

Family Recipe Book



quick & easy healthy
meal ideas to make
with your family

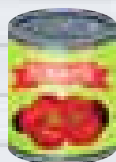
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Bolognese Sauce

Ingredients

- tbsp oil
- 1 garlic clove
- 1 onion
- 2 carrots
- 2 celery sticks
- 1 tsp herbs
- 300g mince
- (or QUORN mince)
- 1 stock cube
- 1 can passata
- (or 2 cans of
- chopped tomatoes)



Directions

1. Chop all the vegetables and cook in a pan with a tbsp of oil
2. Add passata, the stock cube and dried herbs.
3. Once the vegetables are cooked add the mince
4. Cook the mince until it becomes brown.
5. Simmer
6. Serve with your favourite pasta, add optional oil and cheese on top.

STEP-BY-STEP

1. Chop vegetables



2. Season & stir fry



3. Add mince



4. Cook mince



5. Simmer



6. Serve





Apple Crumble

ingredients

- 2 eating apples (or tinned apples in juice, drained)
- Frozen berries
- 50g margarine
- 50g oats
- 100g plain/wholemeal
- 25g sugar



directions

1. Preheat the oven to 190C or gas mark 5
2. Rub the margarine into the flour until it resembles breadcrumbs
3. Stir in the oats and sugar
4. Cut the apples into slices or small chunks and layer at the bottom of the dish
5. Add in some frozen or tinned berries eg pears, blackberries, mixed berries
6. Sprinkle the crumble topping over the apple & fruit
7. Bake in the oven for 25 – 30 mins until the fruit is soft and crumble is golden

STEP-BY-STEP

1. Preheat oven



2. Rub margarine to flour



3. Add oats & sugar



4. Chop apples



5. Add berries



6, 7. Add crumbs and bake



Cous Cous Salad

ingredients

- 160g cous cous
- 250g tomatoes
- 2 green peppers
- 1/2 onion
- 1/2 can sweetcorn
- 1/2 tin beans

DRESSING:

- 1 tbsp oil
- 1 tbsp honey
- black pepper
- 1/2 lime juice
- 1/4 tsp garlic powder, cumin, paprika



directions

1. Cook cous cous as per instructions and set aside to cool down
2. Chop all your vegetables
3. Prepare your dressing by combining all the dressing ingredients
4. Add all the vegetables to a bowl and pour the dressing on top. Mix until well combined

STEP-BY-STEP

1. chop



2. seasoning

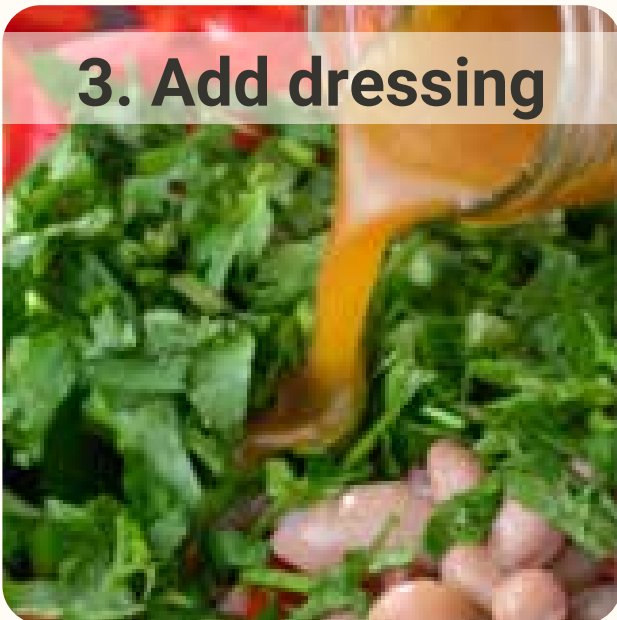
1. Cook cous cous



2. Chop vegetables



3. Add dressing



4. Mix and serve



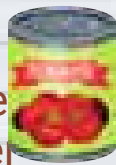
Lentil Soup

ingredients

- 400g lentils (red or yellow)
- 1 tbsp oil
- 1 onion
- 2 garlic cloves
- 2 celery sticks
- 300g passata
- 1 cube stock
- black pepper

Optional:

- 1/2 tsp cumin
- 1/2 tsp coriander powder
- 1 1/2 tsp paprika powder
- 1 dried bay leaf
- 1/2 lemo, zest and juice



directions

1. Cook lentils as per instructions, drain and set aside.
 2. Heat oil in a large pot over medium heat. Add garlic and onions, cook for 2 minutes.
 3. Add celery and carrots, Cook until softened.
 4. Add all remaining ingredients (except the lemon), lentils included. Add water.
 5. using a stick blender, do 4-5 quick whizzes to thicken the soup.
 6. Season to taste with black pepper.
 7. Garnish with parsley if desired and serve with warm bread or naan bread.
- Optional: grate over zest of lemon then add a squeeze of lemon juice just before serving).

