:

1. Scrub the potatoes, then dry and pierce several times with a fork.
2. In the microwave, cook one potato (225g) for 6 mins on full power (800w), turn half way through cooking.
3. Allow to stand for 1 - 2 mins before serving.
4. If cooking more than one potato you need to increase the cooking time add accordingly.
5. Add your choice of toppings and serve with a fresh salad. (see page xx)
6. Alternatively you can cook the potatoes in the oven at 200°C/180°C fan/400°F/Gas Mark 6 for approximately 1 hour and 15 minutes.

Try some of the toppings below on your potato:

Coleslaw, Chilli, Cottage Cheese, Baked Beans, Cheese, Tuna Mayo.

"The taste of your own cooking can be a big motivator. It really tastes much better than the stuff you get out of a packet."

GARLIC BREAD & CHEESE

SERVES 1

LIGHT MEALS, SNACKS & SIDE DISHES

Ingredients:

2 cloves of garlic, crushed

75g butter, very soft

1 tbsp of olive oil

A little salt and pepper to taste

Sliced crusty bread – as many slices as you need

Method:

1. Mix the garlic, butter, oil, salt and pepper together until well combined.
2. Spread the mixture onto the slices of bread and put in the oven at 180°C/160°C fan/350°F/gas Mark 5 for 10-12 minutes.
3. Remove from the oven and serve immediately.

TOP TIPS

If you like, you can add cheese to this. Remove the bread from the oven after 8 minutes, sprinkle with some grated cheese (any type) and return to the oven to bake until the cheese bubbles.

The garlic butter mixture can also be served over boiled baby potatoes as a side dish with meat or fish.

SIDE SALAD

SERVES 1



Ingredients:

- Lettuce, chopped or shredded
- Tomatoes, chopped
- Cucumber, chopped
- Spring onions or red onions, sliced

Method:

1. Add all ingredients together and mix gently in a bowl.
2. Serve immediately.

TOP TIPS

Salad can be eaten on the side of almost anything. The above ingredients make a basic salad but try adding some of the foods below for a bit of variety:

- Sliced peppers, any colour
- Tinned sweetcorn
- Drained olives
- Finely grated carrot
- Grated or cubed cheese
- Chopped beetroot

Also, try different dressings on your salad: olive oil, vinaigrette, honey and mustard, caesar, thousand island, balsamic vinegar.

MAIN MEALS



SAUSAGE CASSEROLE

SERVES 4



Ingredients:

- 1 sachet of sausage casserole mix
- 450g sausages
- 2 medium sizes onions sliced
- 115g mushrooms sliced
- 300ml cold water
- 1 tin chopped tomatoes
- 1 tbsp cooking oil

Method:

1. Heat oven to 180°C/160°C fan/350°F/Gas Mark 4.
2. In a frying pan, fry the sausages in the oil, turning them until they are brown all over.
3. Transfer to an ovenproof dish and add the mushrooms and tomatoes. Blend the contents of the sachet of casserole mix with the water and add to the dish
4. Stir thoroughly, cover and cook for 1 hour in the oven.
5. Ensure it is piping hot and serve immediately with mashed potatoes and vegetables or one of the side dishes on pages 26–29.

ORIENTAL MICROWAVE FISH

SERVES 2

MAIN MEALS

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Ingredients:

- 2 fillets of salmon or firm white fish, such as cod
- ½ tbsp finely grated fresh root ginger
- 2tbsp finely sliced spring onions
- 2 tbsp soy sauce
- 2 tbsp sweet chilli sauce
- handful of fresh coriander sprigs, to garnish

Method:

1. Pat the fish dry with kitchen paper then cut into large pieces. Put in a heatproof, microwave safe dish and evenly scatter with the ginger. Wrap tightly in cling film. Put the dish into the microwave and cook for 3 minutes (depending on its thickness and how you like your fish cooked) on full power.
2. Remove the plate of cooked fish. Wait one minute then unwrap and pour off any excess liquid that may have gathered on the plate, then scatter with spring onions, soy sauce and coriander.
3. Serve immediately with a side dish of your choice.

