

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.

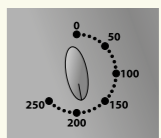
Oven gloves

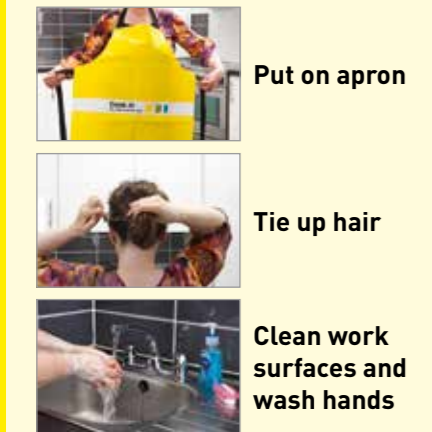
It's good to have oven gloves available in the kitchen at all times. Where they are essential (eg for removing hot trays from a grill or oven) we have shown them in the list of equipment, however you may also want to use them for other jobs, like draining saucepans.



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.





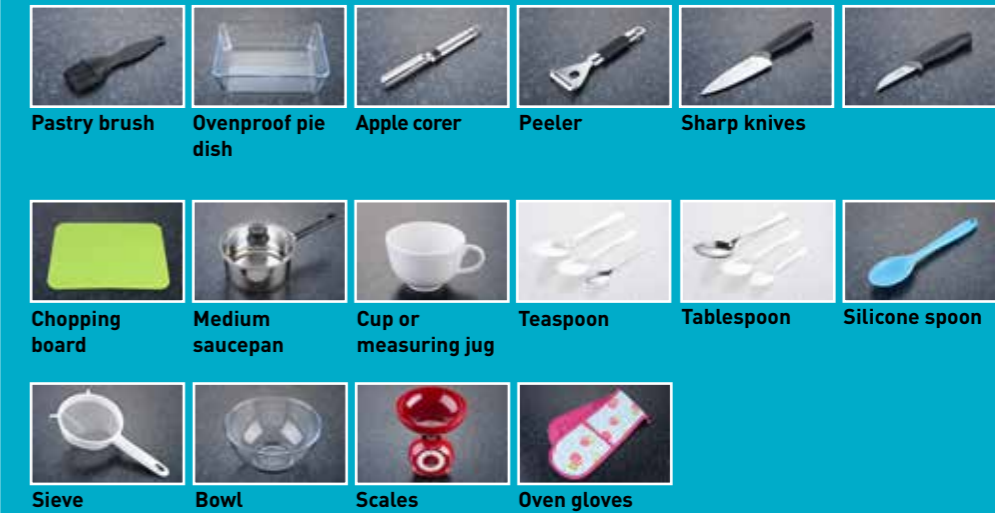
Apple crumble



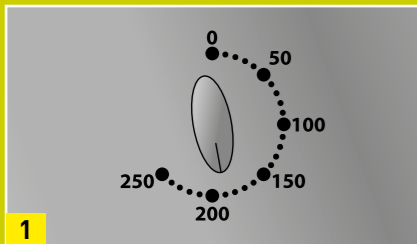
Ingredients

- 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



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

Baked potatoes with a spicy mushroom filling

Serves: 2
Cooking time: 60-75mins

- Put on apron
- Tie up hair
- Clean work surfaces and wash hands



- ## 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



Method

- Pre-heat oven to 180°C or gas mark 4
- Scrub potatoes (do not peel).
- Prick all over with fork
- Bake in pre-heated oven until soft inside (check after 60 minutes)
- Wash mushrooms
- Chop
- Heat oil in frying pan
- Add mushrooms and cook 3-4 minutes until soft
- Remove frying pan from heat, cool, then add yogurt
- Add tomato purée
- Add curry powder
- Season with pepper
- Stir
- Remove cooked potato from oven **Caution! Hot!**
- Cut potatoes in half
- Add filling
- 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

