

*I can*

**Cook it!**

fun, fast food for less



## How to cook healthy recipes in easy steps




# Notes for helpers or carers




Before making these recipes, please read this page of notes.

## Recipes

All the recipes are listed in alphabetical order and have been coded with 1 to 3 chef's hats to show the level of difficulty.

 = very straight-forward recipe using basic food preparation skills;

  = recipes requiring slightly more developed food preparation skills;

   = more complicated recipes and/or requiring a high level of food preparation skills or involving many more steps.

- |  |                                 |                                    |                                      |                                    |
|--|---------------------------------|------------------------------------|--------------------------------------|------------------------------------|
| • Apple crumble                                | • Cheesy garlic bread           | • Ham salad sandwich               | • Rainbow rice                       | • Strawberry yogurt shake          |
| • Baked potatoes with a spicy mushroom filling | • Chicken curry                 | • Healthy fish and chips with peas | • Scones                             | • Summer fruit fool                |
| • Bread and apple pudding                      | • Chicken drumsticks with bacon | • Homemade burger                  | • Smoked mackerel pâté               | • Ulster style pizza               |
| • Bruschetta                                   | • Fish pie                      | • Macaroni cheese                  | • Spaghetti Bolognese                | • Vegetable soup with a difference |
|  | • Fresh fruit salad             | • Pancakes                         | • Stewed apple with yogurt and honey | • Vegetable tortilla               |

## Measurements

Quantities for ingredients are shown in metric (grammes - g; litres - l).

When using tins of food (like beans or tuna), please note that tin sizes may vary slightly between manufacturers – the recipes will still work even with slightly larger or slightly smaller tin sizes.

Where possible, handy measures for ingredients have also been included. Where a cup measure is indicated this refers to a standard teacup, which contains approximately 225ml. Where dry ingredients are measured using a cup, the cup should be loosely filled and level. Where spoonfuls have been indicated, these are always level:

- 1 tablespoon = 15ml
- 1 dessertspoon = 10ml
- 1 teaspoon = 5ml



## Ingredients

### Vegetable oil

Recipes may list 'vegetable oil' as an ingredient but we recommend you use an unsaturated oil, such as rapeseed oil, corn oil or sunflower oil.



### Eggs

Unless the recipe states otherwise, we recommend you use large eggs.



### Salt

Try to reduce your salt intake by using only small amounts of salt in cooking. If you want to add extra flavour in a recipe, try to use garlic, pepper, herbs, spices, lemon or lime juice rather than salt.



### Pepper

Freshly ground black pepper has been used in all savoury recipes; this will give the best results, but you can use a small amount of pre-prepared ground pepper. Do take care and use only a little as it can be a strong flavour.



### Bread

Recipes using bread have been tested using medium sliced family sized loaves of bread. Recipes will work with either white or wholemeal bread but the wholemeal has more fibre.



## Equipment

A list of equipment with a photograph of each item has been included for each recipe. Try to collect all the items before you start cooking.

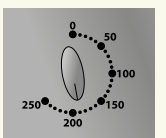
### Oven gloves

It's good to have oven gloves available in the kitchen at all times. Where they are essential (eg for removing hot trays from a grill or oven) we have shown them in the list of equipment, however you may also want to use them for other jobs, like draining saucepans.



### Ovens

Ovens should be preheated to the temperature shown. This will take about 15 minutes for an electric oven and 10–15 minutes for a gas oven.







Put on apron



Tie up hair



Clean work surfaces and wash hands

## Apple crumble



## Ingredients

Vegetable oil to grease dish  
675g (1½ lb) cooking apples  
50ml (¼ cup) water  
1 teaspoon mixed spice  
100g (8 tablespoons) caster sugar  
75g (10 tablespoons) plain wholemeal flour  
50g unsaturated margarine  
25g (4 tablespoons) porridge oats

## Equipment



Pastry brush



Ovenproof pie dish



Apple corer



Peeler



Sharp knives



Chopping board



Medium saucepan



Cup or measuring jug



Teaspoon



Tablespoon



Silicone spoon



Sieve



Bowl

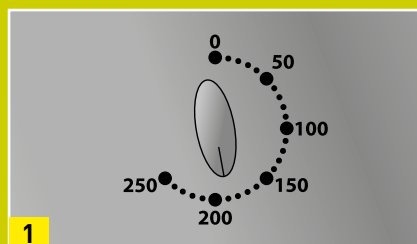


Scales



Oven gloves

## Method



1 Pre-heat oven 190°C or gas mark 5 and grease dish



2 Wash apples



3 Core cooking apples



4 Peel



5 Slice



6 Place the apples in saucepan and add water



7 Add mixed spice



8 Add 4 tablespoons of sugar



9 Stir



10 Cover and cook gently



11 Measure wholemeal flour



12 Sift the flour



13 Tip bran from sieve into bowl



14 Weigh margarine



15 Rub margarine into flour



16 Add porridge oats



17 Add the rest of the sugar



18 Stir crumble



19 Place apples in greased ovenproof dish



20 Sprinkle crumble on top - do not press down



21 Bake in oven: 15 mins. Then reduce heat to 180°C or gas mark 4 and cook another 45 minutes until golden brown  
**Caution! Hot!**



22

Why not try other fillings?

