



Healthy and affordable recipes

**active
Sunderland**



Sunderland
City Council

Table of contents

| | |
|---|----|
| Information | 3 |
| Eatwell guide | 5 |
| Substitute products | 9 |
| Average pricing | 13 |
| Alternative recipes | 15 |
| Baked Bean Chilli | 17 |
| Vegetarian Burritos | 19 |
| Tuna and Bean Jackets | 21 |
| Saucy Baked Bean Eggs | 23 |
| Baked Tomatoes on Toast | 25 |
| Three Ingredient Flat-Bread | 27 |
| Pizza Calzone | 29 |
| Apple Crunch | 31 |
| Rice Cakes with Low-Fat Cheese and Cucumber | 33 |
| Houmous with Carrot, Cucumber and Celery | 35 |
| Beans, Basil and Sauce | 37 |
| Curried Mackerel Noodles | 39 |
| Tuna Pasta Bake | 41 |
| Simple Sardines on Toast | 43 |
| Carrot, Cumin and Kidney Bean Burger | 45 |
| Pasta e Ceci | 47 |
| Perfect Pasta and Tomato Sauce | 49 |
| Mushroom and Chickpea Curry | 51 |
| Lentil Soup | 53 |
| Funky Vegetable Fajitas | 55 |



Information

Links to useful websites

Change4Life Recipes
www.nhs.uk/change4life/recipes

NHS Choices
www.nhs.uk

Jamie Oliver
www.jamieoliver.com/

Phunky Foods
www.phunkyfoods.co.uk

Bon Appetit
www.bonappetit.com

Food a Fact of Life – British Nutrition Foundation
www.foodafactoflife.org.uk

BBC Cooking on a Budget
www.bbc.co.uk/food/collections/budget_dinner_recipe_and_ideas

Teenwise, British Dietetics Association
www.teenweightwise.com/index.html

The Great Grub Club World Cancer Research Fund UK
www.greatgrubclub.com

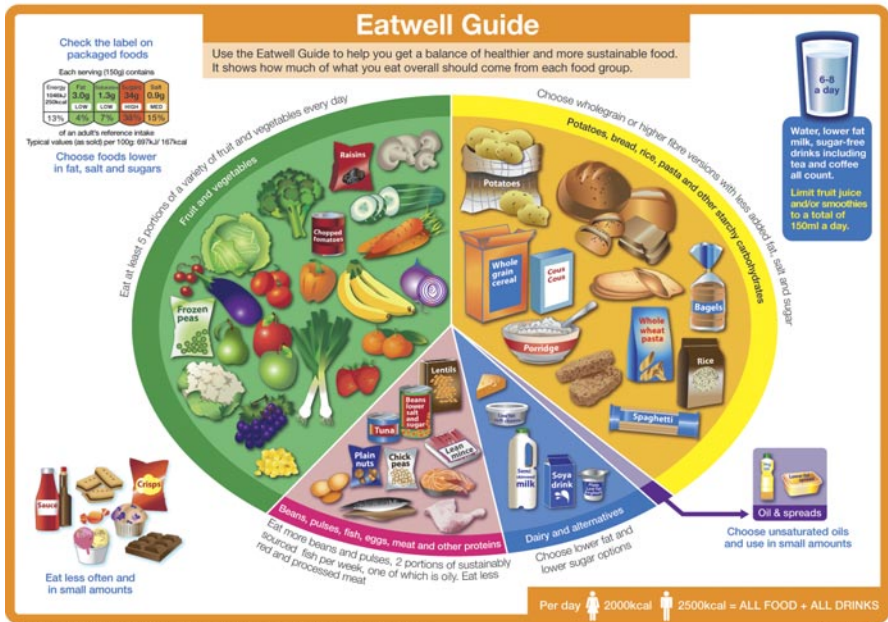
BBC Good Food
www.bbcgoodfood.com

Ryan Riley, Life Kitchen
www.wcrf-uk.org/uk/recipes/ryan-riley

If you or anyone in your family have any food allergies please check ingredients before cooking.

The cooking instructions and directions in the recipes are offered as guidelines only. Use your best judgement and proper discretion when preparing or consuming any food.

Eatwell guide



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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The Eatwell Guide shows how much of what we should be eating overall from each food group to achieve a healthy, balanced diet.