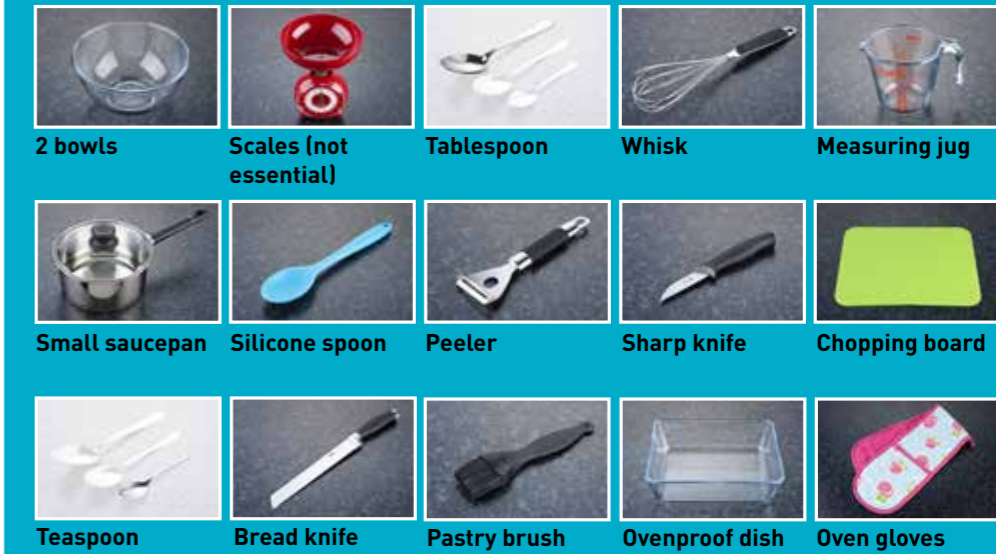
Bread and apple pudding



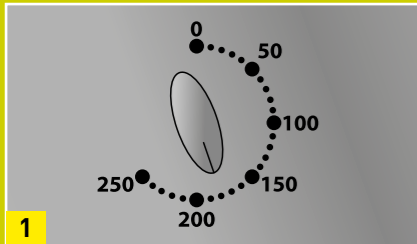
Ingredients

- 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



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

I can
Cook it!
fun, fast food for less

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

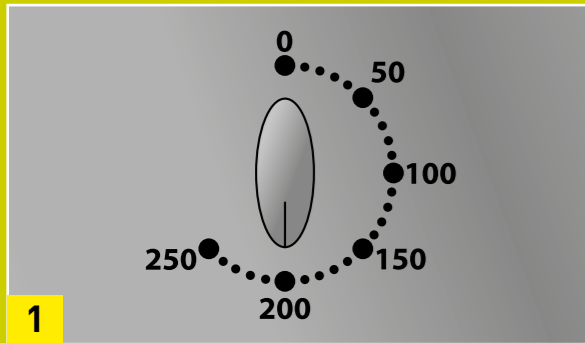


Baking sheet



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



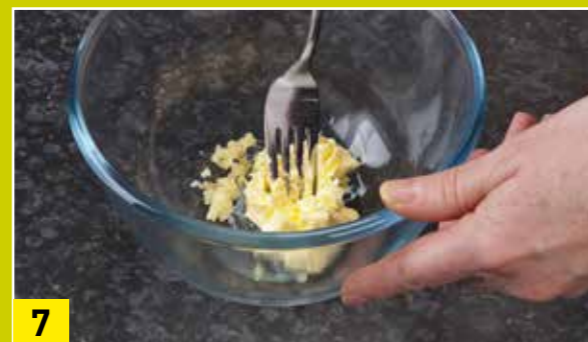
4 Roughly chop basil and tomatoes



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

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

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

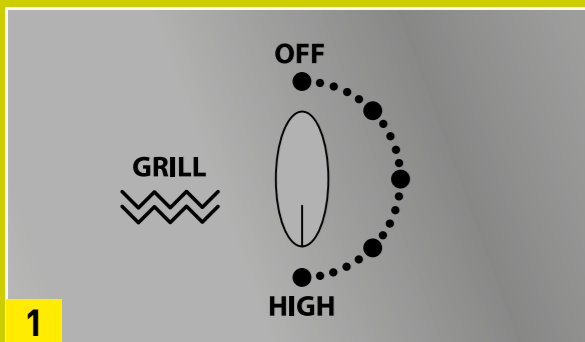


Teaspoon



Oven gloves

Method



1

Heat grill to high



2

Slice baguette thickly



