

ROASTED VEGETABLE FRITTATA

Makes 4 servings

This recipe comes from the Healthy Food Guide magazine. Eggs are a complete source of protein and contain omega-3 fats and antioxidants – a great ingredient in this main-course dish.

INGREDIENTS	EQUIPMENT
1 medium sized sweet potato – peeled and chopped 1 red pepper – chopped 1 courgette – chopped 1 red onion – peeled and cut into wedges 1 tablespoon olive oil 50g asparagus or green beans – trimmed and cut into thirds 8 medium sized free-range eggs 120mls skimmed milk 1 teaspoon Worcestershire sauce 50g Cheddar cheese – finely grated or in shavings 50g rocket 1 tablespoon balsamic glaze to serve	roasting tin chopping board vegetable knife 1.5 litre oven-proof dish measuring jug fork grater table knife fish slice serving plate

METHOD

1. Heat the oven to 220°C/Gas 7.
2. Put the sweet potato, red pepper, courgette and onion in the tin and drizzle with the olive oil. Mix to coat all the vegetables in the oil. Roast for 25 minutes.
3. Add the asparagus or green beans to the tin and roast for a further 5 minutes. Remove the tin from the oven then reduce the heat to 180°C/Gas 4.
4. Transfer the roasted vegetables to a 1.5 litre ovenproof dish.
5. In a measuring jug, beat the eggs with the milk and Cheddar cheese. Pour the mixture over the vegetables in the dish.
6. Bake for 20-25 minutes until the frittata is set and the top is slightly golden brown
7. Cut into 4 portions and lift out with a fish slice. Serve drizzled with balsamic glaze, with the rocket leaves on the side.

RECIPE NOTES AND TIPS

- Avoid spilling the raw egg mixture.
- To avoid cross-contamination, wash your hands thoroughly after handling raw eggs.
- Use reduced fat cheese to lower the fat content.

ALLERGY AWARE

This recipe contains

- Eggs
- Milk
- Fish (Worcestershire Sauce)

Per 1/4 frittata (~307g)

ENERGY		
	1522kJ / 364kcal	18%
FAT		
MED	18.8g	27%
SATURATES		
HIGH	6.2g	31%
SUGARS		
LOW	11.8g	13%
SALT		
LOW	0.8g	13%

% of an adult's reference intake

Typical values per 100g : Energy 496kJ / 119kcal

12 Roasted Veg Frittata

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (307g)
Energy	496kJ / 119kcal	1522kJ / 364kcal
Protein	6.3g	19.5g
Carbohydrate (of which sugars)	8.7g (3.8g)	26.8g (11.8g)
Fat (of which saturates)	6.1g (2.0g)	18.8g (6.2g)
Fibre	1.7g	5.2g
Salt	0.2g	0.8g

ALOO TIKKA (POTATO CAKES)

Serves 6



These flattened balls of spicy potato mixture are traditionally fried but in this recipe they are baked to lower the fat content. Serve hot with a chutney or side dish.

INGREDIENTS	EQUIPMENT
400g potatoes – boiled and mashed or baked for scooping out 1 small onion, or 4 spring onions – finely chopped 2 tablespoons rapeseed oil 1 large handful of coriander leavers – finely chopped 1 or 2 green chillis – finely chopped 1 teaspoon turmeric 1 teaspoon ground cumin 1 egg yolk 25g gram flour (chickpea flour)	Small frying pan Masher Chopping board Sharp knife Tablespoon Teaspoon Fork Mixing bowl Baking tray Baking parchment Pastry brush Palette knife

METHOD

1. Place the cooked (and cooled) potato in the mixing bowl.
2. Gently fry the chopped onion with 1 tablespoon oil until soft but not too brown.
3. Heat oven to 200 °C, Gas 6.
4. Add the fried onions, chopped coriander, spices, gram flour and egg yolk to the potato in the bowl and mix thoroughly.
5. With your hands, shape the mixture into even sized balls (about a tablespoon in each).
6. Pour 1 tablespoon oil onto baking parchment on the baking tray and brush all over. Place the balls of potato mixture onto the tray and press each one down to flatten slightly and pick up some oil. Flip the potato cakes over with a palette knife and space the potato cakes out.
7. Bake for 20 minutes until golden brown.