- apple and rhubarb
- plum and cherry
- apple and blackberry

## Serve





Put on apron



Tie up hair



Clean work surfaces and wash hands

## Baked potatoes with a spicy mushroom filling



## Ingredients

2 large potatoes  
1 dessertspoon vegetable oil  
100g button mushrooms  
4 tablespoons natural yogurt  
1 dessertspoon tomato purée  
1 teaspoon curry powder  
Pepper

## Equipment



Fork



Baking Sheet



Oven gloves



Sharp knife



Chopping board



Non-stick frying pan



Dessertspoon



Silicone spoon

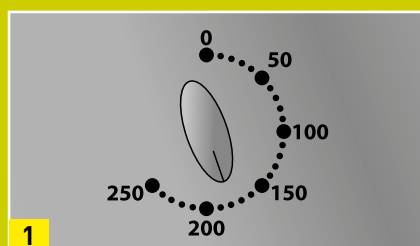


Tablespoon



Teaspoon

## Method



1 Pre-heat oven to 180°C or gas mark 4



2 Scrub potatoes (do not peel).



3 Prick all over with fork



4 Bake in pre-heated oven until soft inside (check after 60 minutes)



5 Wash mushrooms



6 Chop



7 Heat oil in frying pan



8 Add mushrooms and cook 3-4 minutes until soft



9 Remove frying pan from heat, cool, then add yogurt



10 Add tomato purée



11 Add curry powder



12 Season with pepper



13 Stir



14 Remove cooked potato from oven **Caution! Hot!**



15 Cut potatoes in half



16 Add filling



17 Serve



**Serves: 4**  
**Cooking time: 25–30 minutes**  
Soaking time about 30 minutes



**Put on apron**



**Tie up hair**



**Clean work surfaces and wash hands**

## Bread and apple pudding



## Ingredients

4 large egg yolks  
50g (4 tablespoons) caster sugar  
PLUS  
Extra 25g (2 tablespoons) caster sugar  
600ml semi-skimmed milk  
2 cooking apples  
50g (3 handfuls) sultanas  
½ teaspoon ground cinnamon  
4 slices of white or brown bread  
Vegetable oil to grease dish

## Equipment



2 bowls



Scales (not essential)



Tablespoon



Whisk



Measuring jug



Small saucepan



Silicone spoon



Peeler



Sharp knife



Chopping board



Teaspoon



Bread knife



Pastry brush

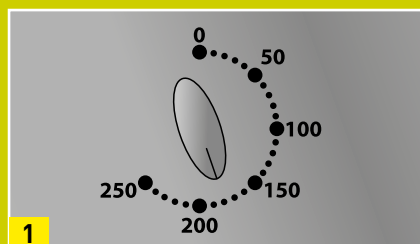


Ovenproof dish



Oven gloves

## Method



**1** Pre-heat oven to 180°C or gas mark 4



**2** Separate egg yolks



**3** Add caster sugar



**4** Whisk egg yolks and sugar



**5** Measure milk



**6** Heat milk in saucepan – do not boil



**7** Add warmed milk to egg yolks and stir



**8** Wash cooking apples



**9** Peel



**10** Slice and place in a bowl



**11** Add sultanas



**12** Add caster sugar



**13** Add cinnamon



**14** Stir



**15** Trim crusts from bread



**16** Cut into triangles



**17** Place half the bread in greased ovenproof dish



**18** Sprinkle over apples and sultanas



**19** Pour egg and milk custard over apples



**20** Overlap bread on top and soak for 30 mins



**21** Bake for 20–25 minutes  
**Caution! Hot!**



**22**

## Serve



**Serves:** 3–4  
**Cooking time:** 8–10 minutes



Put on apron



Tie up hair



Clean work surfaces and wash hands

## Bruschetta



## Ingredients

1 part baked ciabatta  
250g ripe tomatoes  
Fresh basil leaves  
2 cloves garlic  
50g unsaturated margarine

## Equipment



Bread knife



Sharp knife



Chopping board



Chopping board



Garlic press



Bowl



Scales



Tablespoon



Fork



Dessertspoon



Table knife

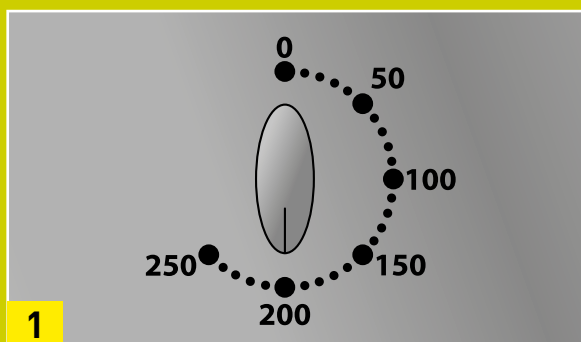


Baking sheet



Oven gloves

## Method



**1** Pre-heat oven to 200°C or gas mark 6



**2** Slice ciabatta into thick slices



**3** Wash basil and tomatoes



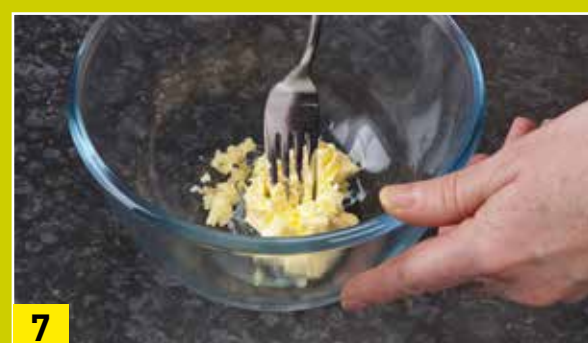
**4** Roughly chop basil and tomatoes



**5** Crush garlic



**6** Weigh margarine



**7** Mix garlic and margarine, spread over ciabatta slices



**8** Divide tomato and basil over ciabatta slices



**9** Cook in oven: 8–10 minutes  
**Caution! Hot!**



**10** Serve



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**Serves: 4**  
**Cooking time: 2 minutes**