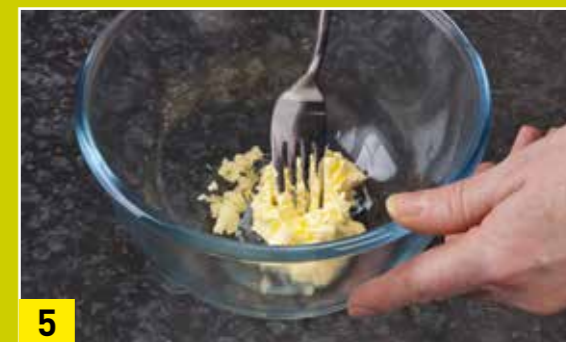
3

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

Chicken curry



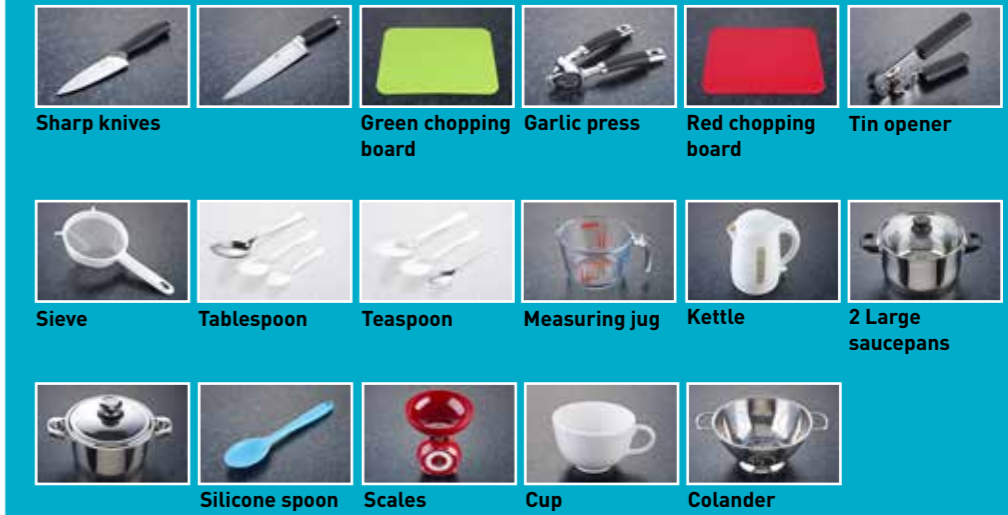
Serves: 4
Cooking time: 60 minutes



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



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

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

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

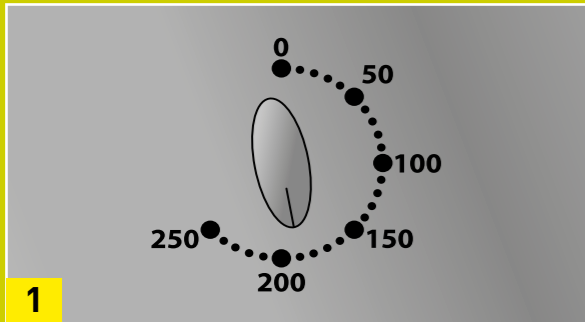


Tinfoil



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

I can
Cook it!
fun, fast food for less

Serves: 4-6
Cooking time: 35 mins



Put on apron



Tie up hair



Clean work surfaces and wash hands

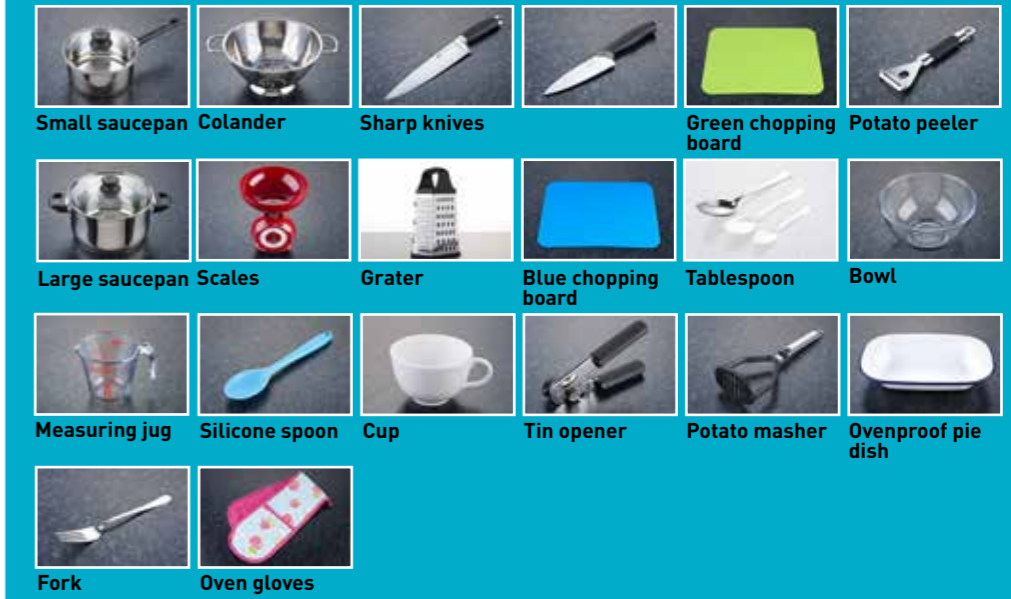
Fish pie



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



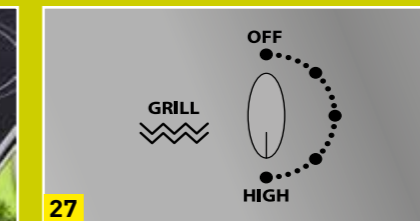
24 Add chopped egg