RECIPE NOTES AND TIPS

- Baking rather than frying reduces the fat in this recipe
- Consider wearing thin plastic gloves to protect hands from chilli juices
- Use chilli flakes if you don't want to handle fresh chillis
- These potato cakes have Indian herbs and spice – experiment with other flavours like chives, mint, garlic etc
- The egg yolk can be omitted if someone is allergic

ALLERGY AWARE

This recipe contains:

- egg

OATY FRUIT CRUMBLE

Serves 6



INGREDIENTS

200g plain flour
100g butter
75g golden caster sugar
75g oats
350g cooking apples or rhubarb
100g raspberries
demerara sugar for browning

EQUIPMENT

mixing bowl
table knife
wooden spoon
chopping board
peeler
sharp knife
1.8 litre ovenproof dish

METHOD

1. Heat the oven to 200°C/Gas 6. Place the flour, butter and caster sugar in a mixing bowl. Using a table knife cut the butter into small pieces and then rub in until the mixture resembles breadcrumbs. Stir in the oats.
2. Peel, core and thinly slice the apples or slice the rhubarb (depending on which you are using) and arrange in the ovenproof dish. Sprinkle with caster sugar and 'dot' the raspberries over the apple or rhubarb.
3. Scatter the crumble mixture evenly over the fruit and then sprinkle with the demerara sugar.
4. Bake for 45 minutes until golden-brown and the fruit is soft.
5. Serve warm with plain yoghurt, cream, crème fraîche, ice-cream or custard.



RECIPE NOTES AND TIPS

- Cut the apples or rhubarb into thin even-sized slices so that they cook evenly.
- Alternatively you could use both apples and rhubarb. Simply halve the amount the apples and use the same amount again of rhubarb.
- Use frozen raspberries instead of fresh when they are not in season.
- Butter is used in this recipe for the flavour and texture it adds to the crumble, however, butter increases the saturated fat content. A polyunsaturated margarine can be used but the crumble may be less crunchy.

Per 140g serving

ENERGY

1488kJ / 355kcal

18%

MED

FAT

15.0g

21%

HIGH

SATURATES

8.8g

44%

MED

SUGARS

16.5g

18%

LOW

SALT

0.3g

4%

% of an adult's reference intake

Typical values per 100g : Energy 1063kJ / 254kcal

ALLERGY AWARE

This recipe contains:

- Gluten (flour and oats)
- Milk (butter)

APPLE, ORANGE AND CELERY SALAD

Makes 4 servings



A crunchy salad that is good made in the winter and early spring months.

INGREDIENTS	EQUIPMENT
1 red-skinned eating apple e.g. Pink Lady 1 green-skinned eating apple – e.g. Granny Smith 4 sticks celery – washed 1 spring onion 1 lemon – squeezed 1 large orange or 2 satsumas or tangerines 2 tablespoons light salad cream or mayonnaise	chopping board sharp knife melon baller lemon squeezer mixing bowl small bowl tablespoon serving dish

METHOD

1. Cut the apples in half from stalk to base. Use the melon baller to scoop out the cores. Slice the apple thinly or cut into dice, and put it into the mixing bowl with half the juice of the lemon juice.
2. Cut the celery into 1cm pieces. Divide the orange or satsumas into segments, and cut the large segments into pieces. Slice the onions. Add the segments and the onions to the mixing bowl.
3. In the small bowl, combine the salad cream and the remaining lemon juice. Mix well and pour the mixture over the apple, orange and celery. Toss lightly to coat.
4. Pile into a serving bowl.

APPLE, ORANGE AND CELERY SALAD

Makes 4 servings



RECIPE NOTES AND TIPS

- Use British apples when in season, e.g. Cox's Orange Pippin, Worcester or Discovery.
- A bed of crisp lettuce like Little Gem goes well with the salad.

ALLERGY AWARE

This recipe contains:

- Celery
- Egg (mayonnaise)

Per 147g serving

ENERGY

285kJ / 68kcal

3%

LOW

FAT

1.5g

2%

LOW

SATURATES

0.2g

1%

MED

SUGARS

11.1g

12%

LOW

SALT

0.1g

<1%

% of an adult's reference intake

Typical values per 100g : Energy 194kJ / 46kcal

NUTRITION INFORMATION

Typical Values	Amount per 100g	Amount per serving (147g)
Energy	194kJ / 46kcal	285kJ / 68kcal
Protein	0.7g	1.0g
Carbohydrate (of which sugars)	7.5g (7.5g)	11.1g (11.1g)
Fat (of which saturates)	1.0g (0.1g)	1.5g (0.2g)
Fibre	2.1g	3.1g
Salt	Trace	0.1g

