



What's for Tea Today?



Produced by the Food & Nutrition team
based at
The Health Resource Centre.



Price 50p



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a quick and easy recipe using tinned tomatoes

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fresh, frozen and tinned fruit and vegetable are equally as good for you

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a great pastry free quiche

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a healthier alternative to a pastry based quiche

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a great way to increase your 5 a day

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a great way to have red lentils, you don't need to soak them over night

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a healthier slant to your usual fish & chips

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a great way to introduce oily fish into you diet

Eat Well Plate

Use the Eat Well Plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Bread, rice, potatoes, pasta and other starchy foods

Fruit and vegetables

Meat, fish, eggs, beans and other non-dairy sources of protein

Foods and drinks high in fat and/or sugar

Milk and dairy foods

All of the enclosed recipes are nutritionally balanced and based around the Eat Well Plate.

Tomato Soup



Ingredients:

1 tsp oil
1 large onion, chopped
2 carrots, diced
2 sticks celery, chopped
400g chopped tomatoes
1 pint vegetable stock
Salt and pepper to taste

Method:

- Heat the oil in a large pan. Add the carrot, celery and onion and sweat for 3-4minutes until they begin to soften.
- Stir in the remaining ingredients and bring to the boil.
- Cover and simmer for 25-30mins until the vegetables are tender.
- Puree the soup in a liquidiser or hand blender until smooth

Green Pea Soup



Ingredients

- 1lb Peas fresh or frozen.
- 1 bunch of Spring Onions.
- 1 Round Lettuce.
- 1 pint Chicken Stock.
- 1oz butter.
- 1 level teaspoon of castor or fine granulated sugar.
- 1 clove of Garlic.
- Salt and pepper to taste.

Method.

1. Peel and crush garlic. Trim and slice the spring onions.
2. Soften them in the pan with the butter for 3 minutes.
3. Then add the stock, peas, roughly chopped lettuce, sugar, salt and pepper – bring to the boil.
4. Simmer roughly for 5 minutes.
5. Then blend.

Vegetable Frittata



Ingredients:

500g new potatoes, scrubbed
Low-fat cooking spray
3 onions, chopped
1tsp dried herbs
10 cherry tomatoes
1 heaped tsp Dijon mustard
6 large eggs

Method:

1. Peel the cooked potatoes and cut into bite size chunks
2. Spray a 25cm heavy based frying pan with low fat cooking spray, fry the onions for 10mins until softened, adding a little water when necessary, then stir in the herbs
3. Heat the grill to a medium hot. Add the potatoes to the pan so they are evenly spread over the base. Arrange the tomatoes in the pan, then season.
4. Stir the mustard into the eggs, then pour the mixture over the top of the vegetables in the pan. Cook on the hob over a low heat for 6-10mins, until the base is set, then brown top under grill for 5 mins.

Tuna Bread Quiche.



Ingredients.

5 slices of bread.

Tomato ketchup/relish.

Tuna in brine.

Small tin of sweet corn.

3 eggs beaten with milk.

Grated cheese.

1 sliced tomato.

Margarine to grease dish.

Season to taste.

Method.

1. Grease dish & pre heat oven 190°c/375°f/Gas mark 5.
2. Spread bread with tomato sauce.
3. Line the dish with the bread—tomato side up.
4. Mix tuna, eggs, milk & sweet corn together.
5. Pour on to bread, sprinkle cheese on top, place tomato on the top.
6. Cook in the oven for approx. 30—40 mins.

Vegetable Topped Pie



Ingredients:

500 g lean mince beef
1 medium sized onion
Gravy granules (low salt)
5-6 large potatoes
¼ turnips
¼ cauliflowers
¼ broccolis
2 medium carrots
50g grated cheese

Method:

1. Peel and chop onion, potatoes, turnip cauliflower broccoli and carrots.
2. Put carrots and turnip together and cauliflower and broccoli together and cook. Cook the potatoes on there own.
3. While the vegetables are cooking, in another pan brown off the mince. Drain off the excess fat, return to pan add the onion and just enough water to cover the mince, and cook until the onion is soft.
4. Add the gravy granules to make a thick consistence. Place into a heat proof dish.
5. When the vegetables are cooked, mash then together and cover the mince, smooth over the top and sprinkle over the cheese.
6. Place into a hot oven or grill until cheese has melted.

Lentil Sheppard's Pie



Ingredients:

- 1 onion, chopped
- 2 carrots, chopped
- 1 clove garlic, finely chopped
- 100g/3½ oz mushrooms
- 1 tbsp vegetable oil
- 150g/5½oz no soak lentils
- 400g chopped tomatoes
- 1 vegetable stock cube
- 2 large potatoes, diced
- 1 Swede, chopped

Method:

1. Preheat oven to 200°C/gas mark 6. Peel and finely dice the onion and carrots, crush the garlic and chop the mushrooms.
2. Heat the oil in a large pan and gently sauté the onion, carrot, garlic and mushrooms until soft. Add the lentils and chopped tomatoes and stir.
3. Add 350ml water, crumble in the stock cube, cover and cook gently for about 20mins, stirring occasionally, until the lentils are cooked and soft.
4. Meanwhile peel and cube the potatoes and swede. Place the swede in a pan of water, bring to the boil and cook for 7-10mins. Add the potatoes and continue to cook for 15-20 mins, until both are cooked. Drain and mash until smooth.
5. Place the lentil mix in an oven proof dish; top with the mash and cook for 15-20mins until golden brown on top.

Chickpea Burgers



Ingredients:

- 1 x 400g can chickpeas
- ½ large onion, finely chopped
- 2 cloves garlic, finely chopped
- 4 tbsp tomato puree
- 1 tsp chilli paste
- 1 tbsp coriander leaves
- 1 tbsp vegetable oil

Method:

1. Chop the onion and garlic and soften in a pan with a tbsp vegetable oil.
2. Add the tomato puree, chilli paste and coriander leaves.
3. Drain and rinse the chickpeas. Put into the bowl of a food processor and process until smooth.
4. Divide the mixture into 6 and press into burger shapes.
5. Cook in a lightly oiled frying pan for about 4mins on each side or until piping hot throughout.

Burgers with a Twist.



Ingredients.

500g minced beef or lamb.

½ medium chopped onion.

1 chopped pepper.

2 tbsp olive oil.

1 stick celery chopped.

2 tbsp tomato ketchup.

Season to taste or herb/spices of your choice—
garlic, mustard, cajun, basil or tomato puree—
add to vegetables when cooking.

Method.

1. Spray oil in the pan and cook the vegetables.

2. Mix the cooked vegetables with the raw
mince.

3. Mould into rounds the press down to make a
burger shape.

4. Spray pan with oil and cook the burgers on
both sides.

5. Serve immediately on a wholemeal bun and
serve with salad.

You could also grill or fry the burgers.

Fish and Potato curry



Ingredients:

- 2 pieces fish fillet (cut into cubes)
- 1 large potato (cut into cubes)
- 2 tomato (cut into cubes)
- 1 tbsp onion (crushed)
- 1 tsp garlic (crushed)
- 1 tbsp oil
- 1 tsp curry powder
- 1 tsp cumin powder
- ½ tsp turmeric powder
- ¼ tsp chilly powder
- ¼ tsp salt
- 1tbsp chopped fresh coriander

Method

1. Fry onion, garlic and spices in the oil for 4-5 minutes, stirring frequently to prevent sticking.
2. Add the tomato, fish and potatoes and cook for a further few minutes.
3. Add 2-3 cups of water and cook for 10-15 minutes.
4. Put some fresh coriander for garnishing.
5. Serve with bread, rice or chapatti.

Salmon and Potato Bake



Ingredients:

213g Salmon canned – drained and juice kept to one side.
1 Onion, peeled and chopped.
25g/1oz marg.
25g/1oz flour.
300ml/ 1/2 pint milk.
25g/1oz grated cheese.
25g/1oz bread crumbs.
4 potatoes washed and sliced.

Method:

Mash the salmon in a bowl.
Fry the onions in the butter in a pan until soft.
Stir in the flour and fry for a few minutes.
Remove from the heat and gradually blend in the milk and the reserved salmon juice.
Bring to the boil and simmer for 3 minutes.
Season to taste.
Put the sliced potatoes a pan and cook till almost done.
Layer the potatoes and salmon mixture in a casserole dish – ending with a layer of salmon.
Sprinkle bread crumbs and grated cheese on the top and put it into a pre heated oven 170oc for 15 – 20 minutes.
Served with green vegetables.



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