STEP-BY-STEP

1. chop



2. seasoning

1. Cook lentils



2,3. Cook chopped vegetables



4. Add remaining ingredients



5. Blitz, garnish and serve



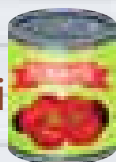
Quick Pizza

ingredients

- 100g 0% greek yogurt
- 100g self-raising flour
- 80g mozzarella cheese
- pizza sauce/passata
- dried herbs

Optional:

Add your favourite toppings



directions

1. Pre heat the oven to 190C.
2. Line a baking tray with baking paper
3. Place the yogurt and flour in a large bowl, stir well with a spoon until just combined.
4. Knead the dough with your hands until smooth (approx. 2 mins)
5. Cut the dough into 2 pieces
6. Using your hands or rolling pin roll the dough into 2 round shapes
7. Place the dough on the tray and bake for approx. 18 minutes until the dough is beginning to turn golden
8. Remove from the oven and top each base with tomato sauce
9. Sprinkle the mozzarella over the pizza
10. Add the topping you like

STEP-BY-STEP

1. chop



2. seasoning

1, 2, 3. Mix ingredients



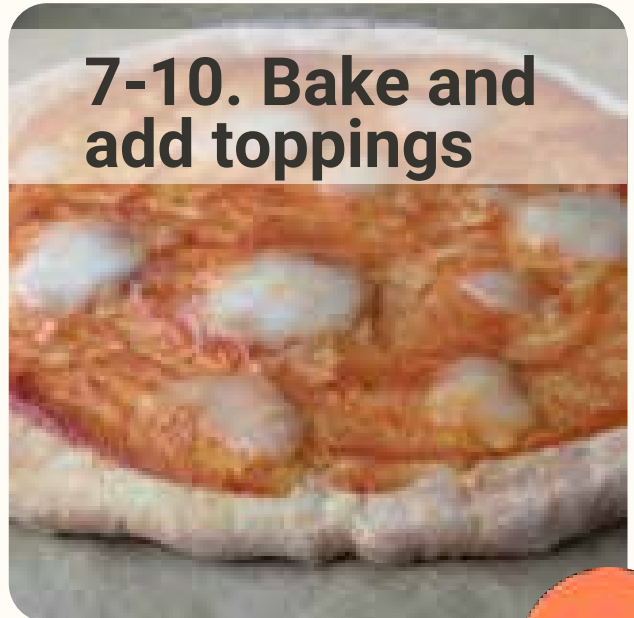
4. Knead dough



5. Roll dough



7-10. Bake and add toppings



Wraps

ingredients

- 2 tbsp low fat cream cheese
- 1 wrap
- 5 thin lean ham slices
- 1/2 grated carrot
- 2 leaves lettuce
- 1 tbsp sweetcorn



directions

1. Spread the wrap with low fat soft cheese
2. Add any other topping – (not too much otherwise this will not roll)
3. Roll the wrap into a sausage shape.
4. Cut into smaller slices and garnish with salad.

STEP-BY-STEP

1. chop



1. Spread the wrap with cheese

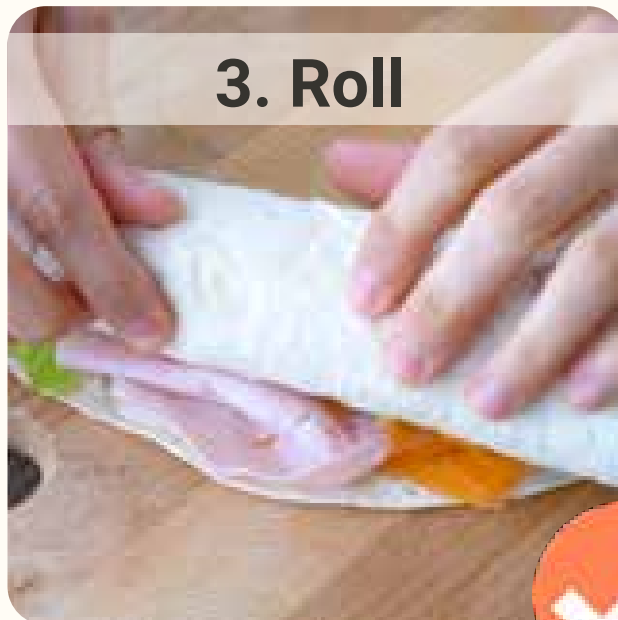


2. seasoning

2. Add toppings



3. Roll



Layered Pasta

ingredients

- 100g pasta – macaroni works well
- 4 tbsp of sweetcorn
- 3 tbsp of grated cheese
- 1 tomato
- 1/4 cucumber
- 1/2 pepper

DRESSING:

2 tbsp 0% fat greek yogurt
1 tbsp oil
squeeze of lemon

directions

1. Cook the pasta as per the packet
2. Drain & leave to cool
3. Drizzle over some olive oil to prevent it sticking together
4. Chop up all the veg into small pieces
5. Layer the pasta on the bottom of the pot/jar
6. Layer each separate veg on top to resemble a rainbow
7. Make a yogurt & lemon dressing by adding a teaspoon of lemon to greek yogurt and serve alongside the pasta salad or a light mayo if preferred.

