



Food, Fun and Families: Recipe Pack

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*Recipes marked with an asterisk are particularly simple and recommended for the first session.



Recipe 1: Wicked Wedges

Prep: 5-10 mins

Cook: 30 mins

Total: 40 mins

Serves: 4 (as a side)

Ingredients

- 4 large potatoes or 6 smaller ones (white or sweet potatoes)
- Drizzle of olive oil
- Seasoning of choice – black pepper, paprika, dried thyme, dried rosemary, Cajun spice

What you'll need:

- Mixing bowl
- Baking tray

Method

- 1) Pre-heat oven to 180-200°C
- 2) Chop each potato into wedges, about 1cm thick.
- 3) Place chopped potatoes into a large mixing bowl, and drizzle with a small amount of olive oil (about 2-3 tablespoons)
- 4) Sprinkle on seasoning of your choice – there is no right answer or correct amount, it depends on your taste!
- 5) Mix really well (either with clean hands or a large spoon)
- 6) Spread wedges out on a baking tray, making sure that none are still stuck together
- 7) Place in the oven for about 30 minutes – make sure you shake them once or twice so that they cook evenly and don't stick to the tray



Recipe 2: Super Soup

Prep: 10 mins

Cook: 25 mins

Total: 35 mins

Serves: 2-3

Ingredients

- 1 medium onion - chopped
- 1 large carrot (or two small ones) – chopped into small chunks
- 2 whole celery sticks - chopped
- 1 large potato (or two small ones) – chopped into small cubes
- ½ tin of lentils (any kind will do) – if you use dried lentils, about one handful
- 1 tablespoon olive oil
- 700ml vegetable stock (2 stock cubes should do)

What you'll need:

- Large saucepan
- Large plastic or wooden spoon/ladle
- Measuring jug
- Hand blender or smoothie maker

NOTE: if you have a smoothie maker instead of a hand blender, you'll need to let the soup cool for a while (20-30 minutes) before you blend it.

You could cook the soup in the morning or the day before, then blend and microwave to re-heat it in the evening.

Method

1. Heat oil in large saucepan
2. Fry chopped vegetables and potatoes for 5-10 mins, until beginning to soften.
3. Boil the kettle and make up the stock (you can do this in two batches if you have a small measuring jug)
4. Add stock (and lentils if you are using dried ones – not tinned!)
5. Simmer for 10-15 mins until the veg is tender.
6. Drain the lentils, add to the soup, stir and leave for 2-3 minutes.
7. Blend until smooth.

Will freeze for up to 1 month. Defrost before re-heating.

Soup – Top Tips

- Don't worry if you have different vegetables or not enough of something – you can use pretty much anything!
- Lots of recipes online will tell you to roast vegetables first (like butternut squash) – you don't need to, just put these in your saucepan for a few minutes before the other veg.
- Our recipe used lentils as a good source of protein, but you could add meat instead – just stir through some shredded cooked ham, chicken or turkey at the end.
- None of the vegetables (including potatoes) need peeling – the skin is full of vitamins and fibre and it will all soften in the stock.
- If you're worried about how much stock/fluid to use, here's my guide – the liquid should just cover the vegetables in the saucepan. If you accidentally add too much, try adding another chopped potato or some extra veg to stop it being too thin.
- If you freeze the soup, it may look a bit funny once defrosted – the water separates from the veg. Don't worry, once reheated it will go back to normal!



Recipe 3: Easy Cheesy Greens

Prep: 10 mins

Cook: 30 mins

Total: 40 mins

Serves: 4 (as a side)

Ingredients

- 4 leeks, chopped into half inch-long pieces
- 1 Broccoli, chopped into small chunks
- 100g cheddar, grated
- 1 small tub (300ml) of crème fraiche (full or half-fat)
- Optional:
 - Black pepper
 - Wholegrain mustard (1 tablespoon)

What you'll need:

- Saucepan
- Colander
- Bowl
- Baking dish

Method

1. Boil the kettle
2. Pre-heat the oven to 180-200°C
3. Cook the chopped leeks and broccoli in a pan of boiling water for 5 mins
4. Mix the Crème fraiche and the cheddar together in a bowl. Add black pepper or mustard if you are using it.
5. Drain the veg using a colander and run the cold tap over them for 10 seconds. Make sure they drain fully.
6. Put leeks and broccoli into a large baking dish.
7. Spread the cheese/crème fraiche over the leeks and broccoli, then bake for 20-30 mins until bubbling and golden brown.

Tip: You can add any veg you fancy to this – cauliflower, green beans, carrots, peas... the choice is yours!



Recipe 4: Pitta Pizza

Prep: 5-10 mins

Cook: 10 mins

Total: 20 mins

Serves: 4 (having one each)

Ingredients

- 4 wholemeal pitta bread
- 80g cheddar cheese, grated
- 4 tablespoons of tomato puree
- Optional toppings (choose 2 – 3):
 - Handful of frozen sweetcorn
 - Chopped pepper
 - Sliced mushroom
 - Chopped ham
 - Chopped cooked chicken
 - Handful of chopped spinach leaves
 - Anything you fancy!

What you'll need:

- Small bowl
- Spoon
- Baking tray
- Cheese grater

Method

1. Pre-heat the oven to 180-200°C
2. Spread pitta breads out on a baking tray
3. Add tomato puree to a small bowl and mix with a tiny bit of cold water – stir it well. (You want it to be just a little bit thinner)
4. Spoon the tomato puree onto one side of each pitta bread
5. Use the back of the spoon to spread it evenly across each pitta bread

6. Add your extra toppings – make sure they are well spread out and not too piled up!
7. Sprinkle the cheese evenly across each pitta bread
8. Place baking trays in the oven and cook for about 10 mins.
9. Enjoy as soon as they are cool enough to eat!

Tips:

- If you are using spinach, make sure you put it under the cheese – this stops it from drying out and keeps it extra tasty
- You could open the pitta bread and put your toppings inside to make a mini calzone
- You can use tortilla wraps instead of pitta breads – everything else is the same!



Recipe 5: Proper Pasta

Prep: 10 mins

Cook: 30 mins

Total: 40 mins

Serves: 4

Ingredients

- 1 teaspoon olive oil
- 1 large onion, chopped
- 2 celery sticks, chopped
- 2 carrots, chopped into small chunks
- 1 leek, chopped
- 2 peppers, deseeded and chopped
- 2 x 400g tins chopped tomatoes
- Seasoning – dried or fresh garlic, mixed herbs, dried basil, dried oregano... (choose your own!)
- 300g dried pasta

What you'll need:

- 2 x saucepans (1 for pasta, 1 for sauce)
- Large plastic or wooden spoon
- Colander
- Hand blender or smoothie maker

NOTE: if you have a smoothie maker instead of a hand blender, you'll need to let the sauce cool for a while (20-30 minutes) before you blend it.

You could cook the sauce in the morning or the day before, then blend and microwave to re-heat it in the evening.

Method

1. Heat the oil in a large saucepan and gently cook the onion, celery, carrots and leek until soft, about 10-15 mins.
2. Boil the kettle and use the water to cook the pasta while the sauce is cooking
3. Add the peppers and cook for 5 mins more
4. Tip in the tomatoes and add your garlic/herbs if you are using them.
5. Simmer for 10-15 mins.
6. Blend the sauce with a hand blender until smooth.
7. Drain the pasta using a colander, and stir into the sauce (you could add cheese on top if you want!)

8

Tip: This sauce could also be used as a base for a Bolognese or chilli – just add some mince, beans and spices to your taste!



Recipe 6: Family Friendly Fajitas

Prep: 10 mins

Cook: 15 mins

Total: 25 mins

Serves: 3 - 4

Ingredients

- 1 teaspoon olive oil
- 1 large onion (any type) – chopped
- 3 peppers (any colours) – sliced into thin strips
- 1 x 400g tin of beans (e.g. kidney beans) – drained
- 1 tablespoon cumin
- 1 tablespoon smoked paprika
- 1 tablespoon chilli powder (optional!)
- 4 tortilla wraps
- Optional extras for serving:
 - Soured cream/crème fraiche/natural yoghurt
 - Chopped lettuce
 - Grated cheese
 - Jalopenos

What you'll need:

- Large frying pan or wok
- Large plastic or wooden spoon

Method

1. Heat the oil in a large frying pan or wok and gently cook the onion until starting to soften – about 5 mins
2. Add the chopped peppers and cook for another 5 minutes
3. Add the drained beans, then the cumin, smoked paprika and chilli powder (if using) and mix well
4. Once heated through (about 2-3 minutes), you're ready to serve!

Tips: you can add any type of beans here – black beans, pinto beans, butter beans... even baked beans if you like it saucy! (Just try to aim for low salt/sugar versions). You can add meat if desired (minced beef, pork or turkey, or chopped chicken) – just cook this for 5 mins before adding the onion. You can also chuck in any other veg you fancy – there are no rules!



Recipe 7: Cheap and Cheerful Chilli

Prep: 10 mins

Cook: 15 - 20 mins

Total: 30 mins

Serves: 4 - 6

Ingredients

- 1 teaspoon olive oil
- 1 large onion, chopped
- 2 peppers (any colour), chopped
- 1 x 400g tin of kidney beans, drained
- 1 x 400g tin of black beans, drained
- 1 x 400g of lentils, drained
- 1 x 400g tin of chopped tomatoes
- 2 tablespoons of cumin
- 2 tablespoons of smoked paprika
- 1 tablespoon of chilli powder (optional!)



What you'll need:

- 1 large saucepan
- Large wooden or plastic spoon

Method

1. Heat the oil in a large saucepan and gently cook the onion until starting to soften – about 5 mins
2. Add the chopped peppers and cook for another 5 minutes
3. Add the tinned tomatoes, drained beans and lentils, then the cumin, smoked paprika and chilli powder (if using) and mix well
4. Fill the tin from the tomatoes about half-full with water and add to the chilli (you can decide on your own consistency/thickness)
5. Allow to simmer for about 5 mins, then serve! (with rice, baked potatoes, crusty bread or pasta – your choice)

Tip: you can add any type of beans here – black beans, pinto beans, butter beans, chickpeas... even baked beans! (Just try to aim for low salt/sugar versions).

You can add meat if desired (minced beef, pork or turkey all work well) – just cook this for 5 mins before adding the onion. You can also chuck in any other veg you fancy – carrots and celery work well, add these in with the onion.

Extra seasoning can be added too – garlic, herbs, tomato puree and stock cubes...



Recipe 8: No Fuss Frittata

Prep: 15 mins

Cook: 30 mins

Total: 45 mins

Serves: 4 - 6 as a main, 8 as a side/snack

Ingredients

- 1 teaspoon olive oil or spray oil
- 1 courgette, chopped into small-ish pieces
- 2 peppers (any colour), chopped into small-ish pieces
- 8 – 10 cherry tomatoes, chopped into quarters
- 8 medium eggs
- 75 – 100g grated cheddar cheese
- Black pepper/any other herbs to season

Great for
lunchboxes!

What you'll need:

- 1 x large baking dish or frying pan with metal handle
- Mixing bowl
- Cheese grater

Method

1. Pre-heat the oven to 180 - 200
2. Add the oil to the baking dish or frying pan and spread across the whole dish (or spray a few squirts to cover the dish)
3. Add the chopped courgette and peppers to the dish
4. Beat the eggs in a mixing bowl with a fork or whisk
5. Add the grated cheese and any additional seasonings to the eggs, then mix well
6. Add the egg mixture to the dish, covering the chopped vegetables
7. Spread the chopped cherry tomatoes across the top of the mixture, then place in the oven and bake for 30 minutes.
8. Serve hot or cold with salad and crusty bread or baked potatoes!

Note: Will keep in the fridge for 3-4 days.

Tip: why not experiment with some different vegetables?

- Spinach
- Mushrooms
- Onions/leeks
- Peas
- Broccoli

Snack Attack: Rather than making one big dish, try these in a muffin tin (bake for 10-12 mins). Perfect for snacks!