You do not need to achieve this balance with every meal, but try to get the balance right over a day or two or even a week. This also includes drinks that we should be having.

The Eatwell Guide divides the food and drinks we consume into 5 main groups:

- Fruit and Vegetables
- Carbohydrates
- Proteins

- Dairy and Alternatives
- Oils and Spreads

It's important to get some fat in your diet, but foods that are high in fat, salt and sugar have been placed outside of the circular image as they're not necessary as part of a healthy, balanced diet and most of us need to cut down on these.

Unsaturated fats from plant sources (for example, vegetable oil or olive oil) are healthier types of fat.

But all types of fat are high in energy (calories), so they should only be eaten in small amounts.

On average, women should have around 2,000 calories a day (8,400 kilojoules) and men should have around 2,500 calories a day (10,500 kilojoules). Most adults consume more calories than they need.

Fruit and Vegetables

Most of us are still not eating enough fruit and vegetables. This should make up a third of the food we eat daily.

Aim to eat at least 5 portions of a variety of fruit and vegetables a day. You can choose from fresh, frozen, dried or tinned.

Remember that fruit juice and smoothies should be limited to no more than a combined total of 150ml a day.

Fruit and vegetables are a great source of vitamins and minerals.

Carbohydrates

Starchy foods should make up just over a third of the food we eat. Choose higher fibre wholegrain varieties, such as wholewheat pasta and brown rice, or simply leave skins on potatoes.

There are also higher fibre versions of white bread and pasta.

Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.

Proteins

These foods are good sources of protein, vitamins and minerals. Pulses, such as beans, peas and lentils, are good alternatives to meat because they're lower in fat and higher in fibre and protein, too.

Choose lean cuts of meat and mince, and eat less red and processed meat like bacon, ham and sausages.

Aim for at least two portions of fish every week, one of which should be oily, such as salmon or mackerel.

Dairy and Alternatives

Milk, cheese, yoghurt and fromage frais are good sources of protein and some vitamins, and they're also an important source of calcium, which helps keep our bones and teeth strong.

Try to go for a lower fat milk and lower sugar products where possible, like 1% fat milk, reduced-fat cheese or low -fat plain yoghurt.

Oils and Spreads

Unsaturated fats are healthier fats and include vegetable, rapeseed, olive and sunflower oils.

Remember all types of fats are high in energy and should be eaten sparingly.

The Eatwell Guide is used in this recipe book to prepare meals that are healthy and well balanced. It is important that during a time where illnesses are more present, it is essential to keep our bodies well nourished.



Substitute products

With everyone at home, it is a perfect time to get creative with what you have in your cupboards and freezer. Try to think about products you can swap over or substitute. This is handy to make recipes more interesting and if you find that the supermarkets are out of stock of some products, there is always other options to make your perfect recipe!

Onions

If onions are in short supply, shallots work as a replacement - though bear in mind that you'll probably need to use more, given that they are smaller than onions. Shallots may also create a milder flavour in the dish.

UHT milk

In the absence of UHT dairy milk, you may be able to find non-dairy substitutes which have a long life, including oat, soya or almond milk.

If none of these are available, you can make your own oat milk with a blender fairly easily using water, oats and a pinch of salt. There are plenty of recipes online for doing this.

Oil

Most oils can be substituted for one another without affecting the flavour of a dish too much - for instance, swapping over vegetable oil for rapeseed oil.

If you can't get hold of oil at all, you can use butter as a replacement, instead.

Eggs

If you're baking and need eggs, you can mix one teaspoon of baking soda with a tablespoon of vinegar to replace one egg. Apple cider vinegar or white distilled vinegar are the best to use for this. If you've got no eggs in and fancy something scrambled on your toast, you could try scrambling tofu instead, using recipes online. Tofu also has the advantage of having a fairly long shelf life.

Spaghetti

If making your own pasta sounds too fiddly, you can replace spaghetti with noodles without affecting the flavour of your dish too much - especially with a tasty sauce.

Flour

Depending on what you are cooking, like oil, most flours can be substituted for one another. However, if a recipe requires self-raising flour, normal flour is unlikely to work as a substitute. Instead, add two teaspoons of baking powder to each cup (150g) of all purpose plain flour. If you can't get hold of flour at all, you can blend rolled oats as a replacement.