**Put on apron**



**Tie up hair**



**Clean work surfaces and wash hands**

## Cheesy garlic bread



## Ingredients

1 large baguette (or 2 small)  
25g unsaturated margarine  
1 clove garlic  
50g Cheddar cheese

## Equipment



Bread knife



Chopping board



Scales



Garlic press



Fork



Bowl



Table knife



Grater

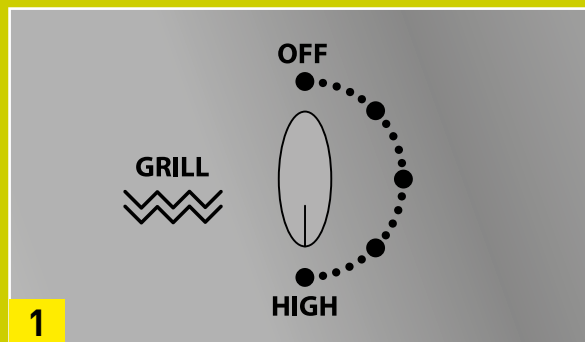


Teaspoon



Oven gloves

## Method



1

**Heat grill to high**



2

**Slice baguette thickly**



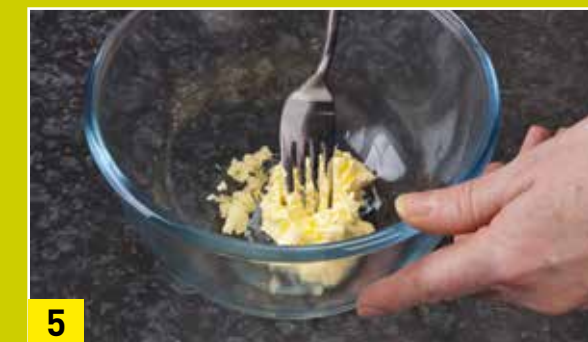
3

**Weigh unsaturated margarine**



4

**Crush garlic**



5

**Mix margarine and garlic**



6

**Spread garlic margarine over slices**



7

**Grating cheese**



8

**Sprinkle on grated cheese**



9

**Place slices on grill pan**  
**Caution! Hot!**



10

**Grill for 2 minutes until cheese has melted**  
**Caution! Hot!**



11

**Serve**



**Serves: 4**  
**Cooking time: 60 minutes**



**Put on apron**



**Tie up hair**



**Clean work surfaces and wash hands**

## Chicken curry



## Ingredients

1 red pepper  
8 mushrooms  
1 green apple  
1 onion  
1 clove garlic  
4 chicken fillets  
1 x 220g tin of pineapple chunks in natural juice  
3 tablespoons (25g) flour  
4 teaspoons curry powder  
1 chicken stock cube  
1 tablespoon vegetable oil  
A handful of sultanas  
250–350g (1½–2 cups) uncooked brown or white rice