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

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



Sharp knives



Chopping board



Large bowl



Cup or measuring jug



Tablespoon

Serves: 4



Put on apron



Tie up hair



Clean work surfaces and wash hands



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

Ham salad sandwich

Serves: 1



Put on apron



Tie up hair



Clean work surfaces and wash hands



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

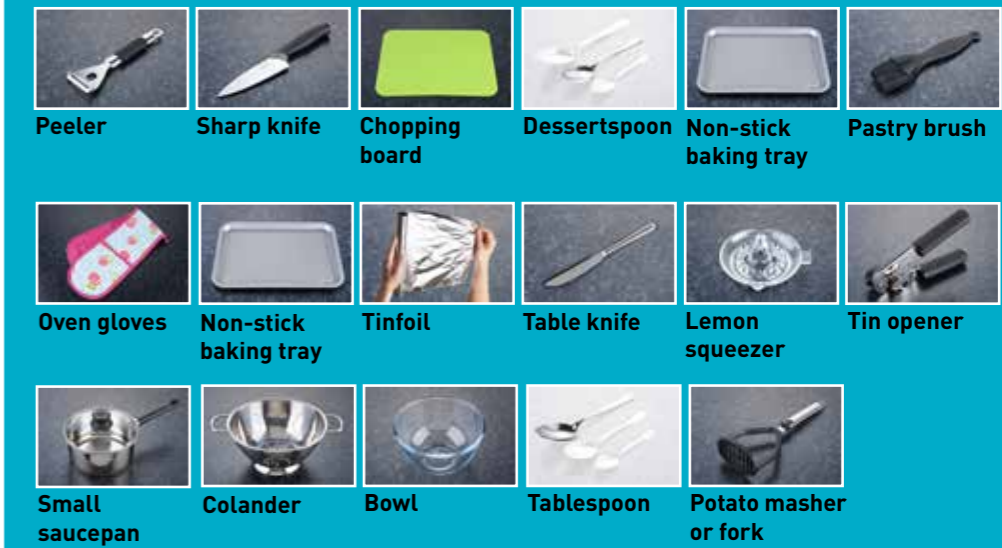
Healthy fish and chips with peas



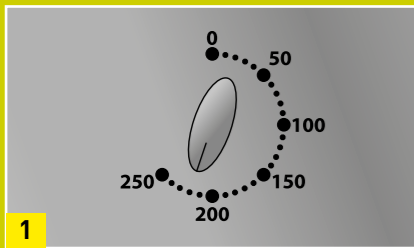
Ingredients

- 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



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**

Homemade burger



Ingredients

Equipment

Serves: 4
Cooking time: 20–25 minutes



Put on apron



