

Roasted Chickpea and Cauliflower Curry

(Makes 2 portions)



- 60g cauliflower, diced
- 100g tinned chickpeas, drained
- 50g jacket potato, diced
- 20g frozen peas
- ½ x white onion, diced
- 1 x carrot, chopped
- 1x tsp curry powder
- ½ tin of chopped tomatoes
- 1 tsp tomato puree

1. Cut the cauliflower into to small pieces and coat with a teaspoon of oil. Place onto a baking tray and cook for around 15 minutes or until golden brown.
2. Dice the onions, carrots and potato and place into a pan, with the curry powder and a splash of oil. Fry for a couple of minutes and then add 50ml of water.
3. Cook until the vegetables are nearly soft.
4. Add the tomato paste cook for another couple of minutes.
5. Add the chopped tomatoes and bring to a simmer.
6. Add the chickpeas and cooked cauliflower and mix well.
7. Just before serving add in the peas.
8. Serve with rice.

Chefs Tip:

If you have spices in your store cupboard, you can use cumin, coriander, turmeric, and chilli powder to make your own curry powder.

This is also a great recipe for using up any leftover veg you may have such as broccoli, green beans, or peppers.

Cheese and Vegetable Frittata

(Makes 2 portions)

- 60g cheddar cheese, grated
- 4 eggs
- 80ml milk
- ½ x white onion, diced
- 40g frozen peas
- 1 x red pepper, diced



1. In a bowl, whisk the egg and milk together, along with any seasoning you may fancy, such as mixed herbs.
2. Add a teaspoon of oil to a pan and fry the onions and peppers. Once cooked, add to the egg mixture, along with the frozen peas.
3. Line a small ovenproof tin or dish with baking paper, and pour the mixture in.
4. Sprinkle the grated cheese on top.
5. Pop in the oven at 180 degrees, and cook until the mixture is firm, and the top is golden brown.
6. Once cooked, remove from the oven and slice into portions.
7. Serve with new potatoes, toast, or baked jacket wedges.

Nutrition Tip:

Frozen vegetables contain just as many nutrients as fresh or tinned vegetables, so swapping out fresh peppers for frozen diced peppers is just as healthy!

Bolognaise Pasta Bake

(Makes 2 portions)



- 60g beef mince
- 60g cooked lentils, drained
- ½ tin chopped tomatoes
- ½ x white onion, diced
- 1x tbsp tomato puree
- 1x clove garlic, crushed
- 1x carrot, diced
- 100g dried pasta (e.g., macaroni, penne, or fusilli)
- 20g cheddar cheese, optional

1. Add a teaspoon of oil to a pan and add in the beef mince and start to brown.
2. Add in the chopped onion and the crushed garlic and continue to cook.
3. Next add in the diced carrot and cook until the beef mince is browned, and the carrots are starting to soften.
4. Add the tomato puree to the pan, and cook out for a minute or two, before adding the chopped tomatoes and the cooked lentils.
5. Leave to simmer on a low heat, stirring occasionally.
6. In a separate pan, cook the pasta and then mix in with the beef mince sauce, and a tablespoon of the pasta water. Mix well.
7. Place the pasta and sauce into an ovenproof dish and sprinkle the cheese on top.
8. Bake in the oven until the cheese is golden brown.

Chefs Tip:

If you don't want to add the cheese on top, you could serve the bolognaise with spaghetti once cooked.

Nutrition Tip:

We have added in lentils and decreased the meat to increase the fibre and lower the saturated fat, whilst being more environmentally friendly.

Roast Chicken Thighs with Baked Chips

(Makes 2 portions)

- 120g chicken thighs
- 1-2 tsp seasoning of choice e.g., chilli powder, Cajun seasoning, mixed herbs, peri-peri seasoning
- 2x medium jacket potatoes
- 2 tsp vegetable oil



Chefs Tip:

Marinate your chicken in the seasoning for 2 hours before cooking – just leave in a bowl in the fridge.

Try mixed herbs on the chicken for a roast dinner style chicken with gravy or try a Peri-peri seasoning for a Nando's style chicken. You could serve with rice, couscous, or mashed potatoes.

1. Cut your potatoes into quarters, and then slice into thick chips.
2. Place in a bowl and add the two teaspoons of vegetable oil and mix well with your fingers making sure to coat the chips.
3. Place on a lined baking tray and pop into the oven at 180 degrees.
4. Place the chicken thighs into the bowl and add the seasoning of your choice. Mix well, rubbing the seasoning in to the chicken.
5. Put your chicken in an ovenproof dish, and once your chips have been in the oven for around 15 minutes place the chicken in the oven.
6. Cook both for a further 30 minutes.
7. Depending how thick your chips are they may cook faster, so keep your eye on them and remove for a while if needed.
8. Once both the chicken and chips are cooked, serve with vegetables such as peas, sweetcorn, or coleslaw.

Tuna and Sweetcorn Fishcakes

(Makes 2 fishcakes)



- 1 medium jacket potato, diced
- 1 x 185g cans tuna, drained
- 100g tinned or frozen sweetcorn, drained
- 1 egg, beaten
- 2 slices of bread

1. Toast the bread or leave out to go stale. Once it feels stale, use your fingers to crumble, or whizz into breadcrumbs using a food processor.
2. Dice the jacket potato and put into a pan of boiling water. Boil until soft.
3. Mash the potato and season with black pepper and dried herbs, such as parsley or dill if you have any.
4. Mix with the drained tuna and sweetcorn and shape into small cakes. Place in the fridge until cold and firm.
5. Dip each cake into the beaten egg, then coat in the breadcrumbs. Chill for 15 minutes.
6. Put a splash of oil into a pan, and pan fry the fishcakes on each side for a couple of minutes. To keep them warm if making a batch, leave in a warm oven.
7. Serve with baked wedges or new potatoes, and baked beans or peas.

Chefs Tip:

Add in any extra vegetables you may have available, such as grated carrot or courgette, chopped spring onions, or frozen peas.

Nutrition Tip:

Use tinned or frozen salmon pieces for an oil fish substitute – full of healthy fats which are good for us!