



Simple and Nutritious Macaroni Cheese



Ingredients

175g Macaroni
50g Low fat spread and 50g Plain flour
500ml Semi skimmed milk
175g Mature cheddar cheese
1tsp Mustard and Seasoning to taste
50g Dried breadcrumbs

Method

1. Cook the macaroni in plenty of boiling water until just tender.
2. Melt the spread in a saucepan and add the flour to form a paste.
3. Gradually add the milk stirring constantly. The sauce will become thick.
4. Let the sauce come to boil, stir in the Mustard and Seasoning. Preheat the grill.
5. Stir about two thirds of the cheese into the sauce.
6. Drain the macaroni thoroughly and stir into the sauce.
7. Transfer the mixture into a heatproof dish.
8. Sprinkle with the breadcrumbs and remaining cheese, grill until golden brown



Chunky Vegetable Soup



Ingredients

½ tbsp vegetable oil
1 medium onion, 2 small carrots, sliced
3 sticks of celery, 1 leek sliced
1 tin of chopped tomatoes & 1½ tbsp tomato purée
80g frozen peas & 80g green beans
50g dried pasta
1 litre of boiling water & 2 stock cubes
1½ tsp of dried herbs & seasoning to taste

Method

1. Heat the oil in a large pan, add the onions, carrots, leeks and celery and fry until sizzling.
2. Lower the heat, cover and cook gently for five minutes, stirring if needed.
3. Add the tin of tomatoes, stock, tomato purée, beans and frozen peas. Raise the heat to maximum.
4. Bring to the boil and add the pasta, herbs and seasoning
5. Lower the heat and simmer for 15 minutes or until the pasta is cooked, stirring frequently to make sure the pasta doesn't stick.



Reduced Fat Chocolate Cake



Ingredients

Ingredients
90g Self Raising Flour
40g Cocoa Powder
150g Caster Sugar
1 Vanilla Yoghurt
2 Eggs
2 tbs Oil

Method

1. Pre-heat oven to 180°C. Line a cake tray with greaseproof paper
2. Mix together the dry ingredients
3. Mix together the wet ingredients
4. Add the wet mix to the dry mix, fold together gently
5. Spoon into the cake tray, bake for 20mins
6. Allow to cool on a wire rack



Sweet Potato and Squash Soup



Ingredients

- 1 Onion, peeled & diced
- 1 Carrot, peeled & diced
- 1 Small Sweet Potato, peeled & diced
- 1 Small Squash, peeled, de-seeded & diced
- 1 tbs Olive Oil
- 1 tsp Garlic puree & 1 tsp Chilli puree
- 1 tsp Mixed herbs
- 1l Veg stock & Seasoning to taste

Method

1. Heat oil in a large pan, sweat onions for 5 mins
2. Add remaining vegetables and sweat for a further 5 mins
3. Stir in garlic & chilli puree
4. Add stock, herbs and seasoning
5. Bring to the boil, then reduce heat. Simmer for 15 mins
6. Allow to cool, blend with a hand blender or food processor.

Scones



Ingredients

15g Baking Powder
250g Plain Flour
40g Low Fat Spread
40g Caster Sugar
100ml Milk
1 Egg

Method

1. Pre-heat oven to 230 °C
2. Mix the flour & baking powder, sieve well
3. Rub in low fat spread & sugar to form breadcrumb texture
4. In a cup, mix milk & egg together (keep some to glaze top of scones)
5. Add to the flour mixture, knead together gently
6. Lightly flour table, gently pat out dough to 2cm thick, cut out scones
7. Place on a lightly floured baking tray. Brush the top with the egg wash
8. Bake for 10-12mins until golden on top
9. Allow to cool on a wire rack



Stir Fry Chicken



Ingredients

- 1 Carrot, peeled & finely sliced
- 1 Red Pepper, peeled, de-seeded & sliced
- 1 Red Onion, peeled & sliced
- 1 Spring Onion, sliced
- 1 Chicken Breast, sliced
- 1 tsp Chilli puree, 1 tsp Garlic Puree, 1 tsp Ginger Puree
- 1 tbs Oil & 1 tbs Corn Flour in 2 tbs Cold Water
- 250ml Veg Stock
- 1 tsp Light Soy Sauce & 1 tsp Dark Soy Sauce

Method

1. Heat Oil in a pan, stir fry veg for 2-3 mins. Remove from pan and set to one side
2. Add the chilli, garlic, ginger purees & spring onion. Stir in sliced chicken
3. Add remaining ingredients. Stir Fry until chicken is cooked
4. Mix in the veg. Serve with noodles or rice

Try some bean-sprouts or sliced bamboo shoots for some extra crunch!



Spaghetti Bolognese



Ingredients

½ tbsp oil (if using Quorn, chicken or turkey mince)
100g lean beef mince
1 onion, finely chopped & 1 clove garlic, finely chopped
400g can of chopped tomatoes & 1 tbsp tomato puree
1 tsp dried mixed herbs & 1 stock cube
½ red pepper, chopped & 100g mushrooms, sliced
½ carrot, grated & ½ courgette, chopped
150g dry spaghetti or pasta shapes
Seasoning to taste

Method

1. Heat the oil and brown the mince over a gentle heat, stirring to stop it from sticking.
2. Add the onion to the mince and cook for 3-5 minutes.
3. Add the remaining ingredients, apart from the pasta (if you don't like one of the vegetables, swap it for another), bring the sauce to the boil, then lower the heat and Simmer gently for 15-20 minutes.
4. Add seasoning to taste. Serve with spaghetti or other pasta



Chicken Curry



Ingredients

1 tbsp olive oil (or vegetable oil)
1 large onion, chopped & 2 cloves of garlic, chopped finely
1 large tomato, chopped & 1 tbsp tomato purée
1 medium chilli, chopped & 1 tsp ginger puree
 $\frac{1}{4}$ tsp chilli powder, $\frac{1}{4}$ tsp coriander powder
 $\frac{1}{4}$ tsp cumin powder, $\frac{1}{4}$ tsp turmeric powder
2 tbsps of water & a stock cube
1 large chicken breast & $\frac{1}{4}$ pepper, chopped
130g basmati rice (washed in cold water)

Method

1. Heat the oil and fry the onions until soft. Add garlic, tomato, tomato purée, ginger, chopped chilli and spices. Cook for a few minutes and then add two tablespoons of water with the stock cube, and allow to reduce.
2. Add chicken and cook for 10 to 15 minutes, on a medium heat. Season to taste and simmer for a further five to ten minutes.
3. Meanwhile, cook the rice following the packet instructions