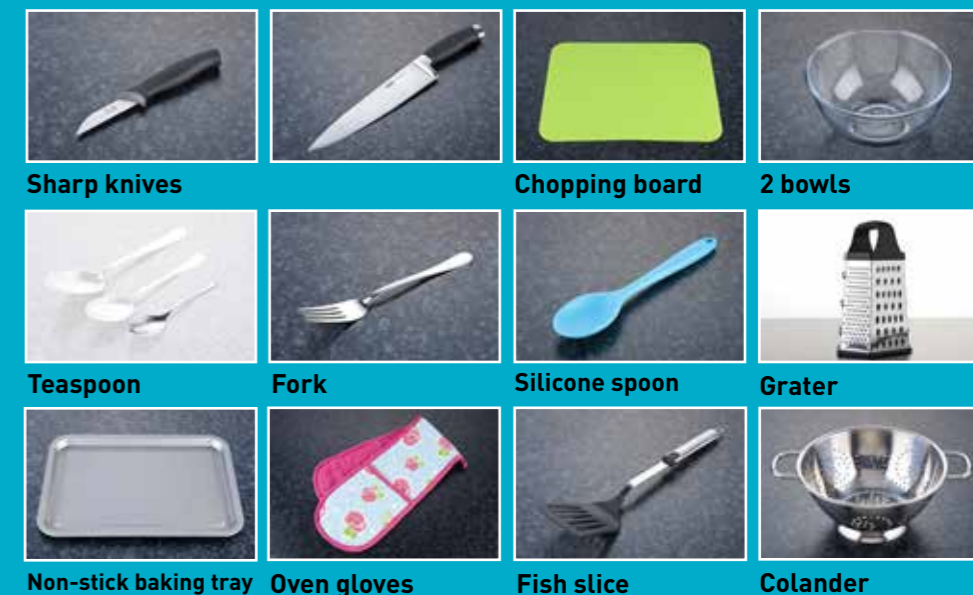
Tie up hair



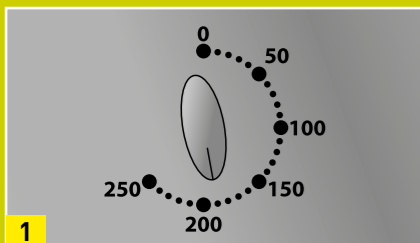
Clean work surfaces and wash hands



- 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



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**

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

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
1 1/4 cups (300ml) semi-skimmed milk
2 teaspoons cornflour
1 x 400g tin of vegetables or 425g of frozen vegetables, eg peas or sweetcorn, defrosted
1/2 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

Pancakes



Serves: 4
Cooking time: 30-40 mins



Put on apron



Tie up hair



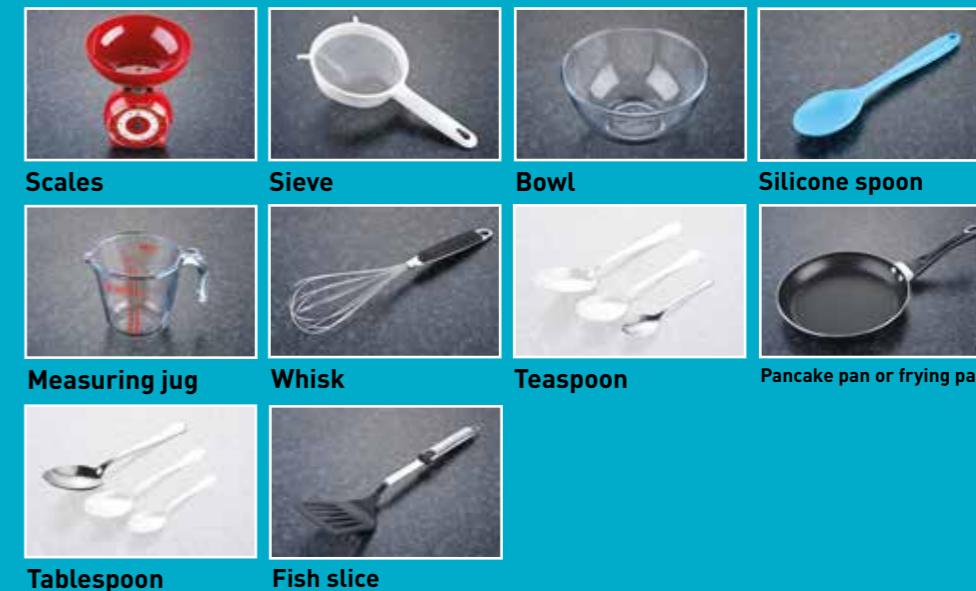
Clean work surfaces and wash hands



Ingredients

- 100g plain flour
- Pinch of salt
- 1 medium egg
- 250ml milk
- 1 teaspoon vegetable oil