## Equipment



Sharp knives



Green chopping board



Garlic press



Red chopping board



Tin opener



Sieve



Tablespoon



Teaspoon



Measuring jug



Kettle



2 Large saucepans



Silicone spoon



Scales



Cup



Colander

## Method



**1**  
**Wash pepper, mushrooms and apple.**



**2**  
**Peel onion**



**3**  
**Chop onion finely**



**4**  
**Remove seeds**



**5**  
**Chop**



**6**  
**Slice mushrooms**



**7**  
**Crush garlic**



**8**  
**Chop apple**



**9**  
**Cut chicken fillets into strips**



**10**  
**Drain pineapple chunks**



**11**  
**Measure plain flour**



**12**  
**Measure curry powder**



**13**  
**Add boiling water to stock cube**



**14**  
**Make up to 450 ml and stir**



**15**  
**Heat oil in saucepan**



**16**  
**Add chicken strips and cook about 10 minutes until brown**



**17**  
**Add onion and garlic, cook for 5 minutes**



**18**  
**Add red peppers and mushrooms, cook until soft**



**19**  
**Stir in flour and curry powder**



**20**  
**Add the stock gradually and bring to boil**



**21**  
**Add sultanas**



**22**  
**Stir, then cover and simmer for 30 minutes**



**23**  
**Weigh rice or measure with cup**



**24**  
**Cook rice until tender**



**25**  
**Add apple and pineapple, cook for 5 minutes**



**26**  
**Drain and rinse rice**



**27**  
**Serve**



**Serves: 4**  
**Cooking time: 35 minutes**



**Put on apron**



**Tie up hair**



**Clean work surfaces and wash hands**

## Chicken drumsticks with bacon



## Ingredients

8 small chicken drumsticks  
8 rashers of lean back bacon

## Equipment



**Red chopping board**



**Sharp knife**



**Baking tray or ovenproof dish**

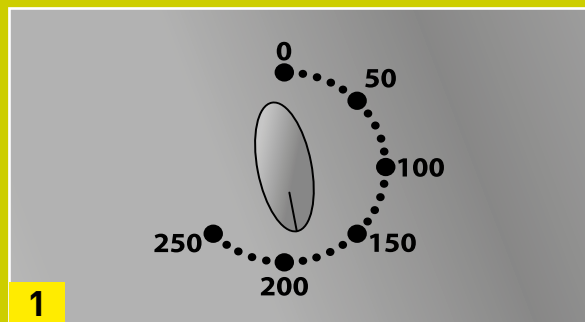


**Tinfoil**



**Oven gloves**

## Method



**1 Pre-heat oven 190°C or gas mark 5**



**2 Loosen chicken skin**



**3 Pull skin back**



**4 Cut off loose skin**



**5 Stretch bacon rashers**



**6 Wrap bacon around drumsticks**



**7 Place on oven tray lined with tinfoil**



**8 Wrap tinfoil loosely**



**9 Cook in oven for about 30 minutes **Caution! Hot!****



**10 Pull back the foil from drumsticks **Caution! Hot!****



**11 Cook in oven for 5 minutes until brown **Caution! Hot!****



**12 Remove from oven **Caution! Hot! Make sure chicken is cooked****



**13 Serve**



**Serves: 4-6**  
**Cooking time: 35 mins**



**Put on apron**



**Tie up hair**



**Clean work surfaces and wash hands**

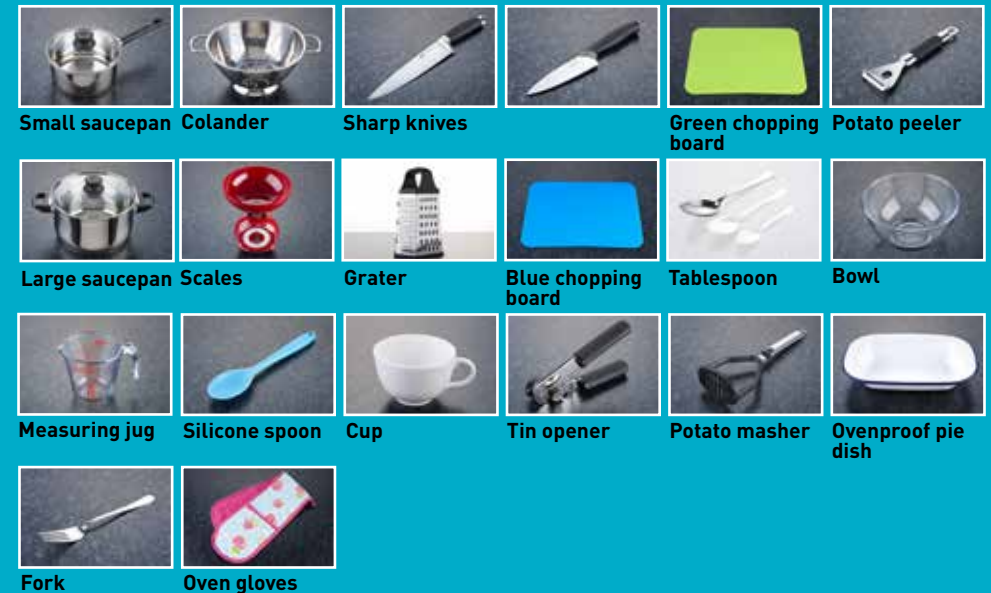
## Fish pie



## Ingredients

- 2 medium eggs
- 3 medium potatoes
- 1 small turnip
- 50g Cheddar cheese
- 275g smoked fish (haddock)
- 1½ tablespoons cornflour
- 600ml semi-skimmed milk plus extra for mashing
- 75g (¾ cup) frozen peas, defrosted
- 1 x 198g tin sweetcorn
- 1 tablespoon chopped parsley