TOP
TIPS

Try using cheaper fish eg, Pollock, River Coley etc.

CHICKEN JALFREZI

SERVES 2



Ingredients:

- 2 tbsps vegetable oil
- 1 large onion, halved, sliced
- 2 - 3 green chillies, sliced
- 3 garlic cloves, crushed
- 1 tbsp finely grated root ginger
- 6 chicken thigh fillets, cut into chunks
- 5 tomatoes, roughly chopped
- 1 green pepper, chopped into pieces
- a small bunch coriander, leaves picked off
- a small pot natural yogurt (optional)

Serve with warm naan bread or rice cooked according to the packet instructions.

Try microwave rice for a quick and easy alternative.

**TOP
TIPS**

Spice Mix:

- 1 tsp turmeric 1½ tsp ground cumin 1 tsp ground coriander

Method:

1. Heat 2 tbsps oil in a large pan. Add the onion and a good pinch of salt, then fry for about 6-8 minutes until golden.
2. Add the chillies, garlic and ginger. Cook for 3-4 minutes. Add the spice mix and cook for another couple of minutes until fragrant.
3. Add the chicken and cook for 3-4 minutes then add the tomatoes and green peppers and a splash of water and stir well. Cover the pan and cook for about 30 minutes until the chicken is tender and the sauce has thickened (uncover the pan if you need to for the last 10 minutes). Stir in the yogurt off the heat (if using) for a creamier sauce. Stir in the coriander and check the seasoning.

MACARONI CHEESE

SERVES 2

MAIN MEALS

34

Ingredients:

- 300g dried macaroni or other dried pasta shapes
- 50g butter
- 50g flour
- 600ml milk
- 350g grated cheese

Method:

1. Add the macaroni to a large pan of salted boiling water and cook as per the instructions on the bag. Once cooked, drain the pasta in a colander.
2. While the macaroni is cooking, melt the butter in a deep pan and gradually blend in the flour until you have a thick paste. At this point do not over heat as the paste will cook and not mix with the milk. Gradually pour in the milk while stirring so that lumps do not form. Once all the milk is in the pan let it simmer slowly until the mix thickens into a sauce. At this point add three quarters of the cheese, take off the heat and mix thoroughly.
3. Add the drained, cooked pasta to the cheese sauce and mix together. Place into a heatproof dish and cover with the rest of the cheese.
4. Place under a pre-heated grill and heat until the cheese has melted and bubbles.

TOP TIPS

Toppings: You can mix coarse breadcrumbs with the cheese for a crunchier topping. Slices of tomato can also be added.

HAM & PEPPER PIZZA

SERVES 2

Ingredients:

- 1 ready made thin pizza base
- 1 small jar of pizza topping
- 3 rashers of bacon, chopped
- 1 pepper, any colour, sliced
- 1 small onion, sliced
- 3 slices of cold ham, chopped
- 30g of sweetcorn
- 120g of cheese, grated

Method:

1. Remove wrapping from pizza base and spread with a layer of the topping (don't use too much or you may find the pizza base goes soft).
2. Add a layer of your cheese, using only half the cheese.
3. Add the toppings of your choice (Try to use only two or three).
4. Put the remaining cheese over the pizza and put into the oven 180°C/160°C fan/350°F/Gas Mark 4 for approximately 10 to 15 minutes.
5. Serve with one of the side dishes on pages 26–29.

TOP TIPS

You can put almost any toppings on a pizza. Try with some of your favourite foods to create something new or stick with a classic like ham and pineapple or chicken and mushroom.