Equipment



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

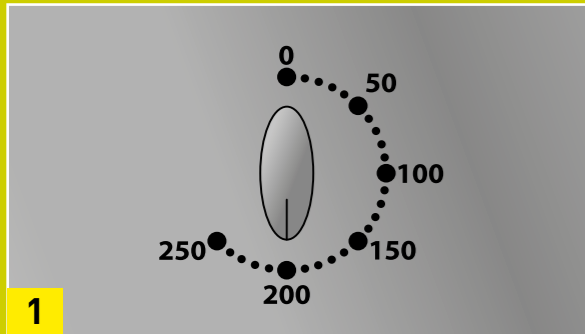


Oven gloves



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

Smoked mackerel pâté

Serves: 4



Put on apron



Tie up hair



Clean work surfaces and wash hands



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

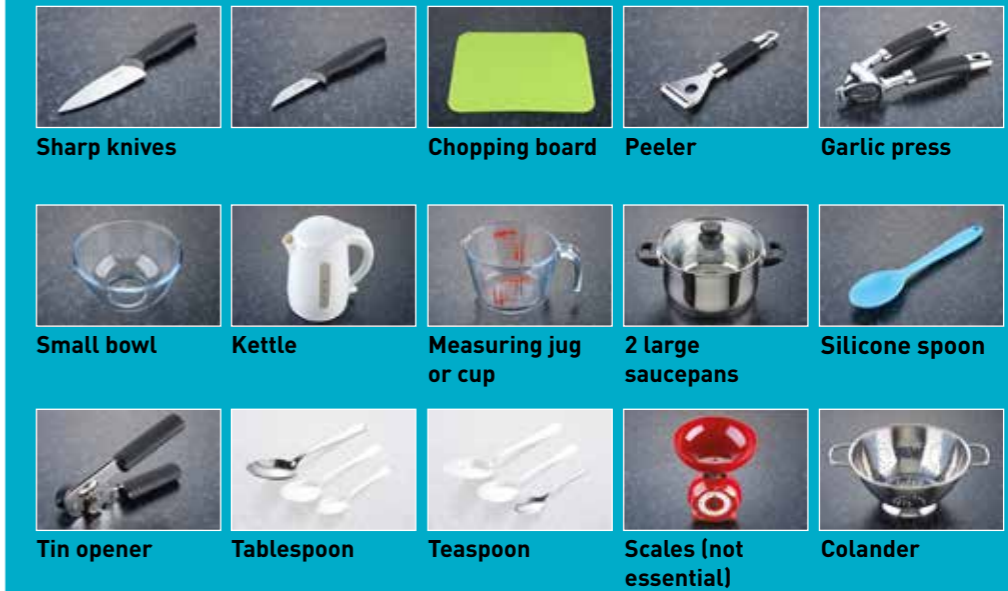
Spaghetti Bolognese



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



Serves: 4
Cooking time: 30 minutes



Put on apron

Tie up hair

Clean work surfaces and wash hands



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

Strawberry yogurt shake

Serves: 2



Put on apron



Tie up hair



Clean work surfaces and wash hands



Ingredients

- 6 strawberries
- 300ml (1¼ 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