## Equipment



## Method



**1**  
**Hard boil eggs in water**



**2**  
**Cool quickly under cold water**



**3**  
**Remove shells**



**4**  
**Chop**



**5**  
**Peel potatoes**



**6**  
**Cut into dice**



**7**  
**Peel turnip**



**8**  
**Cut into dice**



**9**  
**Cook veg for 15-20 minutes**



**10**  
**Weigh cheese**



**11**  
**Grate cheese**



**12**  
**Remove skin and bones from fish**



**13**  
**Cut the fish into cubes**



**14**  
**Place cornflour in bowl**



**15**  
**Mix to a paste with cold water**



**16**  
**Measure milk for the sauce**



**17**  
**Heat milk but do not boil**



**18**  
**Add some hot milk to paste**



**19**  
**Add back to hot milk and stir**



**20**  
**Cook until the sauce thickens**



**21**  
**Add smoked haddock**



**22**  
**Add peas**



**23**  
**Add sweetcorn**



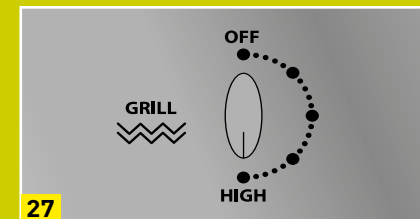
**24**  
**Add chopped egg**



**25**  
**Add chopped parsley**



**26**  
**Stir and cook 2-5 minutes**



**27**  
**Heat grill to high**



**28**  
**Drain potato and turnip**



**29**  
**Mash well**



**30**  
**Pour fish mixture into pie dish**



**31**  
**Spread mash**



**32**  
**Sprinkle grated cheese over top**



**33**  
**Cook under grill until cheese melts**  
**Caution! Hot!**



**34**  
**Serve**



Serves: 4



Put on apron



Tie up hair



Clean work surfaces and wash hands

## Fresh fruit salad



## Ingredients

2 eating apples  
10 black grapes  
10 green grapes  
1 orange  
1 medium banana  
½ cup (150ml) pure orange juice

## Equipment



Sieve



Apple corer



Sharp knives



Chopping board



Large bowl



Cup or measuring jug



Tablespoon

## Method



1 Wash apples and grapes



2 Core apples



3 Slice



4 Peel orange



5 Slice segments



6 Cut grapes in half



7 Peel banana



8 Slice



9 Add orange juice



10 Mix



11 Serve



Serves: 1



Put on apron



Tie up hair



Clean work surfaces and wash hands

## Ham salad sandwich



## Ingredients

- 2 lettuce leaves
- 1 tomato
- 1 scallion (spring onion)
- 1 dessertspoon mayonnaise
- 2 slices wholemeal bread
- 2 thin slices cooked ham

## Equipment



Colander



Sharp knife



Chopping board



Chopping board



Dessertspoon



Table knife



Bread knife

## Method



1

Wash salad



2

Slice tomato



3

Slice scallion



4

Spread mayonnaise on bread



5

Place lettuce on bread



6

Place ham on lettuce



7

Add tomato



8

Add scallion



9

Top with slice of bread



10

Cut across diagonally



11

Serve

Why not try other fillings?

- tuna and sweetcorn
- cottage cheese and pineapple
- chicken slices with chutney



Serves: 1  
Cooking time: 25–35 mins



Put on apron



Tie up hair



Clean work surfaces and wash hands

## Healthy fish and chips with peas



## Ingredients

- 1 large potato
- 1 dessertspoon vegetable oil
- Black pepper
- 150–175g piece of white fish eg haddock, cod, coley
- Small knob of butter or unsaturated margarine
- Juice of half a lemon
- 1 x 150g tin of marrowfat peas
- 1 tablespoon tartare sauce

## Equipment



Peeler



Sharp knife



Chopping board



Dessertspoon



Non-stick baking tray



Pastry brush



Oven gloves



Non-stick baking tray



Tinfoil



Table knife



Lemon squeezer



Tin opener



Small saucepan



Colander



Bowl

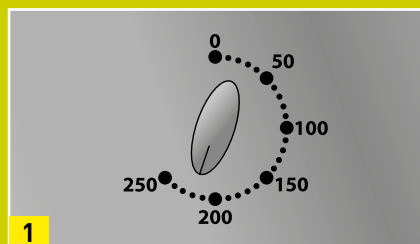


Tablespoon



Potato masher or fork

## Method



1 Pre-heat oven 220°C or gas mark 7



2 Peel potato



3 Cut into large chunky chips



4 Brush with oil



5 Season with pepper



6 Cook in oven: 25–35 minutes **Caution! Hot!**



7 Put fish on tray and add small knob butter



8 Squeeze over lemon juice



9 Season with black pepper



10 Cook fish in oven: 8–10 minutes **Caution! Hot!**



11 Heat marrowfat peas for 4–6 minutes



12 Drain peas and place in bowl



13 Add tartare sauce and mash



14 Remove fish from oven **Caution! Hot!**



15 Remove chunky chips from oven **Caution! Hot!**



16 Serve





Put on apron



Tie up hair



Clean work surfaces and wash hands

## Homemade burger



## Ingredients

- 1 onion
- 450g (1lb) lean minced meat (beef, pork or lamb)
- 1 teaspoon mixed herbs
- 1 large egg
- 2–3 slices bread
- 2 medium tomatoes
- ½ iceberg lettuce
- 4 burger buns
- 4 slices Cheddar cheese

## Equipment



Sharp knives



Chopping board



2 bowls



Teaspoon



Fork



Silicone spoon



Grater



Non-stick baking tray



Oven gloves

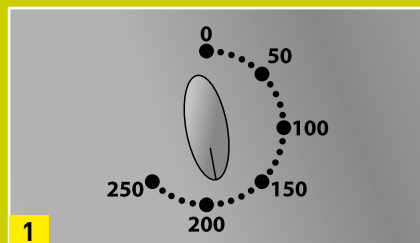


Fish slice



Colander

## Method



1 Pre-heat oven to 190°C or gas mark 5



2 Peel onion



3 Chop finely



4 Place mince in bowl, add chopped onion



5 Add mixed herbs



6 Beat egg



7 Add to mince and mix



8 Grate breadcrumbs



9 Add to mince



10 Mix well



11 Form four flat burgers - about 2 cm thick



12 Place burgers on tray  
Cook in oven: 20–25 minutes



13 Turn over halfway through cooking **Caution! Hot!**



14 Wash lettuce and tomatoes



15 Slice tomatoes



16 Place lettuce on burger bun



17 Add cooked burger



18 Add cheese slice



19 Add tomato slices



20 Add top of burger bun



21 Serve



**Serves: 4**  
**Cooking time: 20–23 mins**



**Put on apron**



**Tie up hair**



**Clean work surfaces and wash hands**

## Macaroni cheese



## Ingredients

100g mature Cheddar cheese  
350–450g (4–5 cups) dried macaroni  
1½ cups (300ml) semi-skimmed milk  
2 teaspoons cornflour  
1 x 400g tin of vegetables or 425g of frozen vegetables, eg peas or sweetcorn, defrosted  
½ teaspoon mustard  
Pepper to taste

## Equipment



**Scales**  
(not essential)



**Grater**



**Kettle**



**Large saucepan**



**Colander**



**Measuring jug or cup**



**Medium saucepan**



**Teaspoon**



**Small bowl**



**Silicone spoon**



**Tin opener**  
(if using tinned vegetables)

## Method



**1**  
**Weigh cheese**



**2**  
**Grate**



**3**  
**Measure macaroni**



**4**  
**Cook in boiling water until tender**



**5**  
**Drain macaroni**



**6**  
**Place back in saucepan to keep warm**



**7**  
**Measure milk and heat... do not boil**



**8**  
**Place cornflour in bowl**



**9**  
**Blend with cold water**



**10**  
**Add hot milk and stir**



**11**  
**Gradually add back into hot milk, stir well**



**12**  
**Reheat and stir until sauce thickens**



**13**  
**Add vegetables and stir**



**14**  
**Cook for 3–4 minutes until vegetables are hot**



**15**  
**Add grated cheese**



**16**  
**Add mustard**



**17**  
**Season with pepper**



**18**  
**Stir until cheese has melted**



**19**  
**Add sauce to cooked macaroni**



**20**  
**Stir**



**21**  
**Serve**



**Serves: 4**  
**Cooking time: 30–40 mins**



**Put on apron**



**Tie up hair**



**Clean work surfaces and wash hands**

## Pancakes



## Ingredients

100g plain flour

Pinch of salt

1 medium egg

250ml milk

1 teaspoon vegetable oil

## Equipment



**Scales**



**Sieve**



**Bowl**



**Silicone spoon**



**Measuring jug**



**Whisk**



**Teaspoon**



**Pancake pan or frying pan**



**Tablespoon**



**Fish slice**

## Method



**1 Weigh plain flour**



**2 Add a pinch of salt**



**3 Sieve flour and salt**



**4 Make a well**



**5 Break one egg into well**



**6 Measure 250ml milk and add**



**7 Whisk**



**8 Heat oil in frying pan**



**9 Add 2 tablespoons of batter**



**10 Cook until bubbles appear**



**11 Turn**



**12 Cook until golden brown**



**13 Repeat steps 9 to 12 until all the mixture is used**



**14 Serve**



**Serves: 4**  
**Cooking time: 15–20 mins**



**Put on apron**



**Tie up hair**



**Clean work surfaces and wash hands**

## Rainbow rice



## Ingredients

3 – 4 scallions (spring onions)  
10 mushrooms  
2 medium carrots  
1 red pepper  
225g lean cooked ham  
350g (2 cups) uncooked, long-grain rice  
1 tablespoon vegetable oil  
75g (¾ cup) fresh or frozen peas (defrosted)  
1 tablespoon light soy sauce  
Black pepper

## Equipment



Colander



Sharp knives



Chopping board



Peeler



Chopping board



Scales



Kettle



Saucepan



Tablespoon



Wok or large frying pan



Silicone spoon



Teaspoon

## Method



**1** Wash scallions, mushrooms, carrots and red pepper



**2** Slice mushrooms



**3** Slice scallions



**4** Peel carrots



**5** Cut into sticks



**6** Remove seeds



**7** Cut into strips



**8** Cut ham into strips then squares



**9** Measure rice



**10** Cook rice until tender



**11** Add oil to pan and heat



**12** Add scallions... stir fry



**13** Add mushrooms, carrots, red pepper, peas



**14** Add ham and stir fry for 5 minutes



**15** Drain rice



**16** Add rice to wok



**17** Add soy sauce



**18** Season with pepper



**19** Stir fry for 5 minutes



**20** Serve



**Makes: 8**  
**Cooking time: 10–15 mins**



**Put on apron**



**Tie up hair**



**Clean work surfaces and wash hands**

## Scones



## Ingredients

225g plain white flour  
1 level teaspoon baking powder  
40g unsaturated margarine  
150ml semi-skimmed milk  
Extra milk for brushing

## Equipment



Scales



Teaspoon



Sieve



Bowl



Cup or measuring jug



Knife



Rolling pin



Scone cutter (5cm)



Non-stick baking tray



Pastry brush

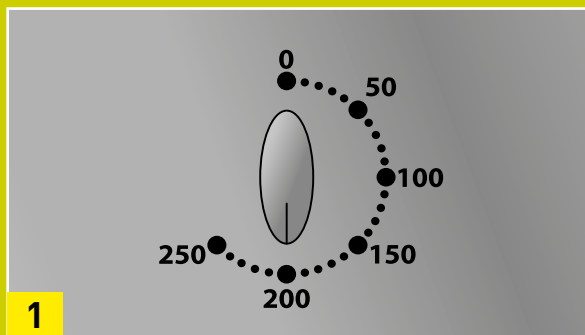


Oven gloves



Wire cooling rack

## Method



**1** Pre-heat oven 200°C or gas mark 6



**2** Weigh flour



**3** Add baking powder



**4** Sieve



**5** Weigh unsaturated margarine



**6** Rub margarine into flour



**7** Measure milk, add and mix until soft but not sticky



**8** Turn on to worktop and roll to 2 cm thick



**9** Cut into rounds



**10** Place on baking tray and brush with milk



**11** Bake in oven: 10–15 minutes  
**Caution! Hot!**



**12** Remove when risen and golden  
**Caution! Hot!**



**13** Cool



**14** Serve



Serves: 4



Put on apron



Tie up hair



Clean work surfaces and wash hands

## Smoked mackerel pâté



## Ingredients

275g smoked mackerel fillets  
2 teaspoons chopped fresh or dried chives  
225g low-fat fromage frais  
Grated rind and juice of ½ lemon  
Freshly ground pepper  
Fresh parsley to garnish

## Equipment



Plate



Sharp knife



Bowl



Fork



Scales (not essential)



Chopping board



Teaspoon



Tablespoon



Grater



Lemon squeezer

## Method



1 Remove skin and bones



2 Mash fish



3 Chop chives



4 Add to mackerel



5 Add fromage frais



6 Add lemon rind and juice



7 Add black pepper



8 Mix



9 Serve



**Serves: 4**  
**Cooking time: 30 minutes**



**Put on apron**



**Tie up hair**



**Clean work surfaces and wash hands**

# Spaghetti Bolognese



## Ingredients

- 1 large onion
- 2 large carrots
- 1 clove of garlic
- 1 beef stock cube
- 450g lean minced beef
- 1 x 400g tin chopped tomatoes
- 2 tablespoons tomato purée
- 2 teaspoons dried mixed herbs
- Pepper
- 1–2 teaspoons cornflour (optional)
- 350–450g dry spaghetti

## Equipment



**Sharp knives**



**Chopping board**



**Peeler**



**Garlic press**



**Small bowl**



**Kettle**



**Measuring jug or cup**



**2 large saucepans**



**Silicone spoon**



**Tin opener**



**Tablespoon**



**Teaspoon**



**Scales (not essential)**



**Colander**

## Method



**1 Peel onion**



**2 Chop finely**



**3 Peel carrot**



**4 Chop into dice**



**5 Crush garlic**



**6 Add 300ml boiling water to stock cube**



**7 Brown mince and add garlic**



**8 Add onion and carrot**



**9 Add tomatoes**



**10 Add tomato purée**



**11 Add stock**



**12 Add mixed herbs**



**13 Season with pepper**



**14 Stir**



**15 Cover and simmer for 25 minutes**



**16 Place cornflour in bowl**



**17 Blend with cold water**



**18 Add to mince: simmer till thickened**



**19 Cook spaghetti (check packet for cooking time)**



**20 Drain cooked spaghetti**



**21 Serve**



Serves: 2  
Cooking time: 20 minutes



Put on apron



Tie up hair



Clean work surfaces and wash hands

## Stewed apple with yogurt and honey



## Ingredients

- 1 large cooking apple
- 1 tablespoon brown sugar
- ½ teaspoon ground cinnamon
- 1–2 tablespoons water
- 1 small carton natural yogurt
- 1 teaspoon runny honey

## Equipment



Apple corer



Peeler



Sharp knife



Chopping board



Small saucepan



Measuring jug



Tablespoon



Teaspoon



Silicon spoon



Small bowl



2 serving dishes

## Method



1 Wash cooking apple



2 Core



3 Peel



4 Slice



5 Place in saucepan



6 Add brown sugar



7 Add cinnamon



8 Add water



9 Cook gently until soft



10 Add honey to yogurt



11 Stir



12 Serve



Serves: 2



Put on apron



Tie up hair



Clean work  
surfaces and  
wash hands

## Strawberry yogurt shake



## Ingredients

6 strawberries

300ml (1½ cups) chilled milk

1 carton low-fat strawberry yogurt

## Equipment



Colander



Sharp knife



Chopping board



Blender or food  
processor



Cup or measuring  
jug



Dessertspoon



Glass for serving

## Method



1

Wash strawberries



2

'Top' strawberries



3

Place in blender



4

Add chilled milk



5

Add strawberry yogurt



6

Place lid securely



7

Blend



8

Serve



Serves: 4



Put on apron



Tie up hair



Clean work surfaces and wash hands

## Summer fruit fool



## Ingredients

225g mixture of berries or other soft fruit (fresh or defrosted)

1 dessertspoon sugar

1 small tub (about 200ml) low-fat crème fraîche

## Equipment



Sieve or colander



Sharp knife



Chopping board



Bowl



Dessertspoon



Fork



Serving dishes

## Method



1

Wash berries



2

'Top' strawberries



3

Chop larger berries



4

Add sugar



5

Mash berries and sugar



6

Add low-fat crème fraîche



7

Fold gently



8

Serve



Serves: 4 for snack or 2 for lunch  
Cooking time: 9–10 mins



Put on apron



Tie up hair



Clean work surfaces and wash hands

## Ulster style pizza



## Ingredients

1 x 230g tin of chopped tomatoes

1 dessertspoon tomato purée

½ teaspoon dried mixed herbs

Pepper to taste

50g lean cooked ham

100g Mozzarella or reduced fat Cheddar cheese

2 soda or wheaten farls

## Equipment



Tin opener



Sieve



Small saucepan



Dessertspoon



Teaspoon



Silicone spoon



Sharp knife



Scales (not essential)



Grater



Chopping board

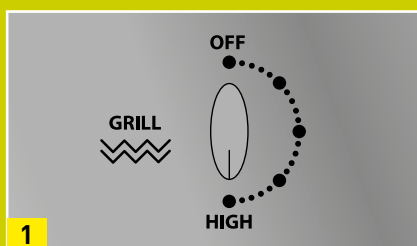


Bread knife



Oven gloves

## Method



1 Heat grill



2 Drain tinned tomatoes



3 Pour into saucepan



4 Add tomato purée



5 Add mixed herbs



6 Season with pepper



7 Heat then simmer for 5 minutes, remove from heat



8 Cut ham into strips



9 Grate cheese



10 Slice farls



11 Toast on outside only  
**Caution! Hot!**



12 Turn farls



13 Spread with hot tomato mixture



14 Top with ham



15 Sprinkle grated cheese



16 Grill: 2-3 minutes  
**Caution! Hot!**



17 Remove when cheese is bubbling  
**Caution! Hot!**



18 Serve



*I can*  
**Cook it!**  
fun, fast food for less

**Serves: 4**  
**Cooking time: 25–30 mins**



**Put on apron**



**Tie up hair**



**Clean work surfaces and wash hands**

## Vegetable soup with a difference



## Ingredients

1 medium onion  
2 medium carrots  
1 x 400g tin red kidney beans  
2 vegetable stock cubes  
1 dessertspoon vegetable oil  
1 teaspoon Worcestershire sauce  
Pepper to taste

## Equipment



Sharp knives



Chopping board



Peeler



Tin opener



Colander or sieve



Kettle



Measuring jug or cup



Dessertspoon



Large saucepan



Silicone spoon



Teaspoon

## Method



1

**Peel onion**



2

**Chop finely**



3

**Peel carrots**



4

**Chop into dice**



5

**Drain and rinse kidney beans**



6

**Add 1.2l boiling water to stock cubes**



7

**Heat oil**



8

**Add onions and carrots**



9

**Stir**



10

**Cover and cook for 10–15 minutes**



11

**Add kidney beans**



12

**Add Worcestershire sauce**



13

**Add stock and simmer for 10 minutes**



14

**Add pepper**



15

**Serve**



**Serves: 2**  
**Cooking time: 35–40 mins**



**Put on apron**



**Tie up hair**



**Clean work surfaces and wash hands**

## Vegetable tortilla



## Ingredients

- ½ red pepper
- 1 tablespoon chopped parsley
- 1 tomato
- 2 medium sized potatoes
- ½ onion
- 1 garlic clove
- 3 large eggs
- Black pepper to taste
- 1 tablespoon vegetable oil
- 2 tablespoons sweetcorn (tinned or frozen)

## Equipment



Colander



Peeler



Small saucepan



Sharp knife



Chopping board



Garlic press



Bowl



Fork



Whisk



Tablespoon



Non-stick frying pan



Silicone spoon



Tin opener (if using tinned sweetcorn)



Fish slice



Oven gloves

## Method



**1**  
**Wash red pepper, parsley, tomato and potatoes.**



**2**  
**Peel potatoes**



**3**  
**Cook in boiling water for 10 minutes**



**4**  
**Peel onion**



**5**  
**Chop finely**



**6**  
**Crush garlic**



**7**  
**Remove seeds from red pepper**



**8**  
**Chop**



**9**  
**Slice tomatoes**



**10**  
**Drain potatoes and cool**



**11**  
**Slice thinly **Caution! Hot!****



**12**  
**Chop parsley**



**13**  
**Break eggs into bowl**



**14**  
**Season with black pepper**



**15**  
**Add chopped parsley**



**16**  
**Whisk**



**17**  
**Heat oil in frying pan**



**18**  
**Add cooked potato slices**



**19**  
**Add garlic and chopped onion, cook gently for 5–7 mins**



**20**  
**Add red pepper**



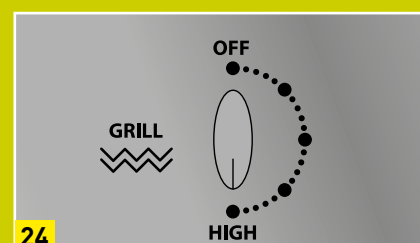
**21**  
**Add tomato**



**22**  
**Add sweetcorn, cook 5–7 minutes**



**23**  
**Pour whisked eggs and cook for 10–12 minutes**



**24**  
**Heat grill to high**



**25**  
**Cook under hot grill for 5 minutes until golden brown **Caution! Hot!****



**26**  
**Serve**







*I can*  
**Cook it!**  
fun, fast food for less



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