STEP-BY-STEP

**1,2. Cook pasta,
drain, cool down**



3. Drizzle some oil



4. Chop up veg



5. Layer pasta



6. Layer vegetables



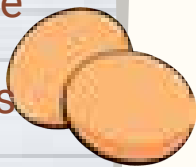
7. Make dressing



Mini Quiche Boats

ingredients

- 2 eggs whisked
- 4 tortilla boats or wraps
- 2 tbsp grated cheese
- 1 tbsp of dried herbs
- 1/2 pepper
- 2 tbsp sweetcorn
- 2-3 mushrooms
- 1/2 onion
- 1 tomato



directions

1. Pre heat the oven to 180C, fan 170C, gas mark 5.
2. Line a baking tray with baking paper
3. Whisk the eggs in a bowl
4. Chop the vegetables into small pieces
5. Grate the cheese
6. Place the chopped veg and cheese into the egg bowl and stir
7. Sprinkle some dried herbs on the top and mix
8. Fill the tortilla boats with the egg mixture
9. Cook in the oven for 15 – 20 mins until golden on top and firm to touch
10. Leave to cool or serve warm with salad or coleslaw

STEP-BY-STEP

**1, 2. Pre heat oven
+ prepare tray**



3. Whisk the eggs



4. Chop up veg



5. Grate cheese



**6,7. Mix cheese
& veg. Add spices**



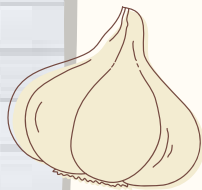
**8,9, 10. Add mix to
tortilla boats. Bake.
Cool down**



Quick & Easy Houmous

ingredients

- 1 can (400g) chickpeas drained
- 3 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon tahini
- 1 garlic clove
- Paprika to garnish



directions

1. Put all the ingredients except the olive oil in a blender and blitz until smooth.
2. Drizzle in the oil a little at a time and continue to blend until it has all combined (if the houmous seems to be too thick add a little of the retained chickpea liquid from the can)
3. Serve with flat breads, bread sticks or crudites such as carrots, cucumber, peppers, celery and sugar snap peas.

STEP-BY-STEP

1. chop



1. Add ingredients to a blender

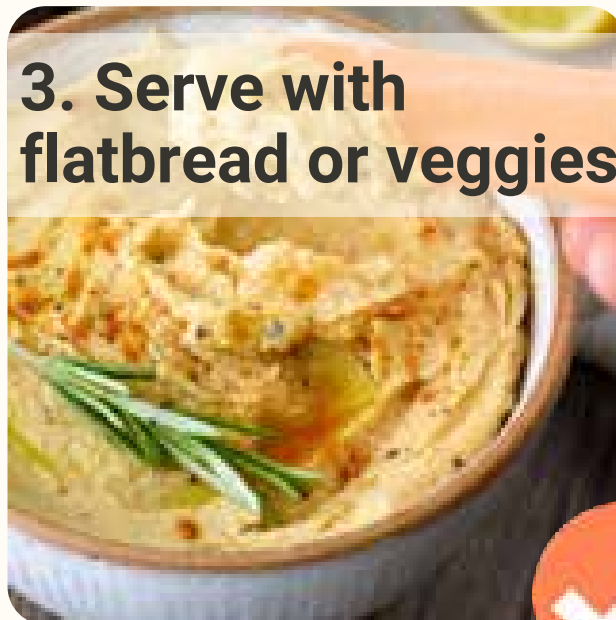


2. seasoning

2. Drizzle oil



3. Serve with flatbread or veggies



Jelly & yogurt fruit pots

ingredients

- 1 sachet of Sugar free jelly (crystals)
- 2-3 tbsp of 0% greek yogurt
- handful of frozen or fresh berries
- a sprinkle of granola

directions

1. Make jelly as per packet instructions into a glass or cup and leave to set.
2. Place a small amount of greek yogurt on top of the jelly
3. Add a handful of fresh or frozen berries
4. Sprinkle with granola and drizzle with honey (optional)

STEP-BY-STEP

1. chop



1. Make jelly, leave in a cup to set



2. Add yogurt



3. Add frozen berries



4. Sprinkle granola

