

## Welcome to The Colet Platter



Come and join us in exploring the Culinary World of The Colet Platter where we stroll into the art of cooking. We love Globetrotting to learn and understand the different types of cuisines. Be it fusion or vegan we are always up for a challenge to make it a unique dish, combining spices and flavours to produce the finest dish. When we leave school, we take these skills with us to make our food scrumptious and nutritious keeping cost in mind.

We welcome you to join us in our journey!

## Cheap and Cheerful

### Appetisers

## Strawberry Bruschetta with Honey Whipped Goat Cheese

Nutritional Value:

Kcal	Fat	Saturates	Carbs	Sugars	Fibre	Protein	Salt
388	20g	3g	29g	7g	7g	20g	0.6g

Strawberry Bruschetta is a fun appetizer for any occasion! Strawberries top whipped honey goat cheese slathered toast and drizzled with balsamic glaze.



Prep: 20 mins

Serves: 6



Cost per serving: £3.00



#### Ingredients:

##### For the Honey Whipped Goat Cheese

- 4 ounces (1 small log) goat cheese
- 2 tablespoons whipped cream cheese
- 1 to 1-1/2 tablespoons honey

##### For the Strawberry Bruschetta:

- 1-pound fresh strawberries, hulled and halved (quartered if large)
- 6-8 large basil leaves, sliced thin plus a few small baby leaves for garnish
- 1 (12 ounce) loaf whole grain Italian Bread
- olive oil
- Reduce balsamic (balsamic glaze)

#### Method:

##### Step 1:

In a food processor fitted with blade attachment, add in the goat cheese, cream cheese and honey. Blend until smooth. Transfer goat cheese mixture to a small bowl, cover with plastic wrap and refrigerate until ready to use. Preheat your grill or grill pan to medium/medium-low.

##### Step 2:

Place the strawberries into a bowl along with the sliced basil, toss to combine.

Slice the loaf of bread into 1/2 inch thick slices. Brush both sides with olive oil and place on the grates of your preheated grill. Grill for a few minutes each side until golden and toasted.

Allow the bread to cool a bit before spreading each piece with goat cheese. Top with strawberries and drizzle with the balsamic syrup. Top with a few baby basil leaves for garnish.

Nutritional Value: Vitamins,  
Calcium, Fibre and Fat

Best with: Garlic and Basil Ciabatta  
Wholemeal Flatbreads

Trickle and Tang!



# Stuffed Peppers



Prep: 10 mins



Cook: 20 mins



Serves: 2



Cost per serving:  
£1.50

An easy dish appetiser bursting with colours and flavour. Crumbly feta, grilled peppers, whole wheat couscous and pine nuts – perfect for a filling for a quick bite!

## Ingredients

- 100g whole wheat couscous , rinsed and drained
- 3 tbsp raisins
- bunch parsley , roughly chopped
- 25g pine nuts
- 100g feta , crumbled
- pinch of cinnamon
- 3 tbsp olive oil
- 290g jar grilled whole peppers, drained and rinsed

## Method

### Step 1

Heat oven to 180C/160C fan/gas 4. Put the couscous and raisins in a bowl with a pinch of seasoning and just cover with boiling water. Leave to stand for 5 mins.

### Step 2

Fluff the couscous with a fork and stir through the parsley, pine nuts, half the feta, the cinnamon and 2 tbsp of the oil. Mix and season to taste.

### STEP 3

Generously stuff the peppers with the couscous mix (any leftover stuffing can be served next to the peppers), then lay them in a small roasting tin and scatter over the remaining feta. Drizzle with the remaining oil and bake in the oven for 15 mins until hot and the feta has turned golden.



Nutritional value: Vitamins,  
protein, calcium, copper,  
magnesium, fat and fibre.



Kcal	Fat	Saturates	Carbs	Sugars	Fibre	Protein	Salt
388	20g	3g	29g	7g	7g	20g	0.6g

# Bombay Potato Frittata



Cost: £3.30



Prep: 15 mins



Cook: 35 mins



Serves: 4

Pack in the flavour with this Indian inspired frittata. Perfect for a healthy starter, it's low in calories and fat but full of nutrients which will help you all day long!