HARVEST VEGETABLE SOUP

Serves 6

INGREDIENTS	EQUIPMENT
1 medium-sized potato – peeled and diced 2 leeks – trimmed, washed and finely sliced 2 carrots – peeled and sliced 1 medium-sized onion – peeled and finely chopped 2 courgettes – sliced 50g frozen peas 1 small can chopped tomatoes 1 dessertspoon reduced salt bouillon powder ground black pepper 750ml water 1 tablespoon fresh parsley – chopped	peeler vegetable knife chopping board measuring jug can opener large saucepan with lid wooden spoon tablespoon slotted spoon ladle blender

METHOD

1. Put all the prepared vegetables, except the peas and tomatoes, in the pan.
2. Add the water and bouillon powder.
3. Heat the mixture to boiling point, and then reduce the heat to a simmer. Put the pan lid on and cook for 20 minutes or until the vegetables are tender. Add a little more water, if needed.
4. With a slotted spoon, carefully remove approximately a third of the vegetables from the pan. Purée them in a blender with half the canned tomatoes.
5. Return the puréed vegetables to the pan, then add the peas and the remaining tomatoes. Reheat gently until hot.
6. Serve with warm crusty bread.

RECIPE NOTES AND TIPS

- Allow the soup to cool before blending and follow guidelines in the appliance handbook regarding the maximum quantity that can be blended.
- Other vegetables can be used if available, for example diced butternut squash or summer turnips

ALLERGY AWARE

This recipe doesn't contain any of the 14 main allergens.

Per 219g serving

	ENERGY	
	343kJ / 82kcal	4%
LOW	FAT	
	0.9g	1%
LOW	SATURATES	
	0.2g	1%
LOW	SUGARS	
	6.2g	7%
LOW	SALT	
	0.5g	8%

% of an adult's reference intake

Typical values per 100g : Energy 157kJ / 37kcal

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (219g)
Energy	157kJ / 37kcal	343kJ / 82kcal
Protein	1.6g	3.4g
Carbohydrate (of which sugars)	5.8g (2.8g)	12.7g (6.2g)
Fat (of which saturates)	0.4g (0.1g)	0.9g (0.2g)
Fibre	2.0g	4.5g
Salt	0.2g	0.5g

RAINBOW COUSCOUS SALAD

Makes 4 servings



Red, orange, yellow and green - lots of colourful fruit and vegetables towards your 5-a-day

INGREDIENTS	EQUIPMENT
250g couscous 1 dessertspoon bouillon powder 250g boiling water 1 tablespoon olive oil ¼ red pepper – deseeded and chopped ¼ green pepper – deseeded and chopped ¼ yellow pepper – deseeded and chopped ¼ orange pepper – deseeded and chopped 4 spring onions – finely sliced 4 tablespoon red kidney beans – drained 4 cherry tomatoes – cut into quarters 1 tablespoon mint – finely chopped juice of half a lemon ground black pepper to taste	mixing bowl measuring jug saucepan dessertspoon teaspoon tablespoon fork plate chopping board sharp knife serving bowl

METHOD

1. Place the couscous in the mixing bowl.
2. Measure the boiling water, olive oil and bouillon powder into a jug. Stir to dissolve.
3. Pour all the stock on to the couscous and stir thoroughly with a fork. Cover the bowl and set it aside for 10-15 minutes.
4. Uncover the bowl. Using the fork, separate the grains and allow the couscous to cool.
5. When the couscous is cold, stir in the prepared vegetables, the mint and the lemon juice. Season with pepper. Spoon the Rainbow Couscous into a serving bowl.

RAINBOW COUSCOUS SALAD

Makes 4 servings



RECIPE NOTES AND TIPS

- Use a reduced salt bouillon powder.
- A great salad for a healthy lunchbox – keep it in an insulated cool bag with icepack.

ALLERGY AWARE

This recipe contains:

- Gluten (couscous)
- Celery (may be in bouillon powder)

Per 245g serving

ENERGY

1260kJ / 298kcal

15%

LOW

FAT

5.2g

7%

LOW

SATURATES

0.5g

3%

LOW

SUGARS

6.2g

7%

MED

SALT

1.3g

21%

% of an adult's reference intake

Typical values per 100g : Energy 514kJ / 122kcal

15 Rainbow Couscous Salad

NUTRITION INFORMATION

Typical Values	Amount per 100g	Amount per serving (245g)
Energy	514kJ / 122kcal	1260kJ / 298kcal
Protein	1.7g	4.2g
Carbohydrate (of which sugars)	23.1g (2.5g)	56.5g (6.2g)
Fat (of which saturates)	2.1g (0.2g)	5.2g (0.5g)
Fibre	1.8g	4.5g
Salt	0.5g	1.3g