SMOKED MACKEREL FISHCAKE



SERVES 2

Ingredients:

- 2 fresh eggs, hard-boiled (see page xx)
- 1 tsp herbs e.g. parsley
- 160g skinless, boneless, smoked mackerel (or similar)
- Salt and pepper
- 3 tbsp plain flour in a bowl
- Vegetable oil
- Lemon wedges to serve

Method:

1. Place the potatoes in a large saucepan, cover with cold water and add a pinch of salt. Bring to the boil and cook until tender. Drain, then mash and keep to one side.
2. Thoroughly mash the boiled eggs
3. In a large bowl, add the mashed potato, mashed boiled eggs, parsley and a pinch of salt and pepper. Stir well.
4. Flake the mackerel into large chunks and add to the potato mixture, stir gently until all the ingredients are well mixed. Do not over mix or the fish will turn to mush.
5. Divide the fish mixture into 6. Roll each sixth into a ball, dip into the flour and roll until evenly coated. Flatten the ball into a patty and keep to one side. Repeat with the remaining fishcake mixture.
6. Heat a frying pan large enough to hold 3 fishcakes and pour in enough oil to cover the bottom of the pan, ¼" deep. Heat until hot but not smoking.
7. Add 3 fishcakes. Cook for 3 minutes, flip over and cook for another 3. Remove from the pan and drain on kitchen paper. Keep warm. Repeat with the remaining 3 fishcakes.

SPAGHETTI BOLOGNESE

SERVES 2



Ingredients:

- 2 tsps olive oil
- 1 small tin tomatoes
- 1 tsp dried herbs
- 1 small onion, chopped
- 1 clove of garlic, crushed
- 1 carrot, peeled and sliced
- 225g beef mince
- 125g spaghetti

Make double the amount of bolognese sauce and freeze some for another meal.

TOP TIPS

Method:

1. Put the olive oil in a pan.
2. Add the chopped onion and garlic and cook for 3 minutes at medium heat, stirring occasionally.
3. Add the carrot and cook for 5 minutes.
4. Add the mince and cook until browned.
5. Add the tomatoes and cook for 5 minutes.
6. Add pepper and herbs.
7. Lower the heat and simmer for 15 minutes.
8. While the mince is cooking, cook the spaghetti according to the instructions on the packet.
9. Drain the spaghetti and put onto a plate, top with the bolognese sauce and serve.

VEGETABLE STIR FRY

SERVES 2

MAIN MEALS

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Ingredients:

- 125g small packet of fresh noodles
- 2 tsps olive oil
- 1 tsp soy sauce
- 2 spring onions, sliced
- 1 carrot, sliced
- 1 orange pepper, sliced
- handful of bean sprouts

Method:

1. Put the frying pan on high heat and add the olive oil.
2. Add the carrot and pepper and cook for 5 minutes, stirring occasionally.
3. Add the bean sprouts, spring onion and soy sauce.
4. Cook for another 5 minutes, stirring occasionally.
5. Serve immediately.

TOP
TIPS

For non-vegetarians, try adding some chicken, meat or fish for a bit of variety.

TURKEY BURGERS

SERVES 4



Ingredients:

- 500g turkey mince
- 1 carrot, grated
- 1 onion, finely chopped
- 1 medium egg
- 50ml tomato ketchup
- 175g fresh breadcrumbs
- Black pepper

Method:

1. Combine turkey mince, grated carrot, onion and breadcrumbs.
2. Season with black pepper.
3. Beat eggs with tomato ketchup, add to mince mixture and mix thoroughly.
4. Divide mixture into 8 and mould into flat burger shapes by hand.
5. Grill under medium heat for approx 15 minutes, turning occasionally until cooked through.

TOP TIPS

Consider frying as an alternative to grilling. Try serving with wedges on page 26 or side salad on page 29.

PUDDINGS & DESSERTS



APPLE & BLACKBERRY CRUMBLE

SERVES 4



Ingredients:

For the filling

50g butter
2 cooking apples, peeled
and chopped
8 tbsp caster sugar
2 lemons, zest only
220g blackberries

For the crumble topping

220g butter
100g caster sugar
100g brown sugar
220g plain flour
Double cream or custard
to serve

Method:

1. Preheat the oven to 180°C/160°C fan/350°F/Gas Mark 4.
2. For the filling, heat the butter in a frying pan over a medium heat, add the apple, sugar and lemon zest and fry for 4-5 minutes, or until the apple has softened to a pulp.
3. Add the blackberries and warm through for 1-2 minutes, then set aside.
4. For the crumble topping, pulse all of the crumble topping ingredients together in a food processor until the mixture resembles breadcrumbs.
5. Spoon the filling mixture into the base of an oven dish and spread to form an even layer. Scatter the crumble topping over the top.
6. Transfer the crumble to the oven and bake for 10-12 minutes, or until the crumble topping is golden-brown and the filling is bubbling.
7. Serve immediately with custard or double cream.