Summer fruit fool



Serves: 4



Put on apron



Tie up hair



Clean work surfaces and wash hands



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

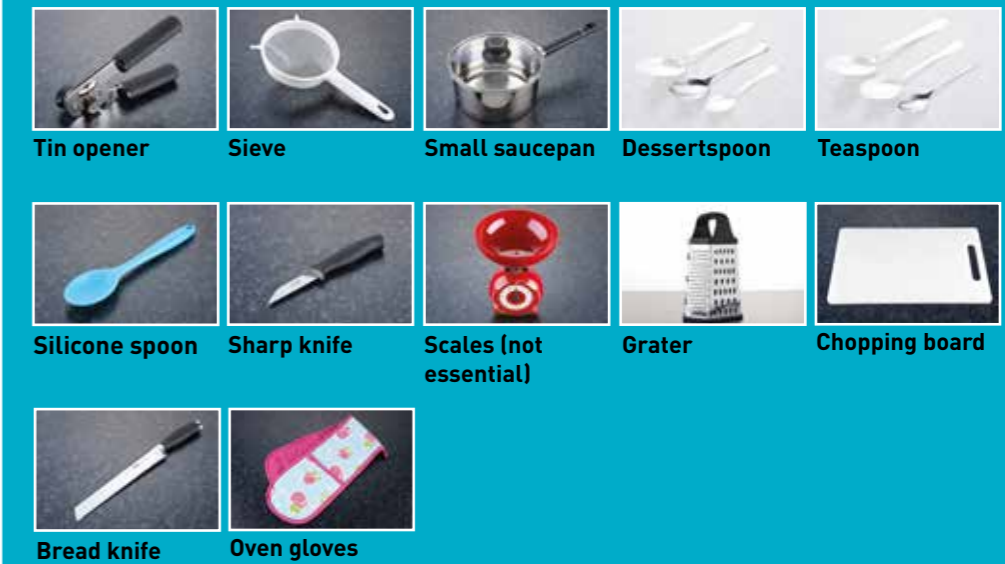
Ulster style pizza



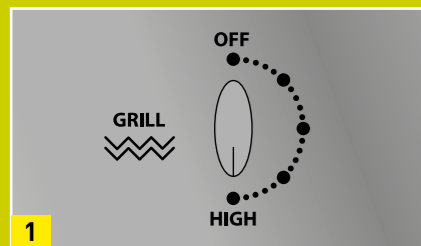
Ingredients

- 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 firls

Equipment



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 firls



11 Toast on outside only
Caution! Hot!



12 Turn firls



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

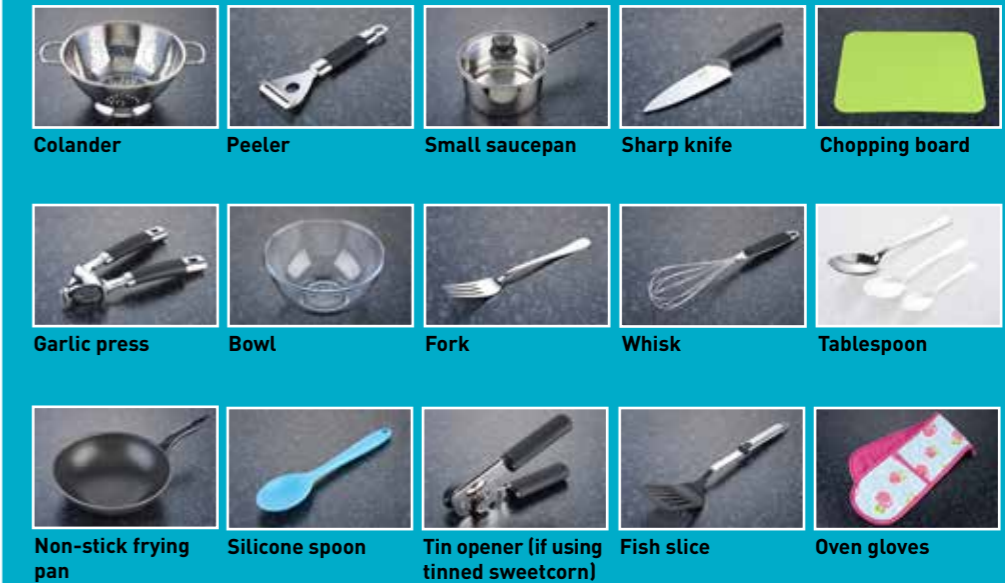
Vegetable tortilla



Ingredients

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

Equipment



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



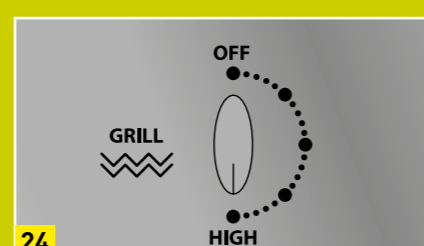
21 Add tomato



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



Public Health Agency
12-22 Linenhall Street, Belfast BT2 8BS.
Tel: 0300 555 0114 (local rate).
www.publichealth.hscni.net

Find us on:

