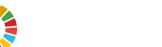




# Healthy Food

# Recipes









# Tuna/chicken Pasta Bake



Prep:10 mins Cook:40 mins Serves 6 Week 4

# Ingredients

- 600g Penne Pasta
- 50g butter
- 50g plain flour
- 600ml milk
- 250g strong cheddar, grated
- 2 x 160g cans tuna steak in spring water, drained
- 330g can sweetcorn, drained
- large handful chopped parsley

#### Method

- Step 1 Heat oven to 180C/fan 160C/gas 4.
- Step 2 Boil 600g penne pasta for 2 mins less time than stated on the pack.







- **Step 3** To make the sauce, melt 50g butter in a saucepan and stir in 50g plain flour.
- **Step 4** Cook for 1 min, then gradually stir in 600ml milk to make a thick white sauce.
- **Step 5** Remove from the heat and stir in all but a handful of the 250g grated cheddar.
- Step 6 Drain the pasta, mix with the white sauce, two 160g drained cans tuna, one 330g drained can sweetcorn and a large handful of chopped parsley, then season.
- Step 7 Transfer to a baking dish and top with the rest of the grated cheddar.
- Step 8 Bake for 15-20 mins until the cheese on top is golden and starting to brown.







# **Italian Style Beef Stew**



Prep: 10 mins Cook time: 20 mins Serves: 4

#### Week 3

# **Ingredients**

- 1 onion, sliced
- 1 garlic clove, sliced
- 2 tbsp olive oil
- 300g pack beef stir-fry strips, or use beef steak, thinly sliced
- 1 yellow pepper, deseeded and thinly sliced
- 400g can chopped tomato
- sprig rosemary, chopped

# **Method**

- **Step 1** In a large saucepan, cook onion and garlic in olive oil for 5 mins until softened and turning golden.
- **Step 2** Tip in the beef strips, pepper, tomatoes, and rosemary, then bring to the boil.
- **Step 3** Simmer for 15 mins until the meat is cooked through, adding some boiling water if needed.
- Step 4 Stir through serve with mash







#### **Charlotte's Chicken Curry**



Prep: 10 mins Cook time: 20 mins

Week 1

# **Ingredients**

- 1 chicken fillet
- Onion
- 2 peppers
- Mushrooms
- 1 can Coconut Milk
- 1 tablespoon corn flour
- Pinch Salt
- 1 Tsp garlic puree/ 1 large clove crushed garlic
- 1 tablespoon tomato sauce
- 1 small tsp turmeric
- 3 oz Basmati rice
- Few frozen peas cooked or/ 2 spring onions for rice.
- 2 Chicken oxo / 1 for rice









## Method

**Step 1** Cut the chicken fillet into small pieces and place in hot water with a pinch of salt.

Bring to the boil and simmer for approx., 5-7 mins, drain and serve

**Step 2** Put the oil into pan and heat add chopped vegetables except peas or spring onions.

**Step 3** add chicken to vegetables and cook for 2 more minutes, take of heat.

**Step 4** Blend coconut milk, curry powder, turmeric, chicken stock cube and tomato sauce, stir together and add to pot of chicken and vegetables. Bring to boil and simmer for 10 minutes.









#### **Thai Turkey Stir fry**



Prep: 15 mins Cook time: 10 mins

Week 6

#### **Ingredients**

- 300g rice noodles
- 1 tsp sunflower oil
- 400g turkey breast steak, cut into thin strips and any fat removed
- 340g green beans, trimmed and halved
- 1 red onion , sliced
- 2 garlic cloves , sliced
- juice 1 lime, plus extra wedges for serving
- 1 tsp chilli powder
- 1 red chilli , finely chopped
- 1 tbsp fish sauce
- handful mint , roughly chopped
- handful coriander, roughly chopped

#### Method

- **STEP 1** Cook the rice noodles following pack instructions. Heat the oil in a non-stick pan and fry the turkey over a high heat for 2 mins. Add the beans, onion, and garlic, and cook for a further 5 mins.
- **STEP 2** Stir in the lime juice, chilli powder, fresh chilli, and fish sauce, then cook for 3 mins more. Stir in the noodles and herbs, then toss everything together before serving.







### **Chocolate Biscuit cake** Week 5



**Prep:** 20 minutes **Cook time:** 240 mins

**Serves** 12 People

#### **Ingredients**

- 1 tin condensed milk
- 4oz/110g butter
- 8oz/225g dark chocolate
- 1 pack or digestive biscuits
- 1 pack of Maltesers
- 10 large marshmallows (cut up small)
- Optional: Twix, Gingernuts, Mars Bars, Toffee pops
- Icing sugar
- Vanilla essence

#### Instructions

- Lightly grease a 2lb/900g loaf tin/ mould.
- Line the tin/mould with a triple layer of cling film.
- Gently heat the condensed milk, butter, and chocolate together. Stir carefully as it tends to burn.
- Break up the Biscuits and cut up the marshmallows
- Add the biscuits, marshmallows, and bag of Maltesers in the chocolate mixture.
- Pour the mixture into the prepared loaf tin/mould and leave in the fridge for 4-6 hours.
- Cut with a sharp knife and serve.
- Once set and out of mould Mix your icing sugar with water and a splash of vanilla. Ensure its not too runny. Pour on top and allow to set.