FRUIT CRUNCH



SERVES 4

Ingredients:

- 1 pot of natural yogurt
- 1 tsp runny honey
- 1 banana (or any fresh or tinned fruit)
- Crunchy muesli

Method:

1. Peel and slice the banana.
2. Empty the yogurt into a small bowl and add the honey and mix together.
3. In a serving dish add a small amount of the yogurt mix.
4. Then add a layer of banana.
5. Scatter a layer of muesli.
6. Repeat the process until dish is full.
7. Serve immediately.

TOP TIPS

If you don't have any muesli, try adding crushed biscuits instead.

LEMON CHEESECAKE

SERVES 12



Ingredients:

300g digestive biscuits and ginger snaps mixed
(more digestives)

75g unsalted butter

250g soft cheese, for example Philadelphia
(light version can be used)

Zest and juice of one lemon

70g icing sugar

250ml double cream

Method:

1. To make the base, put the biscuits into a bag and crush with a rolling pin, then put into a bowl.
2. Melt the butter and add it to the crushed biscuits and mix well until it is all combined.
3. Press the mixture into a cake tin or a tray and put in the fridge for 30 minutes to set.
4. To make the topping, mix together soft cheese, lemon zest (keeping a little bit aside for decoration), lemon juice and icing sugar.
5. In another bowl, whisk the cream until soft peaks appear.
6. Add the cream to the lemon and cheese mixture and mix together well.
7. Remove the base from the fridge and spread the topping evenly over the base.
8. Put the lemon zest on top to decorate and put the whole cheesecake into the fridge to set for at least 3 hours, or overnight if you can.

ETON MESS



SERVES 4

Ingredients:

- 250ml double cream
- 4 meringue nests
- 350g raspberries

Method:

1. Whip the double cream until it just holds soft peaks.
2. Break 4 meringue nests into pieces and add them to the cream along with the raspberries.
3. Fold in lightly with a metal spoon, then divide the mixture among four dishes or glasses and serve.
4. You can add any fruit to this for a change or try adding crushed shortbread or gingersnut biscuits for a twist.

CHOCOLATE ETON MESS SERVES 4

Ingredients:

- 1 packet of instant whip chocolate dessert mix
- 4 meringue nests
- 30g mini marshmallows
- 30g chocolate buttons

Method:

1. Make up the instant whipped dessert according to the instructions on the packet.
2. Break up the meringue nests into small pieces.
3. Mix the meringue, chocolate buttons and marshmallows into the whipped dessert.
4. Divide the mixture into serving dishes and enjoy.

BARBADOS CREAM

SERVES 4



Ingredients:

- Greek style natural yogurt
- Dark brown muscavado sugar

Method:

1. Put some yogurt into individual dishes and sprinkle each with the soft dark brown sugar.
2. Put them in the fridge for 3-4 hours until chilled thoroughly and then serve.

APPLE CRUMBLE

SERVES 4



Ingredients:

- 1 jar of bramley apple sauce
- 1 packet of instant crumble top

Method:

1. Pre heat oven 180°C/160°C fan/350°F/Gas Mark 4.
2. Empty the apple sauce into a small oven proof dish then sprinkle the mix over the top.
3. Put the dish in the oven and bake the crumble for 15-20 minutes until the top is golden brown.
4. Serve with cream custard or ice –cream.



COOKING MADE EASY

IN BITE
SIZED
CHUNKS



If you have any questions or need more advice,
contact your worker on the details below:

