

French Toast (Eggy Bread)

'Pain perdu' is the French term which literally means 'lost bread'. A common story about French toast is that it was created by medieval European cooks who needed to use every bit of food they could find to feed their families. The bread could still be used when moistened and heated, so these cooks would have added eggs for extra moisture and protein. Little did they know what a popular and delicious dish this would turn out to be!



Egg, milk and wheat (gluten)*

Nutritional information per portion (127g):

Energy	Fat	Saturates	Sugars	Salt
823kJ 196kcal 10%	9.6g 14%	2.8g 14%	2.9g 3%	0.59g 10%

of an adult's reference intake.
Typical values per 100g: energy 648kJ/154kcal.

Equipment

Chopping board
Table knife
Shallow casserole dish
Measuring jug
Fork
Frying pan (maximum 22cm diameter, non-stick if possible)
Palette knife or fish slice
Pan stand
Plate

Ingredients

Serves 2
2 slices bread
2 eggs
70ml semi-skimmed milk
½ x 5ml spoon unsaturated fat spread for frying each slice

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- To test if the pan is hot enough, place the frying pan on the hob and turn to a medium heat. After a minute or two add a small piece of bread. It is the right temperature when the bread sizzles gently.

French Toast (Eggy Bread)

Method

1. Place the sliced bread on the chopping board ready for use.
2. Break the eggs into the shallow casserole dish and add all of the milk.
3. Gently beat the mixture with a fork until the yolk and the white are mixed together with the milk.
4. Place the bread into the mixture, making sure it is totally covered. Be sure to let the mixture soak into the bread and turn over if necessary.
5. Turn the hob to a medium heat and put the spread in the frying pan. It is hot enough when it starts to bubble. Be careful that it does not burn.
6. Using a palette knife or fish slice, remove the bread from the mixture and place in the frying pan.
7. Cook the bread until the underside is golden brown (about 3–4 minutes).
8. Use a palette knife or fish slice to flip the bread over and cook for another 3–4 minutes.
9. Use the palette knife or fish slice to transfer the French toast to a plate to serve.
10. As the pan is already quite hot, turn the heat down slightly before adding another small knob of spread and cooking the second slice.

Something to try next time

Although this dish is great on its own you can serve it with:

- 50g of grated cheese.
- A rasher of cooked bacon.
- A teaspoon of your favourite jam or a drizzle of maple syrup.
- 1 x 5ml spoon of vanilla extract and ½ x 5ml spoon of ground cinnamon added to your egg and milk mixture for an extra-special treat.
- A few finely chopped chives added to the egg mixture for added flavour.

Prepare now, eat later

- French toast is quick and easy to make and best eaten straight away when it is sizzling and crisp.

Skills used include:

Measuring, creaming/beating, frying and serving.

Omelette Popovers

This recipe is an alternative way of making omelettes. They are popular with children and adults as they look very appealing and taste delicious. You can add most cooked vegetables to them. They can be eaten hot or cold and are perfect for eating on the go, at a picnic or for lunch.



Egg and milk*

Nutritional information per portion (169g):

Energy 981kJ 237kcal 12%	Fat 14g 20%	Saturates 5.9g 30%	Sugars 1.5g 2%	Salt 0.85g 14%
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of an adult's reference intake.
Typical values per 100g: energy 580kJ/140kcal.

Equipment

Weighing scales
Measuring spoons
12-hole muffin tin
Sharp knife
Chopping board
Grater
Medium mixing bowl
Scissors
Small bowl or large jug
Fork
Oven gloves
Ladle or large spoon
Mixing spoon
Pan stand
Palette knife or spatula

Ingredients

**Serves 4
(makes approx. 12
Popovers)**

Spray oil (to grease)
1 small onion
140g Cheddar cheese
150g frozen peas
2 x 15ml spoons fresh
chopped chives OR 1 x
5ml spoon dried chives
OR herbs (optional)
6 large eggs
Ground black pepper
(optional)
1 x 15ml spoon water

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Top Tips

- If you get any eggshell in the egg, use a larger piece of shell to fish it out. It is quicker and easier than trying to do it with your fingers.
- Be careful lifting the muffin tin in and out of the oven as it will be very hot. Make sure you use oven gloves.

Omelette Popovers

Method

1. Preheat the oven to 180°C/160°C fan or gas mark 4.
2. Spray the holes of the muffin tin with the spray oil.
3. Peel and finely chop the onion and divide equally between the holes.
4. Put in the oven for 5 minutes.
5. Meanwhile, weigh and grate the Cheddar cheese. Put the peas into a medium bowl and add the grated cheese.
6. Chop the herbs using a pair of scissors and add to the cheese mixture.
7. Break the eggs, one at a time, into a small bowl and add to the cheese and peas mix. Add some black pepper to taste (if using) to the mixture and add the water.
8. Mix with a fork until the peas have separated from each other and the eggs are well mixed.
9. Carefully remove the muffin tin from the oven.
10. Using a ladle, divide the mixture between the 12 holes and with a spoon stir each one to mix in the onion. Return to the oven for 15 minutes or until golden brown on the top.
11. Allow to cool for 5 minutes then remove the popovers from the tin with a spatula.

Something to try next time

- Instead of chopped onion and chives, use half a bunch of trimmed and chopped spring onions. Add them at step 7 and only heat the muffin tray for 3 minutes, not 5, before adding the omelette mixture.
- Try eating these popovers in a sandwich, in savoury scones or take them on picnics or in a lunchbox for a healthy and nutritious lunch.
- Serve with a side salad and some slices of bread for a balanced meal.

Prepare now, eat later

- Grate the cheese and freeze in a bag – you can take any amount out that you need and use straight from frozen.
- The popovers will keep for 2 days in an airtight container in the fridge or can be frozen between sheets of baking paper, then transferred to a plastic bag or container when frozen and stored for up to 1 month.

Skills used include:

Weighing, measuring, peeling, chopping, grating, whisking, mixing/combining and baking.

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Mexican Eggs

This delicious dish is perfect for brunch, lunch or later in the day. Incorporating the black beans makes it a more substantial meal. The veggies can be swapped and switched around to suit what you have available. Kale and spinach are highly nutritious; kale offers more than twice the amount of vitamin C as spinach, and spinach provides more folate and vitamins A and K.



Eggs and wheat*

Nutritional information per portion (475g):

Energy 2139kJ 510kcal 26%	Fat 17g 24%	Saturates 5.2g 26%	Sugars 15g 17%	Salt 1.5g 25%
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of an adult's reference intake.
Typical energy values per 100g 450kJ/107kcal.

Equipment Ingredients

Chopping board	Serves 4-6
Sharp knife	Handful spinach leaves or 3 kale leaves
Medium bowl	1 medium onion (or 6 spring onions or a small leek)
Cutlery fork	2 peppers (e.g. 1 x red & 1 x green)
Garlic press (optional)	1 chilli or ½ x 5ml spoon chilli flakes (optional)
Sieve	1 courgette
Large frying pan with lid	1 garlic clove
Fish slice	2 x 5ml spoon smoked paprika (optional)
Colander	1 x 5ml spoon cumin
Measuring spoons	500ml tomato passata (or a 400g can chopped tomatoes)
Mug or cup	1 x 15ml spoon olive oil
Scissors	8 eggs
	freshly ground black pepper
	400g can black beans (optional)
	To serve
	handful fresh coriander leaves (optional)
	4 soft corn or flour tortillas, warmed in the oven
	Hot chilli sauce (optional)

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Top Tips

- To remove the kale leaf from its stalk, hold the bottom of the stalk in one hand and with your thumb and forefinger at the base of the leaf draw upwards to detach the leaf from the stalk. Place 2 or 3 destalked leaves on top of each other and roll them tightly from the top to the bottom then use scissors or a vegetable knife to slice the cylinder of leaves into very thin strips.

Mexican Eggs

Method

1. On a chopping board finely chop the spinach/kale, peppers and courgette, set aside in a bowl.
2. Peel and chop finely the onion (spring onions or leek), garlic and chilli. Use the fork secure method to avoid getting chilli on your fingers.
3. Heat the oil in a frying pan over a medium heat and add the onions, peppers and courgette. Saute gently until the veg is softened and the onion translucent. Add the garlic, chilli and spinach (together with the cumin and smoked paprika if using) and cook for 2/3 minutes.
4. Open the can of black beans and drain them into a sieve. Rinse under cold water and add to the vegetables in the frying pan.
5. Add the passata to the other ingredients and mix well with a fish slice. Season with black pepper.
6. Adjust the heat and simmer the sauce for a few minutes. Remove half the sauce and set aside. Make 4 wells in the remaining sauce then break an egg into each space.
7. Put the lid on the pan and cook for 3-4 minutes. The dish is ready when the eggs are cooked and the whites are firm.
8. Slide the eggs and sauce onto a plate and keep warm. Repeat step 6 with the remaining sauce and the second batch of eggs.
9. While the eggs are cooking chop the coriander in a mug using a pair of scissors. Set aside until you are ready to serve.
10. Sprinkle each plate of Mexican eggs with chopped coriander leaves and serve with warm tortillas and chilli sauce (optional).

Something to try next time

- For a vegan friendly version make scrambled tofu 'eggs' to serve with the sauce. In a separate pan saute finely chopped onions and garlic with crumbled tofu and a squeeze of lemon juice. Saute until the tofu is cooked through. On your serving plate top the tomato sauce with the scrambled tofu and garnish with chopped coriander. You could also add some sliced avocado if you have some to hand. For meat eaters chopped chorizo makes a great addition. Add 100g chopped chorizo or bacon at step 3.

Prepare now, eat later

- Make the sauce up to step 5. Allow the sauce to cool then refrigerate in a covered container until needed. Use within 24 hours. This sauce also freezes well.

Skills used include:

Peeling, chopping, measuring, mixing/combining.

Spiced Lentil Soup

This warming soup is perfect for a blustery day; it is simple and nutritious and warms you through and through! It is lovely served with warm pitta breads or naan and natural yoghurt. See the Naan Bread recipe on our website.



Celery, egg, milk, mustard and wheat (gluten)*

Nutritional information per portion (327g):

Energy 593kJ 141kcal 7%	Fat 3.6g 5%	Saturates 0.6g 3%	Sugars 5.9g 7%	Salt 0.37g 6%
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of an adult's reference intake.
Typical values per 100g: energy 181kJ/43kcal.

Equipment

Weighing scales
Sieve
Colander
Peeler
Chopping board
Sharp knife
Kettle
Measuring jug
Wooden spoon
Small bowl
Measuring spoons
Large saucepan with lid
Pan stand
Ladle
Blender
Mixing bowl

Ingredients

Serves 6
150g red lentils
4 medium carrots
2 medium onions
1 reduced-salt vegetable stock cube
1 litre water (for stock)
1 x 15ml spoon vegetable oil
1 x 5ml spoon ground cumin
Pinch dried chilli flakes OR
1 x 5ml spoon curry powder
100ml semi-skimmed milk (optional)
Ground black pepper (optional)
To serve
50g low-fat natural yoghurt (optional)
20g fresh coriander, chopped

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Top Tips

- When blending soup it is important not to overfill the blender. Always half fill, hold down the lid and cover the top with a tea towel.
- For a more chunky soup, blend only half of the mixture and then combine with the unblended soup.
- A 'pinch' is the amount you can hold between your thumb and first finger.

Spiced Lentil Soup

Method

1. Weigh the lentils and rinse under cold water.
2. Wash, peel and finely dice the carrots.
3. Peel and finely chop the onions.
4. Measure 1 litre of boiling water into the measuring jug, crumble in the stock cube and stir to dissolve.
5. Put the vegetable oil, carrots and onions in the saucepan over a medium heat. Stir for 3–4 minutes until the onions are soft.
6. Add the lentils (they do not require soaking prior to cooking), cumin and chilli flakes or curry powder and stir over a medium heat for 1 minute.
7. Add the stock and milk (if using) and bring to the boil. Reduce the heat, cover and simmer for 30 minutes or until the lentils and carrots are soft.
8. Ladle half of the soup into the blender. Holding a tea towel over the lid, blend until smooth and pour into a mixing bowl.
9. Repeat for the remaining mixture.
10. Season with black pepper to taste (if using).
11. Add 1 x 15ml spoon of natural yoghurt (if using), and 1 x 5ml spoon of finely chopped coriander to serve.

Something to try next time

- For an exciting chunky alternative, add in 200ml of reduced-fat coconut milk and stir in 100g of cooked shredded chicken after blending the soup.

Prepare now, eat later

- Prepare the vegetables the day before and keep these in sealed bags in the fridge.
- To freeze, cool the soup as quickly as possible then pour into a large freezer bag inside a plastic container. Defrost thoroughly and reheat until bubbling hot.

Skills used include:

Weighing, measuring, peeling, chopping, blending, boiling/simmering and frying.

Soup-up Your Leftover Vegetables

Here's our top tips for using left over vegetables to make some fabulous soups. It can be tempting to throw tired veggies and herbs away, but soup is a great way to use them to create a tasty, healthy dish without adding to the food waste mountain.

This is a versatile soup recipe which you can adapt to any vegetables you have available. Ideal for mark-down bargains from the supermarket!

Waste fact

Fresh vegetables and salad top the list for most wasted foods, making up 19 per cent of the 7.2 million tonnes of household food and drink wasted each year.

Basic soup method

1. Use 500g of vegetables per litre of stock. Include a medium-size potato to thicken the soup.
2. Wash, peel and chop the vegetables – the smaller the chunks, the quicker it'll cook; this will save on fuel too. Try to chop the vegetables into equal sizes so it all cooks at the same time.
3. In a large saucepan, sauté the vegetables in 15ml of vegetable oil until softened but not brown.
4. Make up 1 litre of vegetable stock using a low-salt stock cube.
5. Add the stock to the vegetables and bring to the boil.
6. Turn down the heat so the soup is just simmering. Cook for 15 minutes or until all the vegetables are tender.
7. Take the soup off the heat to cool.
8. Once cooled, blend all the soup if you want it to be smooth, or only half if you prefer a chunky texture.
9. Reheat to serve, or freeze for later.

Love your leftovers

- After blending, add a little leftover yoghurt, cream or milk to make a creamy soup (best added after blending).
- Hummus can be added too, if you have some leftover.
- Add pasta or rice for a more substantial soup.
- Leftover cooked meat? Add it shredded or in chunks. Safety tip: make sure it's in date.
- Make leftover bread into croutons – add herbs for extra flavour.
- Make a cold soup (gazpacho) with raw cucumber, tomato and onion.
- Freeze leftover roast vegetables or meat from your Sunday dinner to make a soup later on.

Soup recipes

Check out our range of recipes at www.bda.uk.com

- Mulligatawny Soup
- Vegetable Soup
- Summer Vegetable Minestrone Soup
- Carrot and Coriander Soup
- Mighty Mushroom Soup
- Pumpkin Soup

Tips on freezing and storing

- Freeze your soup into single portions using a suitable sealable container i.e. sealable plastic boxes, ice-cream tubs or plastic pots. The soup will expand whilst in the freezer, so make sure you don't overfill. Alternatively, freezing soup in a plastic zip bag makes the most of freezer space.
- Freezing in one or two portions is a great idea for taking your soup to work for lunch. Defrost the day before, heat until piping hot and put in a flask. It will be a lovely warming meal in the middle of the day.
- When defrosting your frozen soup, it's best to put it in the fridge the day before you want to use it, not on a radiator or a sunny windowsill.
- If you're short of time, your soup can be defrosted in a microwave (only for non-cream based soups).
- Once your soup has defrosted, do not re-freeze it.

Creamy Cheesy Pasta

This delicious pasta dish is so quick and easy to make. Peas and peppers are combined with a tasty, creamy sauce.



Milk and wheat (gluten)*

Nutritional information per portion (369g):

Energy 1407kJ 335kcal 17%	Fat 13g 18%	Saturates 5.7g 28%	Sugars 6.5g 7%	Salt 0.36g 6%
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of an adult's reference intake.
Typical values per 100g: energy 381kJ/91kcal.

Equipment

Weighing scales
Sharp knife
Chopping board
Garlic crusher
Clean, damp cloth
Grater
Small bowl or plate
Small saucepan
Colander x 2
Large saucepan x 2
Measuring spoons
Kettle
Wooden spoon
Pan stand

Ingredients

Serves 4

1 medium onion
1 clove garlic
200g mushrooms
1 red pepper
40g Parmesan OR reduced-fat Cheddar cheese
120g frozen peas
1 x 15ml spoon olive oil
300g penne pasta
200g reduced-fat cream cheese
Black pepper (optional)

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Top Tips

- Place the colander in the sink and use both hands to carefully tip the pasta into the colander. Retain the cooking liquid after you have drained the pasta and use to add to your sauce if required.
- Add fresh herbs such as thyme and chives for extra flavour, or you could use minted peas!

Creamy Cheesy Pasta

Method

1. Peel the onion and chop finely.
2. Peel and crush the garlic (or chop finely).
3. Wipe the mushrooms to remove any soil and then chop them finely into slices.
4. Wash and de-seed the pepper. Chop finely.
5. Grate the cheese and place in the small bowl, or on the plate.
6. Bring a small pan of water to the boil and cook the peas according to the instructions on the packet. Drain in a colander and run under the cold tap. Leave to cool.
7. Heat the oil in the large saucepan and add the chopped onion and garlic. Fry gently for 5 minutes until they start to soften.
8. Whilst the onions and garlic are cooking, boil some water in a kettle for the pasta. Weigh the pasta and cook, in a large saucepan, following the instructions on the packet. Once the pasta is cooked, remove from the heat and carefully drain in a colander, retaining some of the cooking liquid.
9. Once the onion and garlic are soft, add the mushrooms and red peppers and fry for 5 minutes or until the mushrooms are soft. Stir with a wooden spoon.
10. Add the cream cheese and drained peas to the pan and heat through gently, stirring well.
11. Add the grated cheese and stir until melted.
12. Stir in the drained cooked pasta.
13. Stir in 2 or 3 x 15ml spoons of the pasta cooking water to help loosen the sauce. Add a little more water if the sauce is too thick.
14. Add black pepper to taste (if using) and serve.

Something to try next time

- Try using courgette instead of peas. Wash 1 medium courgette and chop finely. Add to the pan with the mushrooms.
- Use half the quantity of peas and replace the other half with canned or frozen sweetcorn.
- Use any pasta shapes. Tricolour pasta would give the dish a real Italian feel.

Prepare now, eat later

- Use cooked peas from a previous meal if you have them leftover.
- Grate the cheese and weigh the pasta the day before.
- This dish is best eaten immediately.

Skills used include:

Weighing, measuring, chopping, crushing, grating, boiling/simmering and stir-frying.

Crunchy Vegetarian Greek Style Gyros

A gyro is usually a Greek dish of roasted meat served in a pita, with tomato and tzatziki but this Let's Get Cooking recipe is for a veggie version. It can easily be made vegan friendly with a couple of simple swaps. Why not go the whole way and make your own flatbreads and tzatziki? It's very easy, cheaper and you will know exactly what's in your meal.



Milk, wheat and dairy*

Nutritional information per portion (400g):

Energy 2315kJ 552kcal 28%	Fat 20g 29%	Saturates 2.4g 12%	Sugars 8.4g 9%	Salt 1g 17%
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of an adult's reference intake.
Typical values per 100g: energy 583kJ/140kcal.

Equipment

Weighing scales
Sieve
Mixing bowl
Measuring spoons
Measuring jug
Clingfilm
Bowl or Ziplock/
sandwich bag
Baking tray
Chopping board
Sharp knife
Mixing spoon
Cutlery or palette
knife
Rolling pin
(optional)
Fish slice
Clean tea towel

Ingredients

Serves 4

Filling

400g can chickpeas
15ml spoon olive/ vegetable oil
15ml spoon smoked paprika or a mix of
cayenne pepper and paprika
¼ x 5ml spoon salt
Black pepper

Extras

1 small red onion finely sliced
225g cherry tomatoes halved
125g bag baby spinach or mixed salad/
lettuce
4 pittas and small pot of Tzatziki if not
making your own

Flatbread ingredients

275g plain flour
(and a bit extra for dusting)
1 x 2.5ml spoon salt
50ml olive or vegetable oil
180ml semi skimmed milk

Tzatziki dip

200g plain low-fat Greek yoghurt
1/3 of a cucumber into ½cm cubes.
2 cloves of garlic the yoghurt
1 x 5ml spoon lemon juice

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Crunchy Vegetarian Greek Style Gyros

Method

Dip

1. Empty the Greek yoghurt into a small bowl.
2. Chop the cucumber into slices and cut each slice into ½cm cubes.
3. Carefully peel and crush the garlic. Stir this into the yoghurt.

Filling

Make the flatbreads before you prepare the chickpea filling.

1. Weigh the flour and place in a mixing bowl. Add the salt.
2. Measure the milk into a jug and add the oil. Stir with a spoon then add the mixture to the flour. Use a cutlery or palette knife to stir the mixture until it comes together to form a rough dough. Add a little extra flour if it is too sticky.
3. Lightly flour your hands and turn the dough out onto a floured surface and knead for a couple of minutes until the texture is nice and smooth. Cover the dough with clingfilm and set aside at room temperature to rest for 20/30 minutes while you make the filling.
4. Preheat oven to 200°C (190°C fan, gas mark 6).
5. Open, drain and rinse the chickpeas. Pat dry with kitchen towel.

6. Measure the oil, spices and black pepper into a sandwich bag or bowl. Add the chickpeas and mix until coated.
7. Place the chick peas in a baking tray and put in the oven to cook for about 20 minutes until lightly browned and crispy but not too hard.
8. Now roll out the breads. On a floured surface cut the dough into 4 equal pieces. Use your hand or a rolling pin to roll each piece out into a circle approximately 18/20 cm across and 3-4 mm thick.
9. Cook the flatbreads one at a time. Heat a little oil in frying pan on a medium heat and place a flatbread in the pan. Cook for 1 ½ / 2 mins. It should bubble up, press it down gently with the fish slice. Turn the flatbread over and cook on the other side pressing down if it puffs up. There should be smallish golden spots on both sides.
10. Wrap the cooked flatbread in a clean tea towel to keep it warm while you repeat the cooking process with the remaining flatbreads.
11. Assemble your gyros. Spread each one with a little tzatziki, add a spoonful or two of roasted chickpeas, a few spinach or lettuce leaves, chopped tomatoes and finely sliced onion.
12. Fold your gyros and tuck in! Enjoy!

Something to try next time

- For a less spicy version you could swap the smoked paprika/cayenne pepper for some dried oregano or mixed herbs. Try adding a few slices of avocado.
- For extra fibre why not try making the flatbreads with wholemeal flour or use half plain and half wholemeal.
- Use the flatbreads as an accompaniment to a curry. Maybe adding a few cumin seeds or chopped fresh coriander to the dough.

Prepare now, eat later

- The flatbreads will keep in the refrigerator for around 3 days. Prepare the dough until step 8 roll out and stack the uncooked rounds with a piece of floured baking parchment between each one. Wrap the stack in cling film and refrigerate until needed. Cook from step 9.
- The Tzatziki can also be made in advance and kept covered in the fridge for up to three days.

Skills used include:

Weighing, measuring, kneading and frying

Mexican Black Bean Burger

Why not try making your own burgers? It's quick, easy and surprisingly cheap and you'll know exactly what's gone into them. For a great tasting veggie burger these bean burgers are a must. They are nutritious and delicious and can be cooked on the hob or in the oven.



Wheat and milk*

Nutritional information per portion (285g):

Energy	Fat	Saturates	Sugars	Salt
1893kJ 449kcal 22%	8.8g 13%	3.4g 17%	6.3g 7%	0.94g 16%

of an adult's reference intake.
Typical values per 100g: energy 711kJ/169kcal.

Equipment

Sieve
Mixing bowl
Masher
Chopping board
Sharp knife
Peeler
Grater
Measuring spoons
Fork
Food processor or stick blender and a jug
Cutlery knife
Small bowl
Scissors
Fish slice
Frying pan or baking tray
Silicone brush

Ingredients

Serves 4
4 spring onions
1 clove garlic (optional)
1 fresh red chilli or ¼ x 5ml spoon chilli powder(optional)
2 x 5ml spoon cumin
1 x 400 g can black beans
100 g fresh breadcrumbs (approximately 2 slices bread)
1 egg
2 small carrots
Vegetable oil for brushing
1 ripe (beef) tomato
150g reduced fat mozzarella cheese
4 wholemeal buns

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Top Tips

- Slightly stale bread is better for making into breadcrumbs, as it is drier.
- If you only have fresh bread, lightly toast it, leave it to cool and then process into breadcrumbs.
- Take advantage of discounted near to date bread on offer at your local store. Use it to make up
- batches of the breadcrumbs, which you can store and freeze for up to 3 months.
- Use it as and when needed to make breaded fish, chicken or in fishcakes.
- Prepare the chilli using the fork secure method to avoid chilli fingers.

Mexican Black Bean Burger

Method

1. Preheat the oven (180°C / 160°C fan or gas mark 4).
2. Drain and rinse the black beans in a sieve and place in the mixing bowl. Mash the beans roughly. Keep some of the beans whole to create texture.
3. Top and tail the spring onions and cut into fine slices. Peel and chop the garlic, deseed and finely chop the chilli. Add to the mashed beans.
4. Peel and grate the carrots and add to the bean mixture together with the dried cumin.
5. Break the bread into pieces and put into the food processor and whizz until breadcrumbs are formed. Add to the mixture and combine thoroughly.
6. Use the back of a knife to crack the egg into a small bowl. Mix with a fork. Add to the bean mixture combine the ingredients together gently.
7. Portion the mixture into four and use your hands to make four burger patties. If you have time cover and chill the patties in the fridge for 10 - 15 minutes. This will help to stop them falling apart during cooking.
8. While the burgers are chilling slice the mozzarella cheese into 4 and prepare any additional toppings according to your preference. Try slices of tomato, dill cucumber or avocado and a few spinach leaves.
9. Cook the burgers. Brush the them lightly with oil on both sides and place on a baking sheet in the oven. Cook for 8-10 mins. After 6/7 minutes add a slice of mozzarella/ cheese to each burger and cook for a further 3-4 minutes.

Alternatively cook the burgers on the hob. Put the frying pan on a medium heat and brush the burgers on one side with a little oil. Place the burger oil side down in the frying pan and cook for approximately 4 minutes. Brush the top of the burgers and turn them over to cook for a further 4 minutes with a slice of mozzarella on the top of each burger. Reduce the heat if the burgers are cooking too fast.

10. Assemble your burger with toppings and serve with a green salad and or coleslaw. (See the Let's Get Cooking at home website for recipes).

Something to try next time

- Replace the carrots with 80g of finely chopped mushrooms.
- For a vegan friendly version swap the egg for 1 x 15ml cornflour and 1 x 15ml warm water. Mix into a paste. Add to the mixture at step 4 instead of using the egg.

Prepare now, eat later

- The recipe can be prepared up to step 5 up to 24 hours before needed. Place a piece of baking paper between each burger patty, cover and refrigerate until you are ready to cook. Burgers can also be frozen at this stage.

Skills used include:

Measuring, peeling, chopping, mashing, mixing/combining and grating.

Mushroom Stroganoff

Stroganoff is a beef recipe of Russian origin which tastes equally nice if made with mushrooms or pork. It has been known since the eighteenth century, but its name appears to come from a nineteenth-century Russian diplomat called Count Paul Stroganoff. Serve with boiled rice, Mashed Potato (see the recipe on our website) or egg noodles.



Celery, egg, milk and wheat (gluten)*

Nutritional information per portion (283g):

Energy	Fat	Saturates	Sugars	Salt
428kJ 102kcal 6%	5.9g 8%	1.7g 9%	2.8g 3%	0.29g 5%

of an adult's reference intake.
Typical values per 100g: energy 151kJ/36kcal.

Equipment

Weighing scales
Clean, damp cloth
Chopping board
Sharp knife
Wok or large frying pan
Wooden spoon
Measuring spoons
Kettle
Measuring jug

Ingredients

Serves 4

1 large onion
2 cloves garlic
250g chestnut mushrooms
300g closed cup OR button mushrooms
2-3 sprigs fresh thyme
OR ½ x 5ml spoon dried thyme OR dried herbs
1 x 15ml spoon vegetable oil
1 x 5ml spoon paprika
1 x 15ml spoon plain flour
200ml boiling water
1 reduced-salt vegetable stock cube
200ml reduced-fat soured cream
Ground black pepper (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- Use any combination of different mushrooms. Don't be tempted to wash the mushrooms as it will make them very watery. Just wipe away any dirt with a damp cloth.

Mushroom Stroganoff

Method

1. Carefully peel and chop the onion into 1cm pieces and peel and finely chop the garlic. Wipe any dirt from the mushrooms and slice finely. Strip the leaves from the thyme (if using fresh) and chop finely.
2. Turn the hob onto a medium heat and heat the vegetable oil.
3. Add the chopped onion and cook until soft, stirring regularly. This should take about 5 minutes.
4. Add the sliced mushrooms and garlic and cook for another 5 minutes, stirring, until the mushrooms are turning golden.
5. Mix in the paprika and flour.
6. Measure 200ml boiling water into the measuring jug, crumble in the stock cube and stir to dissolve.
7. Stir in the vegetable stock. Cook for about 5 minutes until the sauce has slightly thickened.
8. Stir in the soured cream and add the fresh or dried herbs and black pepper to taste (if using).
9. Continue cooking until the sauce is hot, but not boiling.

Something to try next time

- If you prefer a meat version use 250g of mushrooms and after step 5 put the onions, garlic and mushrooms to one side in a bowl. Add another 15ml spoon of oil and brown 200g of beef or pork strips. Then add the onion, garlic and mushroom mix into the pan and continue but add a little more water if too thick.
- If you want to be very adventurous add a handful of gherkins chopped into small strips. It sounds odd but tastes very nice.

Prepare now, eat later

- Stroganoff is very quick to make and is best eaten straight away.

Skills used include:

Weighing, measuring, peeling, chopping, frying and boiling/simmering.

Anything Goes Veggie Pie

What is better than tasty pie to warm you up on a chilly day? It's the perfect dish for using up your odds and ends of veg and a couple of store cupboard ingredients.



Wheat and milk*

Nutritional information per portion (370g):

Energy 1750kJ 418kcal 21%	Fat 19g 27%	Saturates 4.1g 21%	Sugars 15g 17%	Salt 0.56g 9%
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of an adult's reference intake.
Typical values per 100g: energy 475kJ/113kcal.

Equipment

Chopping board
Sharp knife
Peeler
Colander
Large saucepan
Kettle
Whisk or wooden spoon
Silicone brush
Small bowl
Oven dish 34cm x 26 cm approx

Ingredients

Serves 6

Approximately 600g of root vegetables. Choose a mixture of ones you have available e.g. carrots, parsnips, beetroot, turnip, swede or celeriac

Example combination

3 carrots
¼ celeriac
1 beetroot
2 leeks
1 sweet potato
2 red or white onions
400g can chickpeas, rinsed & drained (substitute with any canned beans e.g. red kidney, black eyed or cannellini beans)
5/6 sheets (half a 250g pack) filo pastry
Vegetable oil for brushing the pastry

For the sauce

60ml vegetable oil
60g plain flour
650-700ml cold milk or soya drink alternative
50g grated cheese
2 x 5ml spoon dried mixed herbs or 2 x 15ml spoon chopped fresh herbs of choice e.g. parsley or chives
Ground black pepper

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Make sure you use milk from the fridge. Using warm or hot milk may cause the sauce to go lumpy.
- Boil the beetroot separately in its skin to retain its colour. Peel and chop into chunks when cooked and add to the oven dish just before covering with pastry. The beetroot adds pretty pools of colour to the dish.
- For a vegan friendly dish swap the milk for a soya or oat alternative drink and swap the cheese for 2x 15 ml Dijon mustard.

Anything Goes Veggie Pie

Method

1. Pre heat the oven to 180°C fan, 200°C or gas mark 6
2. Peel and chop the root vegetables into 3cm equal sized pieces.
3. Top and tail the leeks, wash thoroughly and slice into 2cm rings. Peel the onions and cut into quarters.
4. Place the vegetables, except the onions, in a large saucepan. Cover with water and a lid. Bring to the boil on a high heat, then reduce the heat and simmer. After 5 mins add the onions. Continue to simmer for a further 7-10 mins until the vegetables are tender when tested with the point of a knife or fork.
5. Drain the vegetables in a colander and return the empty saucepan to the hob.
6. With the hob on a low heat, add the vegetable oil, flour and milk simultaneously and stir with a whisk. Continue whisking gently until the white sauce heats and thickens. Keep stirring constantly as the mixture will be very thin until it suddenly transitions into a smooth white sauce. Check it's ready by dipping a spoon into the pan; the sauce should coat the back of the spoon.
7. When the white sauce is a good consistency add the herbs and grated cheese. Stir until the cheese has melted and season with black pepper.
8. Add the drained vegetables and chick peas. Combine gently then transfer to an oven dish.
9. Remove the filo pastry from its packaging. Place one sheet on a chopping board and brush lightly with oil. Scrunch the pastry into a loose twist and place across the pie dish. Repeat the process with the remaining sheets of pastry until the vegetables are covered. While you work keep the unused pastry under a clean damp tea towel so it doesn't dry out.
10. Brush the top of the finished pie lightly with oil. Put it in the oven and cook for 20-25 minutes until the pastry is golden brown and crisp.

Something to try next time

- Top the pie with 2 layers of thinly sliced potatoes instead of the filo pastry. Brush lightly with oil and extend the cooking time for an additional 15-20 minutes until the potatoes are thoroughly cooked.

Prepare now, eat later

- Replace the fresh veg with left over vegetables or cooked tinned vegetables if that is what you have to hand. Start the recipe at step 6. At step 8 allow a few extra minutes for the vegetable to warm through before transferring to the oven dish.
- Use the remaining half pack of filo pastry to make some delicious Apple Triangles. See the website for recipe details.

Skills used include:

Peeling, chopping, simmering, mixing/ combining and baking.

Jollof Rice

Yum! This West African style plant based jollof rice is a one-pot meal of tomato and pepper infused rice with a crispy layer at the bottom. This quick cook version can be ready in 30 minutes on the hob or baked more gently and slowly in the oven. The question of which rice to use is fiercely contested between countries regions and even families. Traditional long grain rice tends to hold the consistency the best, but basmati cooks a bit softer especially in the oven. Bulgar wheat is also a popular tasty and healthy option. Make your own choice to suit your taste buds and the ingredients you have available.



Wheat and milk*

Nutritional information per portion (220g):

Energy 1453kJ 345kcal 17%	Fat 5.2g 7%	Saturates 0.7g 4%	Sugars 6.1g 7%	Salt 0.17g 3%
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of an adult's reference intake.
Typical values per 100g: energy 660kJ/156kcal.

Equipment

Chopping board
Sharp knife
Fork
Colander
Medium jugs x 2
Stick blender (or food processor)
Medium saucepan and lid
Wooden spoon
Oven dish (optional)
Weighing scales
Sieve
Kettle
Measuring spoons

Ingredients

Serves 6

For the base sauce

2 tomatoes
2 red peppers
1-2 Scotch bonnet or habanero peppers (optional according to taste). Substitute with one medium chilli or 2 x 5ml spoon curry powder for a less spicy version
1 red onion (half for base sauce and half for the rice)

For the rice

2 x 15ml spoons vegetable oil
1-2 spring onions to garnish (optional)
2-3 bay leaves
15ml tomato paste
1 vegetable stock cubes
1 x 5ml spoon dried thyme (or 10ml fresh thyme)
450g basmati rice
1L boiling water

* Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Jollof Rice

Method

Jollof base sauce

1. On a chopping board: quarter the tomatoes, deseed and chop the peppers and Scotch bonnets/ habanero peppers or chilli. Place the ingredients in a jug.
2. Peel the onion and chop. Put half the chopped onion to one side for the rice and put the remainder in the jug with the other prepared ingredients.
3. Blend the tomatoes, red peppers, onion and habanero peppers with a stick blender in the jug until you get a smooth puree. This is the base of the Jollof rice.

Jollof rice

1. In a deep saucepan, heat the vegetable oil over a medium heat. Add the reserved diced onion from above and the bay leaves, saute gently for 2-3 minutes.
2. Once onions are translucent, add the Jollof base sauce, thyme, and tomato paste. Cook gently for 3-4 minutes to allow the flavours to develop. Reduce the heat if it is cooking too fast.
3. Make the stock in a jug by adding the boiling water to the stock cube. Stir until dissolved. Add the stock to the sauce, cover the pan, increase the heat and bring to a boil.
4. Put the rice in a sieve and wash thoroughly under cold running water. Add the washed and drained rice to the sauce. Cover the pan with a tight-fitting lid and lower the heat to low-medium.
5. Simmer for approximately 7 minutes then check and stir the rice gently to see how the rice is cooking and ensure it's not sticking. Replace the lid and cook for another 5 minutes. Remove the saucepan from the heat. Keep the pan covered and leave the rice to steam for a further 5 minutes.
6. If you want the bottom, to be crispy, return the pan to the hob at a medium high heat for a couple of minutes.
7. Take the pot off the heat, and stir up the crispy rice at the bottom to the top. Garnish with a few finely sliced spring onions (optional) and serve hot!

Top Tips

- Before cooking rinse the rice thoroughly in a sieve under running water to remove the excess starch. This helps to stop it going mushy or sticky during cooking
- Everyone's taste palette and spice preference is different so select the type and quantity of Scotch bonnets/ chillies to suit your taste. You can start with milder flavour and build up. Some people may prefer just a sprinkle of (smoked) paprika or Cayenne pepper.

Something to try next time

- How about trying your Jollof rice with some, grilled Tofu or halloumi cheese or maybe with oven cooked chicken thighs and baked plantains? For baked plantains peel the ripe plantains and cut into 1 cm or ½ inch thick slices. Put 15ml vegetable oil and a pinch of salt in a ziplock bag. Add the plantain slices and massage until lightly covered in oil. Transfer the slices to a non-stick baking tray and bake in the oven at 220°C or gas mark 7 for about 20 minutes until golden. Turn the slices half way through the cooking time.

Prepare now, eat later

- The base sauce can be made as a single quantity or batch cooked in advanced and kept in a sealed bottle or jug for up to 3 days in the fridge. You can make up 5 or 6 batches at a time and freeze in labelled ziplock bags until needed. It makes a great addition to a chilli.

Skills used include:

Peeling, chopping, blending and measuring

Quick Boston-style Baked Beans

This is a very versatile and adaptable recipe that comes from the USA. It can be used as a main dish served with chunks of crusty bread and salad or as a fantastic jacket potato topping.



Barley (gluten), celery, fish and sulphites*

Nutritional information per portion (259g):

Energy	Fat	Saturates	Sugars	Salt
976kJ 233kcal 12%	13g 18%	2.9g 15%	8.4g 9%	1.5g 25%

of an adult's reference intake.
Typical values per 100g: energy 377kJ/90kcal.

Equipment

Weighing scales
Can opener
Sieve
Chopping board x 2
Sharp knife x 2
Garlic crusher
Large saucepan or frying pan with lid
Wooden spoon
Measuring spoons
Pan stand

Ingredients

Serves 4
400g can beans (haricot, borlotti OR cannellini)
400g can chopped tomatoes
2 sticks celery
1 medium onion
1 clove garlic OR
1 x 5ml spoon garlic purée
150g lean pork, bacon OR gammon
2 x 15ml spoons vegetable oil
1 x 15ml spoon tomato purée
1 x 15ml white wine vinegar OR balsamic vinegar
1 x 15ml spoon dark brown sugar OR black treacle
2 x 5ml spoons Worcestershire sauce
Black pepper (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- The combination of sugar, treacle and vinegar give the beans a distinctive taste. Dark brown sugar and a mild vinegar gives the best flavour. Just use 1 x 5ml spoon if you are using malt vinegar.

Quick Boston-style Baked Beans

Method

1. Open the can of beans, drain in the sieve and rinse under the cold tap.
2. Open the can of tomatoes.
3. Wash the celery and slice into ½cm pieces.
4. Peel and dice the onion into 1cm pieces.
5. Peel and crush the garlic, if using a fresh clove.
6. Slice the meat into thin slices about 3cm long.
7. Add the oil to the saucepan and heat.
8. Add the meat to the saucepan, stir and cook for 5 minutes until it starts to brown.
9. Add the onion and celery to the saucepan and cook gently for 5–10 minutes until the vegetables start to soften.
10. Add the garlic, tomatoes, tomato purée, vinegar, sugar or treacle and Worcestershire sauce and stir well.
11. Bring to the boil, then simmer, cover and cook gently for 10 minutes. Stir occasionally.
12. Add the beans and simmer gently for a further 5 minutes. If it becomes too dry, add about 100ml of water and continue to simmer until you have a thick sauce.
13. Add black pepper to taste (if using) and serve.

Something to try next time

- Try different types of canned beans.
- Use a variety of vegetables such as a chopped red or orange pepper or a handful of sliced mushrooms at step 9.
- Sprinkle the beans with chopped fresh parsley to serve.

Prepare now, eat later

- This dish can be made up to 24 hours in advance.
- Cool as quickly as possible and store, covered, in the fridge. This recipe is delicious cold mixed with cooked cold pasta.

Skills used include:

Weighing, measuring, peeling, chopping, crushing, mixing/combining, boiling/simmering and frying.

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Vegetable Risotto (Microwave)

This is a classic recipe with a cheat's method – popping it in the microwave speeds it up and gives you time to do other things. It's also great for using up leftover vegetables in your fridge.



Celery, egg, milk and wheat (gluten)*

Nutritional information per portion (552g):

Energy 2234kJ 532kcal 27%	Fat 10g 15%	Saturates 2.9g 14%	Sugars 7g 8%	Salt 0.82g 14%
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of an adult's reference intake.
Typical values per 100g: energy 405kJ/96kcal.

Equipment

Weighing scales
Chopping board
Sharp knife
Measuring spoons
3 litre capacity microwave-safe bowl with lid or clingfilm
Garlic press (optional)
Stirring spoon
Kettle
Measuring jug
Oven gloves
Can opener
Colander
Grater

Ingredients

Serves 4
1 medium onion
1 x 15ml spoon olive oil
1 clove garlic
350g risotto rice
1 litre boiling water
1 x reduced-salt vegetable stock cube
1 x 400g can flageolet beans in water
1 x 198g can sweetcorn
125g green beans
100g frozen peas
40g Parmesan cheese
OR reduced-fat mature Cheddar cheese
Small bunch (10g) parsley to garnish (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- It is important to stir the rice well each time as this releases starch and makes the dish creamy.
- If you are cooking for children aged 5 and under, don't use a stock cube. They are high in salt, which we need to limit in young children's diets. Experiment with herbs to flavour the dish instead. Also use reduced-fat Cheddar cheese instead of Parmesan as Parmesan is made from unpasteurised milk.

Vegetable Risotto (Microwave)

Method

1. Peel and finely chop the onion and add to the microwave-safe bowl. Add the oil and stir well.
2. Heat for 2 minutes on full power. All timings for this recipe are based on an 800W microwave.
3. Peel and press or finely chop the garlic (chop it as small as you can), weigh the rice and add both to the onions. Stir well and heat for a further 2 minutes.
4. Meanwhile, measure 1 litre of boiling water into the measuring jug, crumble in the stock cube and stir to dissolve. Add the stock to the rice, stir well, cover with a lid or clingfilm, leaving a small area open, and cook for 10 minutes on full power.
5. While the rice is cooking, open the can of flageolet beans and drain and rinse them, drain the canned sweetcorn and wash and chop the green beans into 2.5cm sticks.
6. Stir the rice well before mixing in the green and flageolet beans; then cover and cook for 5 minutes.
7. Mix the sweetcorn and frozen peas into the rice, cover and cook for a final 3 minutes. Meanwhile, finely grate the cheese and chop the parsley (if using).
8. Lastly, stir in the grated cheese, sprinkle with chopped parsley (if using) and serve immediately.

Something to try next time

- You can swap the sweetcorn and Parmesan for a tasty mushroom and goat's cheese alternative. Finely slice 3 medium mushrooms and add at step 6, leaving out the sweetcorn at step 7. At step 8 stir in a 125g pack of soft goat's cheese and 1 x 15ml spoon of finely chopped tarragon instead of the Parmesan and parsley.
- Try topping the finished risotto with 50g of fresh baby spinach leaves and 15 halved cherry tomatoes.
- You can swap the vegetables and beans for whatever you have in your fridge and cupboards, such as broccoli, spinach, fresh or canned tomatoes, chickpeas and different kinds of beans.

Prepare now, eat later

- Rice is best eaten as soon as it is cooked, but any leftover rice should be cooled as quickly as possible (within 1 hour) and stored in the fridge for no longer than 24 hours. When you reheat any rice, always check that the dish is steaming hot all the way through and never reheat it more than once.

Skills used include:

Washing, weighing, measuring, peeling, chopping, grating, mixing/combining and microwaving.

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Vegetable Chow Mein

This is a lovely, colourful Chinese dish of noodles and vegetables stir-fried together to make a quick and tasty take-away dish. It originates from Canton, a province of China renowned for its cuisine, and it has become a worldwide favourite.



Egg, soya and wheat (gluten)*

Nutritional information per portion (393g):

Energy	Fat	Saturates	Sugars	Salt
930kJ 221kcal 11%	8.7g 12%	1.1g 5%	11g 12%	1.5g 25%

of an adult's reference intake.
Typical values per 100g: energy 237kJ/56kcal.

Equipment

Weighing scales
Chopping board
Sharp knife
Can opener
Colander
Lemon squeezer
Mug
Measuring spoons
Fork
Large saucepan
Pan stand x 2
Wok or very large high-sided frying pan
Spatula
Large plate

Ingredients

Serves 4
2 cloves garlic
1 medium onion
1 red chilli
1 orange or red pepper
4 spring onions
200g baby sweetcorn
200g mangetout
1 x 225g can water chestnuts
1 lime
3 x 15ml spoons light soy sauce
1 x 5ml spoon sugar
1 x 5ml spoon cornflour
Small bunch mint (optional)
2 x 15ml spoons sunflower oil
220g medium dried egg noodles
100g bean sprouts

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Prepare all of the vegetables before you start to cook.
- When you're stir-frying, keep the vegetables and noodles moving all the time so that they don't burn.

Vegetable Chow Mein

Method

1. Peel and slice the garlic and peel and finely chop the onion. Wash all of the remaining vegetables.
2. Deseed the chilli and slice finely (wash your hands afterwards).
3. Deseed the pepper and cut into thin ½ cm wide strips. Top, tail and finely chop the spring onions and set aside to garnish at step 15.
4. Cut the baby sweetcorn in half lengthways and then in half again. Slice the mangetout into long thin strips.
5. Open the can of water chestnuts and drain in the colander. Slice each water chestnut into 2 or 3 pieces.
6. Cut the lime in half and squeeze the juice from one half and pour into the mug. Cut the other half into wedges.
7. Make the sauce by mixing the light soy sauce, sugar, cornflour and lime juice together with the fork in a mug.
8. Remove the mint leaves from the stalks (if using), and chop them finely.
9. Cook the noodles in boiling water, according to the cooking instructions on the packet. Drain them in the colander.
10. Heat 1 x 15ml spoon oil in the wok. Add the garlic, chilli, onions and pepper. Stir-fry them until the onion begins to colour and the vegetables soften slightly.
11. Add the baby sweetcorn, water chestnuts and the mangetout. Keep the heat high and keep the vegetables moving by stirring them around the pan with the spatula for 3–5 minutes.
12. Take the wok off the heat and carefully tip the vegetables out of the pan onto the plate.
13. Place the wok back on the heat, add the remaining 1 x 15ml spoon oil and when it has heated, add the drained noodles and the bean sprouts.
14. Stir-fry for 1 minute, then add the rest of the vegetables and the sauce to the wok. Mix well, turning the noodles so that they become coated with the sauce.
15. Serve and garnish with the reserved chopped spring onions, chopped mint (if using) and wedges of fresh lime.

Skills used include:

Weighing, measuring, peeling, chopping, squeezing, boiling/simmering and stir-frying.

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Something to try next time

- As with any stir-fry recipe, you can vary the vegetables to suit what's in season and what you have available. The important thing is to have a colourful selection.
- You could also add a 2cm piece of fresh grated ginger to add more heat to the dish.
- Add 1 x 225g can of drained bamboo shoots at step 11.

Prepare now, eat later

- Try to prepare and cook the food as close to cooking as possible. Once you peel or chop vegetables they start to lose vitamins. If you do prepare the vegetables in advance, cover them and store them in the fridge but do not leave them to soak in water as this will increase the vitamin loss.
- Stir-frying is a quick method of cooking, so eat the food straight away when all the ingredients are still colourful, crunchy and fresh.

Mediterranean Fish

This is a lovely, simple evening meal which combines the flavours of the Mediterranean with delicious white fish. Serve it with plain boiled rice and a salad, or with a selection of vegetables.



Fish*

Nutritional information per portion (321g):

Energy	Fat	Saturates	Sugars	Salt
546kJ 130kcal 7%	4.5g 6%	0.6g 3%	6.7g 7%	0.39g 6%

of an adult's reference intake.
Typical values per 100g: energy 170kJ/40kcal.

Equipment

Chopping board
Sharp knife
Garlic press
Frying pan with a lid
Measuring spoons
Can opener
Large spoon for stirring
Pan stand
Small plate
Knife and fork

Ingredients

Serves 4
1 medium onion
2 cloves garlic
1 x 15ml spoon olive oil
2 x 400g cans chopped tomatoes
1 bay leaf
4 x 100g pollock steaks
OR other white fish
Ground black pepper (optional)
Small bunch flat leaf parsley

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- The more you crush the garlic, the more flavour it will release, so it's worth putting it through the garlic press a couple of times. Make sure you get every last bit out and into your tomato sauce!

Mediterranean Fish

Method

1. Peel and finely slice the onion.
2. Peel and crush the garlic.
3. Turn on the hob to a medium heat and heat the oil in the frying pan. Add the onion and garlic and fry them gently for 10 minutes until they are soft.
4. Add the tomatoes and the bay leaf. Once the sauce is bubbling, turn down the heat. Allow it to cook, uncovered, for at least 20 minutes, stirring it every 5 minutes, until it becomes thick and slightly darker red in colour.
5. Carefully place the 4 fish steaks in the pan and spoon a little of the sauce around and over them.
6. Sprinkle ground black pepper to taste (if using) over the top of the fish.
7. Put the lid on the frying pan, turn the hob to its lowest setting and gently cook the fish for about 10 minutes.
8. While the fish is cooking, wash and dry the parsley, then chop it finely.
9. Test to see that the fish is cooked by removing one of the steaks, placing it on a small plate and cutting into it with a knife and fork. If the fish has gone white all the way through, it is cooked and ready to serve.
10. Return the fish to the frying pan, sprinkle over the parsley and serve.

Something to try next time

- For extra flavour, add in 2 peppers sliced into 2–3cm pieces (green and yellow) at step 3. For an extra kick, you could also add a finely chopped green chilli or a pinch of chilli powder.

Prepare now, eat later

- Peel and slice the onion and keep it in a plastic bag in the fridge for up to 2 days.
- The tomato sauce keeps in a fridge for up to 2 days or freeze it for up to 3 months. Defrost the sauce thoroughly and reheat until piping hot. Add the fish 10 minutes before serving and sprinkle with parsley to serve.

Skills used include:

Washing, measuring, peeling, chopping, crushing, boiling/simmering, poaching and serving.

Rainbow Couscous

Bright peppers add a rainbow of colours and a cool crunch to this tasty salad.

Couscous is made from moistened semolina wheat. In supermarkets it is sold ready to cook, which means it has been steamed and dried before packaging.



Mustard and wheat (gluten)*

Nutritional information per portion (268g):

Energy	Fat	Saturates	Sugars	Salt
949kJ 226kcal 11%	9g 13%	1.3g 7%	8g 9%	0.38g 6%

of an adult's reference intake.

Typical values per 100g: energy 354kJ/84kcal.

Equipment

Weighing scales
Mixing bowl
Measuring jug
Kettle
Wooden spoon
Measuring spoons
Large plate or clean tea towel
Fork
Colander
Chopping board
Sharp knife
Can opener
Sieve
Scissors
Garlic crusher
Grater
Juice squeezer
Small bowl OR jar with tight fitting lid
Whisk
Serving bowl

Ingredients

Serves 4

200g couscous
250ml boiling water
1 red OR orange pepper
1 small green pepper
2 tomatoes
3–4 spring onions
200g can sweetcorn
Dressing:
10g (about a handful) fresh coriander OR parsley
1 clove garlic (optional)
1 small lemon (juice only)
2 x 15ml spoons olive oil
Black pepper (optional)
1 x 5ml spoon whole grain OR Dijon mustard (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- Couscous works best with strong flavours, so make sure your dressing has plenty of flavour. You could add a drizzle of red wine vinegar to add an extra kick to this colourful salad.

Rainbow Couscous

Method

1. Put the couscous in a bowl.
2. Measure 250ml of boiling water into the measuring jug.
3. Pour the hot water over the couscous and cover with the plate or tea towel. Leave to stand for 10 minutes.
4. Fluff the couscous with a fork. Add a little extra water if necessary. Allow to cool.
5. Wash and dry the vegetables.
6. De-seed the peppers and remove the core and any white pith. Chop into cubes (about 1½cm).
7. Chop the tomatoes into similar size pieces to the pepper.
8. Top and tail the spring onions and slice finely.
9. Drain the sweetcorn and discard the liquid.
10. Add the chopped peppers, tomatoes, spring onions and sweetcorn to the couscous and mix well with a fork.
11. Finely chop the parsley or coriander with scissors.
12. Peel and crush the garlic (if using). Grate the zest and squeeze the juice from the lemon.
13. Make the dressing by whisking the olive oil and lemon juice together in a small bowl (or shake together in a jar). Add the chopped coriander or parsley, crushed garlic and black pepper and mustard (if using). Whisk or shake again.
14. Pour the dressing over the couscous and mix well.

Something to try next time

- Use cold water (or orange juice) to soak your couscous. Leave to soak for about 30 minutes.
- Try roasting the peppers (or other vegetables) to add even more flavour.
- Feta or griddled halloumi cheese help turn this salad into a more substantial dish. You could add meat or fish for non-vegetarians.
- Add 50g of raisins, chopped dried apricots or dried cranberries at step 4 for added colour and sweetness.

Prepare now, eat later

- Cover and store in the fridge for up to 24 hours.

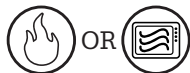
Skills used include:

Washing, weighing, measuring, peeling, chopping, crushing, grating, squeezing, whisking and mixing/combining.

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Bread and Butter Pudding

Bread and Butter Pudding is a traditional family favourite which is economical to make because it uses up old bread and can be cooked in a microwave. The pudding should be crispy on the outside and light and fluffy on the inside, and is delicious served with custard or reduced-fat crème fraîche.



Egg, milk, soya, sulphites and wheat (gluten)*

Nutritional information per portion (126g):

Energy	Fat	Saturates	Sugars	Salt
899kJ 214kcal 11%	6.6g 9%	2.1g 10%	14g 15%	0.76g 13%

of an adult's reference intake.
Typical values per 100g: energy 713kJ/170kcal.

Equipment

Weighing scales
Spreading knife
Ovenproof or microwave-safe serving dish (approx. 1 litre)
Chopping board
Bread knife
Measuring spoons
Measuring jug
Fork
Oven gloves
Pan stand

Ingredients

Serves 4
25g unsaturated fat spread
4 slices white, wholemeal OR granary bread
50g currants, raisins, sultanas OR mixed dried fruit
25g sugar
1 x 5ml spoon grated nutmeg
300ml semi-skimmed milk
2 medium eggs

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Make sure that the spread is suitable for baking.
- When baked this pudding is crispy and delicious. The microwave version will be pale in colour, so if you're using an ovenproof dish you can place it under the grill for a couple of minutes to give it a browned, crispy finish.
- The timings for microwaving the pudding are based on an 800w microwave, so you may have to adjust the timings based on the wattage of your microwave.
- Serve with the Proper Homemade Custard recipe on our website.

Bread and Butter Pudding

Method

1. Preheat the oven to 160°C/140°C fan or gas mark 3, if you are not using the microwave.
2. Use a little of the spread to grease the ovenproof dish and spread the rest on one side of each slice of bread.
3. Cut the slices into quarters diagonally (to make triangle shapes).
4. Arrange half of the bread across the base of the prepared dish.
5. Sprinkle the dried fruit, half the sugar and the nutmeg over the bread.
6. Arrange the remaining bread triangles, spread side up, on top of the fruit.
7. Beat together the milk and eggs in a measuring jug and pour over the bread.
8. Sprinkle the remaining sugar over the pudding and leave to stand for 10 minutes to allow the bread to soak up the egg and milk mixture.
9. Microwave for 4½ minutes on full power (timing based on an 800W microwave). Leave to stand for 2 minutes and check that the centre is set. If it is not, return to the microwave and cook for another minute and check again. Alternatively, bake the pudding in the oven for 30 minutes or until set and golden.

Something to try next time

- If you don't like dried fruit, replace it with two sliced bananas. Layer these between the slices of bread.
- Instead of using nutmeg, add the grated zest of an orange to the milk and egg mixture.
- Try making this using different types of bread: hot cross buns at Easter time, panettone at Christmas or for something really special, try using sliced croissant.

Prepare now, eat later

- Bread and Butter Pudding is best eaten straight from the oven when it is crisp and delicious.

Skills used include:

Weighing, measuring, beating, spreading, microwaving and baking.

Blueberry and Banana Oat Loaf

A slice of this quick and easy-to-make loaf is ideal for dessert or for a picnic.



Egg, milk, oats (gluten) and wheat (gluten)*

Nutritional information per portion (136g):

Energy	Fat	Saturates	Sugars	Salt
1310kJ 312kcal 16%	13g 19%	1.9g 10%	17g 19%	0.42g 7%

of an adult's reference intake.
Typical values per 100g: energy 964kJ/229kcal.

Equipment

Weighing scales
500g loaf tin
Pastry brush
Greaseproof paper
Scissors
Sieve
Large mixing bowl
Grater
Chopping board
Sharp knife
Juice squeezer
Medium bowl
Fork
Small bowl
Measuring spoons
Wooden or plastic spoon
Spatula
Oven gloves
Cooling rack

Ingredients

Serves 8 (1 x 500g loaf)
200g self-raising flour
1 x 5ml spoon baking powder
50g caster sugar
100g oats
1 large orange
3 medium bananas (ripe)
2 eggs
6 x 15ml spoons sunflower oil
1 x 5ml spoon vanilla extract
1–2 x 15ml spoons semi-skimmed milk
175g blueberries

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Try to keep the blueberries whole by stirring the mixture gently when you have added them. If they burst you will have a purple loaf.
- This recipe is best made using ripe bananas as they taste sweeter and are easy to mash.
- The loaf tastes even better the day after it is made.

Blueberry and Banana Oat Loaf

Method

1. Preheat the oven to 180°C/160°C fan or gas mark 4.
2. Grease the loaf tin with a little of the oil. Cut a strip of baking parchment and line the base of the loaf tin.
3. Sift the flour and baking powder into a large mixing bowl and stir in the sugar and oats.
4. Grate the orange zest, cut the orange in half and squeeze the juice.
5. Peel the bananas and mash with a fork in a medium bowl.
6. Whisk the eggs in a small bowl with the fork and stir in the oil.
7. Add the bananas, vanilla extract, orange zest, and oil and egg mixture to the dry ingredients. Measure the orange juice and make up to 6 x 15ml spoons with the milk if there is not enough juice. Add to the bowl and stir to combine.
8. Add the blueberries and gently stir them into the mixture.
9. Pour into the prepared loaf tin, scraping the bowl clean with the spatula.
10. Bake in the oven for 45–50 minutes or until golden brown and firm and springy when pressed on the top. It should have shrunk away from the sides of the tin.
11. Allow to cool for 10 minutes, then remove from the tin and cool on a wire rack.

Something to try next time

- Replace the blueberries with fresh raspberries. Fold the fruit into the mixture in the same way as the blueberries.

Prepare now, eat later

- The loaf will keep in an airtight container in the fridge for up to 4 days.
- The loaf also freezes well. Cool the loaf then wrap in foil and freeze whole or in slices with a piece of clingfilm or greaseproof paper between each slice. Then you can remove a slice at a time.

Skills used include:

Weighing, measuring, peeling, grating, squeezing, sifting, whisking, mixing/combining and baking.