Rice

Rice can be replaced by a number of other grains, including quinoa, barley or bulgur wheat, tinned chickpeas and other tinned pulses. Tinned chickpeas and other tinned pulses. If you're struggling to get hold of tinned food, bear in mind that some of what you're looking for may come in dried form - like chickpeas or lentils for example - so check the shelves to see if the dried version is available.

Garlic

If there's no fresh garlic on offer, check other sections for garlic paste, garlic granules or frozen garlic.

Naan bread

Can't find any naan bread? Using flour, water and salt, you can easily make your own chapatis as a replacement at home.

Coconut milk

Instead of coconut milk, you can try using the same amount of whole milk or yoghurt as a replacement.

Vegetables

Vegetables can be found fresh, in tins and in the frozen section of supermarkets, so try all three before you give up on your five a day.



Average pricing

Honey Roast Ham

(average price £1.40 per 200g pack)

Wholemeal Bread

(average price 55p per loaf 800g)

Sliced Chicken

(average price £1.79 per 400g pack)

Fusilli Pasta

(average price 60p per 500g pack)

Pack of Bananas

(average price £1 per pack of 5)

Braeburn Apples

(average price £1.60 per pack of 6)

Tangerines

(average price £2 per 600g pack)

Porridge Oats

(average price £1.20 per 1kg box)

Free-Range Eggs

(average price £1 per box of 6 eggs)

Florette Mixed Salad

(average price £1 per 180g bag)

Bag of Carrots

(average price £1 per 900g bag)

Wholemeal Wraps

(average price 89p per pack of 8)

Houmous Pot

(average price £1.20 per 200g)

Iceberg Lettuce

(average price 79p per 220g bag)

Reduced Fat Soft Cheese

(average price 69p per 200g)

Cucumber

(average price 60p per cucumber)

Red Onions

(average price £1 per 1kg)

Celery Sticks

(average price 90p per 350g)

Cherry Tomatoes

(average price 70p per 250g)

Peppers

(average price 45p per pepper)

Closed Cup Mushrooms

(average price 95p per 300g)

Reduced Fat Cheese

(average price £2.45 per 500g)

Broccoli

(average price 62p per broccoli)

Savoy Cabbage

(average price 65p per cabbage)

**Baked Beans in Tomato Sauce
Reduced Salt and Sugar**

(average price 30p per tin)

Sweetcorn in Water

(average price 50p per 325g)

**Tuna or Salmon Chunks in
Water**

(average price £2 per 3 x 80g tins)

Couscous

(average price 45p per tub)

Low Fat Mayonnaise

(average price 90p per 400-500g)

Jacket Potatoes

(average price 58p per 700g)

Two-pint Semi Skimmed Milk

(average price 80p per 2 pts)

Crunchy Peanut Butter

(average price 85p per tub)

Greek Style Yoghurt

(average price 69p per 500g)

This list is of the most used products in our recipes. We have compiled an average price by comparing between supermarkets in the United Kingdom. The different supermarkets where you can find these products are Asda, Tesco, Aldi, Lidl, Morrisons, Sainsburys, Co-Op, Farm Foods, Marks and Spencer's, Heron Frozen Foods and, Iceland,

Healthy and affordable recipes

Cooking healthy and affordable meals can be challenging so we have put together some recipes that are nutritious and filling, that don't involve a lot of ingredients, are cheap to make, and you can use whatever is in your kitchen cupboards.

Most of these recipes need just a few steps and can be pulled together in 20 minutes or less and for those that take a little longer, you can usually do some of the preparation ahead of time.

For those that are servings of four and there are only two in the household, simply half the recipe or even freeze the other half for later servings.



Baked Bean Chilli

Serves a family of 4

Ingredients

| | |
|--|---|
| 1 tbsp olive oil | 1 pinch black pepper |
| cloves garlic, peeled and finely chopped | 1 red pepper deseeded and chopped |
| 1 small onion, peeled and finely chopped | 1 yellow pepper deseeded and chopped |
| 1 tsp smoked paprika | 800g tinned beans reduced salt, where available |
| ½ tsp cumin | |

Method

1. Heat the oil in a large non-stick pan over a medium heat.
2. Add the onions, garlic, paprika, cumin and a pinch of black pepper.
3. Fry for 1-2 minutes, until soft.
4. Add the peppers and fry again for another 1-2 minutes until soft.
5. Add the beans, bring to a simmer (don't boil) over a medium heat and cook through for 1-2 minutes.
6. Serve into bowls on its own, or with boiled rice if desired.



Vegetarian Burritos

Serves 2

Ingredients

| | |
|------------------------------------|--|
| 4 soft whole wheat flour tortilla | 1 pepper, any colour, deseeded and chopped |
| 6 eggs | |
| 4 tbsp 1% fat milk or skimmed milk | 40g reduced-fat hard cheese, grated |
| 2 tomatoes, finely chopped | 1 pinch black pepper |
| 2 spring onions, finely chopped | |

Method

1. Lay out the tortillas on a surface. Preheat the grill.
2. Beat the eggs and milk together in a bowl using a whisk or fork. In another bowl, mix together the tomatoes, spring onions, and pepper seasoning with black pepper.
3. Heat ½ tsp of vegetable oil in a non-stick frying pan and pour in a quarter of the egg mixture. Cook on the hob over a medium heat for a few moments to set the base.
4. Layer 1 tortilla with the cooked egg, a quarter of the tomato mixture and 10g of cheese. Grill to further set the egg and melt the cheese.
5. Roll up the tortilla and slice in half or wrap in foil to serve later. Repeat to make the other 3 tortillas.



Tuna and Bean Jackets

Serves a family of 4

Ingredients

| | |
|---|---|
| 4 baking potatoes, scrubbed | 2 tsp tomato puree |
| 1 can of beans (cannellini, if possible) | 2 tsp red or white wine vinegar (optional) |
| 200g tuna in water, drained and flaked | 1 pinch ground black pepper (optional) |

Method

1. Prepare the potatoes the night before when cooking another meal. Preheat the oven to 200°C/fan oven 180°C/gas mark 6. Prick the potatoes, then bake towards the top of the oven for 1 hour, or until tender. Cover in tin foil until preparing the meal.
2. Mix together the beans, tuna, pepper, tomatoes, spring onions, vinegar and tomato purée. Season with black pepper.
3. Reheat the potatoes in the oven for a few minutes and then split the baked potatoes open and fill them with the salsa mixture. Serve at once.



Saucy Baked Bean Eggs

Serves a family of 4

Ingredients

2 x 400g tinned cherry tomatoes 4 medium eggs
400g tin mixed bean salad, drained 50g thinly sliced ham
200g baby spinach

Method

1. Tip the tomatoes and bean salad into an frying pan or shallow casserole dish. Simmer for 10 minutes or until reduced.
2. Stir in the spinach and cook for 5 minutes until wilted.
3. Heat the grill to medium. Make four holes in the mixture using the back of a spoon then crack one egg in each. Add the ham into the mixture and grill for 4-5 minutes or until whites are set and yolks are runny.
4. Serve onto a plate, with whole meal toast as an extra.



Baked Tomatoes on Toast

Serves a family of 4

Ingredients

| | |
|--|---|
| 8 tomatoes, halved | 2 tbsp white or wholemeal breadcrumbs (use crackers as alternative) |
| Handful of tinned cherry tomatoes, drained then halved | 4 tsp low-fat cheddar cheese, finely grated |
| 1 tsp dried mixed herbs | 4 slices wholemeal bread |
| 1 tsp fresh chives, chopped (optional) | 1 pinch ground black pepper |

Method

1. Preheat the oven to 190°C/fan over 170°C/gas mark 5.
2. Arrange the tomatoes, cut sides up, on a baking sheet. Sprinkle with the dried herbs and chives (if using) and season with black pepper.
3. Roast for 10 minutes, then sprinkle the breadcrumbs and cheddar cheese over them. Roast for 5 minutes. For vegetarians, make sure you choose a vegetarian version of parmesan cheese.
4. Meanwhile, toast the bread. Place the toast on warmed plates and share the tomatoes between them then serve.



Three Ingredient Flat-Bread

Serves 12

Ingredients

350g self-raising flour

350g natural yoghurt

1 tsp baking powder

Method

1. Add all ingredients into a mixing bowl and mix all together with a spoon. When the mix becomes a dough, tip out onto a surface covered in flour.
2. Knead for a minute or so to bring all together then put the dough into a flour dusted bowl. Divide the dough into two halves and then divide each half into six equal sized pieces.
3. With your hands, pat and flatten each dough piece and use a rolling pin to roll out and make round breads, roughly 2mm to 3mm thick.
4. Use a knife to cut 6 lines into the centre of each round, leaving about 3cm at each end.
5. Place a griddle pan on a high heat, once hot, cook each one for 1-2 minutes on each side, or until bar marked and puffed up. Pile on a serving board and dig in! Can serve with red onions, tomatoes and garlic as additional extras.



Pizza Calzone

Serves a family of 4

Ingredients

| | |
|--|--|
| 1 red pepper deseeded and thinly sliced | 4 soft whole-wheat flour tortillas |
| 1 yellow pepper deseeded and thinly sliced | 80g reduced fat mature cheddar cheese grated |
| 150g closed cup mushrooms sliced | 1 pinch ground black pepper |
| 4 tomatoes | 4 handfuls mixed salad leaves |
| 3 tsp dried Italian mixed herbs | 1 carrot grated |
| | 2 celery sticks chopped |

Method

1. Preheat the grill. Arrange the peppers and mushrooms on a baking sheet and grill them for 4-5 minutes, turning once. Add the tomatoes and herbs, then season with black pepper. Keep warm.
2. Put a tortilla into a dry frying pan and sprinkle a quarter of the cheese over the top. Cook over a medium heat for about 30-40 seconds until melted.
3. Add a quarter of the vegetable mixture to one side of the tortilla, then fold it in half, over the filling. Cook for a few moments, then slide it onto a warm serving plate. Keep warm. Serve with a handful of mixed salad (optional)



Apple Crunch

Serves 1

Ingredients

1 small apple

1 tbsp crunchy peanut butter

Method

1. Cut the apple in half.
2. Spread the peanut butter on both halves of the apple and enjoy.



Rice Cakes with Low-Fat Cheese and Cucumber

Serves 1

Ingredients

2 rice cakes

1 tbsp low-fat cream cheese
portion of cucumber

Method

1. Place the rice cakes on a plate.
2. Spread the cream cheese on each rice cake.
3. Thinly slice the cucumber portion.
4. With the sliced cucumber, place on top of the cream cheese to cover the whole rice cake.



Houmous with Carrot, Cucumber and Celery

Serves 2

Ingredients

| | |
|----------------------------------|---|
| 6 tablespoons of low-fat houmous | ½ of cucumber, cut into sticks |
| 1 carrot, cut into sticks | 1 stick of celery, ends trimmed and cut into 4 pieces |

Method

1. Put the houmous into a small bowl or dish.
2. Chop the carrot, cucumber and celery into sticks and place onto a plate.
3. Place the houmous onto the plate as well, dip and enjoy!
4. Can serve with the three ingredient flat-bread recipe



Beans, Basil and Sauce

Serves a family of 4

Ingredients

400g mixed beans, rinsed and washed

400g chopped tomatoes

100g thick cut bacon cut into pieces

1 slice of thick stale bread, cut into rough pieces

1 chopped clove garlic

Olive oil

2 basil leaves

1 pinch of salt and pepper

Method

1. Heat a medium saucepan over medium heat and add a teaspoon of olive oil, followed by the bacon and garlic.
2. Add the tomatoes and simmer until they are reduced by half.
3. While simmering, in a non-stick pan add the bread, season it and toss through till it is crispy, then set to one side.
4. When the tomato has reduced, stir in the beans and then add the basil leaves. Cook for 2 minutes, divide out into bowls and top with the bread pieces to serve.



Curried Mackerel Noodles

Serves 2

Ingredients

| | |
|--|-----------------------------------|
| 2 x 125g tins of mackerel in oil, drained, oil reserved | 1 tsp garam masala |
| 1 large onion, finely chopped | 1 tsp ground turmeric |
| 1 large garlic cloves, finely chopped | ¼ tsp freshly ground black pepper |
| 1 red chilli, finely chopped | 375g dried egg noodles |
| 1 tsp ground cumin | a handful of mint leaves |

Method

1. Place a large frying pan on a medium heat and add a little of the mackerel oil (discard the rest of the oil).
2. When hot, add the onion for 8 to 10 minutes, until lightly brown. Add the garlic and chilli, reduce the heat to low, and fry for about 5 minutes, until the garlic is softened.
3. Add the cumin, garam masala, turmeric and pepper, gently stir to combine, then after about 1 minute, add a splash of water and add small pieces of mackerel in.
4. Put the noodles in the boiling water and stir once. Cook according to the packet instructions, then drain and stir them into the pan with the mackerel. Scatter over the mint and serve immediately.



Tuna Pasta Bake

Serves a family of 4

Ingredients

| | |
|--|---|
| 400g can chopped tomatoes | 300g penne pasta |
| 1tbsp oil | 185g can of tuna fish in sunflower oil, drained |
| 1 small red onion, peeled and finely chopped | 25g ready salted crisps |
| 5 medium-sized mushrooms, chopped | 100g mature Cheddar cheese, grated |
| 150g sweetcorn, canned or frozen | 900ml flame-proof dish |
| 3 tbsp tomato puree | |

Method

1. Heat the oil in a frying pan, add the onion and cook for 5 minutes over a medium heat, then add the mushrooms and cook for 5 minutes, until softened. Stir in the sweetcorn, tomatoes and tomato puree and simmer for a few minutes.
2. Stir the pasta into a pan of boiling salted water and cook according to pack instructions, until just tender. Drain, then put back in the pan. Set the grill to hot.
3. Stir the pasta into the sauce, then break the tuna into large flakes and gently mix in. Spoon into the dish. Crush the crisps in the bag and sprinkle them over the top, with the cheese.
4. Put the dish on a baking tray and grill for 5 minutes until the cheese has melted and turned golden brown. Serve hot with salad or greens.



Simple Sardines on Toast

Serves a family of 4

Ingredients

1 can of sardines in tomato sauce Juice of ½ lemon
1 tbsp reduced fat mayonnaise 4 slices of crusty wholemeal bread

Method

1. Open the tin of sardines and place in a mixing bowl; mash lightly with a fork.
2. Spoon the mayonnaise into the bowl with the sardines.
3. Squeeze the juice of ½ lemon into the same bowl.
4. Mix all of the ingredients thoroughly together then lightly toast one side of each slice of bread. Divide the sardine mixture evenly between the slices. Spread the mixture on the non-toasted side and then place under the grill for a couple of minutes to warm.



Carrot, Cumin and Kidney Bean Burger

Serves a family of 4

Ingredients

| | |
|---|--|
| 400g kidney beans | 1 teaspoon |
| 1 smallish onion (150g approx.), peeled and finely chopped | 1 tbsp vegetable or sunflower oil, plus 2 tablespoons to fry the burgers |
| 1 large carrot, grated | 1 heated teaspoon flour, plus another to shape the burger |
| 1tsp cumin powder | |

Method

1. Drain the kidney beans and rinse in cold water to wash away the 'tinned' taste. Put into a saucepan and cover with cold water. Bring to boil, then simmer for 10 minutes to really soften.
2. Put the onion, carrot and cumin into a medium frying pan. Add the splash of oil and cook on a low heat to soften. When the kidney beans have softened, drain well and add to the carrots and onions. Remove from the heat and mash together until you have a smoothish puree, like a mashed potato consistency. Stir in the flour to stiffen.
3. Heat the remaining oil in the frying pan on a medium heat. With floured hands, take a quarter of the burger mixture and roll into a ball. Make three more balls with remaining mixture. Place one in the oil and flatten gently with a fork to make a burger shape. Depending on the size of your pan, you may be able to cook all the burgers at once. Cook for a few minutes on one side before turning. Handle burgers with care as they can be fragile before done. When cooked, take from pan and serve.



Pasta e Ceci

Serves a family of 4

Ingredients

400g tin of chickpeas, drained and rinsed

6 cloves of garlic, (or 2 tbsp garlic paste)

1 vegetable stock cube dissolved into 700ml boiling water (optional)

400g tin of chopped tomatoes

1 tsp vinegar

½ tsp mixed dried herbs

Pinch of pepper

400g tin spaghetti hoops 1 pinch of chilli (optional)

Method

1. Tip the chickpeas into a medium saucepan and add the garlic cloves - whole is fine as they will be cooking for quite some time, so will end up soft and sweet, or use puree. Add 700ml to the stock and bring to a boil, then reduce to simmer. Cook for 40 minutes to make the chickpeas super soft.
2. Pour over the tomatoes and add the vinegar, herbs and pepper, then cook for a further 10 minutes.
3. Tip the spaghetti hoops into a sieve or colander and rinse very slowly and gently to get rid of as much sticky orange sauce as possible. Add the hoops to the pan and warm through for 2 minutes, stirring carefully, then season with pepper and chilli.



Perfect Pasta and Tomato Sauce

Serves a family of 4

Ingredients

| | |
|---|--|
| 1 tsp olive oil | 2 tsp dried mixed herbs |
| 1 small onion, finely chopped | 1 pinch of black pepper |
| 1 garlic clove, crushed or finely chopped | 350g dried spaghetti |
| 400g chopped tomatoes | 1 tbsp chopped fresh basil, to garnish |
| 2 tbsp tomato puree | |

Method

1. Heat the oil in a saucepan or frying pan. Add the onion and cook over a medium heat for 3 to 4 minutes, until soft. This sauce makes a great cover for some hidden veg to help towards your 5 a day. You could try adding finely chopped peppers or courgettes to cook with the onions. And if the sauce is a bit chunky, simply blend or puree it at the end.
2. Add the garlic, and cook for another minute. Add the chopped tomatoes, tomato puree and mixed herbs. Season with pepper and then simmer gently, stirring every now and again, for 15 minutes or until the sauce is thick and rich.
3. After the sauce has been simmering for 8 to 10 minutes, start cooking the spaghetti according to the pack instructions.
4. Drain the spaghetti and serve with the sauce, topped with fresh basil or other chopped herbs if you like. Try stirring about 12 halved cherry tomatoes through the sauce just before serving for a juicy, fresh twist.



Mushroom and Chickpea Curry

Serves 2

Ingredients

| | |
|-------------------|--------------------------------|
| 1 onion | 6 tsp tomato puree |
| 1 clove of garlic | 200g canned chickpeas, drained |
| 100g mushrooms | 1 can coconut milk |
| 6 tsp curry paste | 3 tsp oil |

Method

1. Peel and chop the onion, then slice the mushrooms. Peel and crush the garlic using a garlic press. As an alternative can add other vegetables such as leeks, cauliflower, peppers etc.
2. Heat the oil in a saucepan and fry the onion, garlic and mushrooms for 5 minutes.
3. Stir in the curry paste and tomato puree. Then add the chickpeas and coconut milk. Simmer gently for 20 minutes. Once done, serve with rice and/or naan bread.



Lentil Soup

Serves a family of 4

Ingredients

2ltr vegetable stock

150g red lentils

6 carrots, finely chopped

2 medium leeks, sliced (300g)

Small handful chopped parsley,
to serve

Method

1. Rinse the lentils with cold water
2. Heat the stock in a large pan and add the lentils. Bring back to the boil and allow the lentils to soften for a few minutes.
3. Add the carrots and leeks to the lentils and season (don't add salt if you use ham stock as it will make it too salty). Bring to the boil, then reduce the heat, cover and simmer for 20-30 minutes until the lentils have broken down. Scatter over the parsley and serve with buttered bread, if you like.



Funky Vegetable Fajitas

Serves a family of 4

Ingredients

| | |
|-------------------|---------------------------|
| 1 onion | Beansprouts |
| 1 clove of garlic | 4 wholemeal tortillas |
| 1 red pepper | Handful of lettuce leaves |
| 1 green pepper | 1 tsp sour cream |
| 3-4 mushrooms | 1 tbsp salsa |
| Dried oregano | |

Method

1. Chop the onion, garlic, peppers, mushrooms and beansprouts on a chopping board.
2. Put a drop of oil into a frying pan and put the chopped onions into the pan, frying them on a low heat till they are golden. Add some crushed garlic to them.
3. Now add the chopped peppers and plenty of oregano. Stir them as they cook. You can also add the other chopped vegetables to the pan. When the peppers are softer, add the mushrooms to the mix. Mushrooms need less time to cook than the other vegetables.
4. Warm the tortillas in the oven whilst the vegetables are cooking for 5 minutes. When the tortillas are ready, spoon the mixture onto them making a line in the middle. Add some crunchy bean sprouts then fold the tortillas over. Serve with lettuce leaves, sour cream and salsa.

Change4Life is here to help you and your family be healthier and happier.

Featuring top healthy eating tips, quick and easy family recipes, fun activities for kids, offers and lots more!

Change 4 Life Sunderland can help you make small changes that make a big difference.

For more information contact Change 4 Life Sunderland on:

0191 561 4691

www.sunderland.gov.uk/change4lifesunderland

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