



Healthy Food Recipes

“The Department of Employment Affairs and Social Protection supports this project as part of its funding initiative for the United Nations Day for the Eradication of Poverty”. “The views expressed in this document are those of the author(s) and do not necessarily reflect the views of the Department of Employment Affairs and Social Protection”.



INTERNATIONAL
DAY for the
ERADICATION
of POVERTY
17 OCTOBER



An Roinn Gnóthaí Fostaíochta
agus Coimírce Sóisialaí
Department of Employment Affairs
and Social Protection



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.

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- **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.

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Italian Style Beef Stew



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

Week 3

Ingredients

- 1 onion, sliced
- 1 garlic clove, sliced
- 2 tbsps 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

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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

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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.



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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.

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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.

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