Kcal	Fat	Saturates	Carbs	Sugars	Fibre	Protein	Salt
317	12g	2g	29g	16g	6g	20g	0.6g

## Ingredients

- 4 new potatoes, sliced into 5mm rounds
- 100g baby spinach, chopped
- 1 tbsp rapeseed oil
- 1 onion, halved and sliced
- 1 large garlic clove, finely grated
- 1/2 tsp ground coriander
- 1/2 tsp ground cumin
- 1/4 tsp black mustard seeds
- 1/4 tsp turmeric
- 3 tomatoes, roughly chopped
- 2 large eggs
- 1/2 green chilli, deseeded and finely chopped
- 1 small bunch of coriander, finely chopped
- 1 tbsp mango chutney
- 3 tbsp fat-free Greek yogurt

## Method

### Step 1

Cook the potatoes in a pan of boiling water for 6 mins, or until tender. Drain and leave to steam-dry. Meanwhile, put the spinach in a heatproof bowl with 1 tbsp water. Cover and microwave for 3 mins on high, or until wilted.

### Step 2

Heat the rapeseed oil in a medium non-stick frying pan. Add the onion and cook over a medium heat for 10 mins until golden and sticky. Stir in the garlic, ground coriander, ground cumin, mustard seeds and turmeric, and cook for 1 min more. Add the tomatoes and wilted spinach and cook for another 3 mins, then add the potatoes.

### Step 3

Heat the grill to medium. Lightly beat the eggs with the chilli and most of the fresh coriander and pour over the potato mixture. Grill for 4-5 mins, or until golden and just set, with a very slight wobble in the middle.

### Step 4

Leave to cool, then slice into wedges. Mix the mango chutney, yogurt and remaining fresh coriander together. Serve with the frittata wedges.

Serve up and dig in!

## Main Meal

### Fridge Raid Chicken Fried Rice

Pack in the veg with this healthy chicken fried rice, which uses everyday foods you will find in the fridge for a quick and easy family meal.



Prep: 10 mins



Cook: 55 mins



Serves: 4



Cost: £2.90 per serving



Nutrition: Per Serving

Kcal	Fat	Saturates	Carbs	Sugars	Fibre	Protein	Salt
388	20g	3g	29g	7g	7g	20g	0.6g

#### Ingredients

- 2 tbsp vegetable oil
- 1 white onion, finely chopped
- 1 carrot, finely chopped
- 100g green beans, chopped
- 1 red or yellow pepper, finely chopped
- ½ medium broccoli, chopped into small florets
- 150g cooked chicken (or any other meat), roughly chopped
- 300g cold cooked rice
- 2 eggs, beaten
- 1 tbsp sesame oil
- 1 tbsp oyster sauce
- 1 spring onion, finely sliced
- 1 tsp toasted sesame seeds

Nutritional Value: Protein, Carbs, Vitamins, Minerals, Fats and Iron.

#### Method

##### Step 1

Heat half the vegetable oil in a wok or a frying pan over a medium-high heat, and stir-fry the onions, carrots and green beans for 5 mins. Add the peppers, broccoli and chicken, and stir-fry for 3 mins more.

##### Step 2

Tip in the rice and stir-fry for another 4 mins until all the grains of rice have separated. Push the rice and vegetables to the side, then add the remaining vegetable oil to the other. Crack in the egg and scramble briefly before stirring into the veg and chicken mixture.

##### Step 3

Stir in the sesame oil and oyster sauce to coat, then garnish with the spring onions and sesame seeds.

Savour the flavours!



## Tikka Masala



Enjoy the spicy, rich flavours of Tikka Masala with this family-friendly lighter version that is both healthy and delicious. It is a crowd pleaser!



Prep: 15 mins



Cook: 15 mins



Cost: £3.50 per serving



Serves: 4

Nutrition Per Serving:

Kcal	Fat	Saturates	Carbs	Sugars	Fibre	Protein	Salt
365	17g	1g	13g	10g	4g	38g	0.3g

### Ingredients

- 1 large onion, chopped
- 4 large garlic cloves
- thumb-sized piece of ginger
- 2 tbsp oil
- 4 small skinless chicken breasts, cut into chunks
- 2 tbsp tikka spice powder
- 1 tsp cayenne pepper
- 400g can chopped tomatoes/ or 2 tbs tomato puree
- 40g ground almond (optional)
- 200g spinach
- 3 tbsp fat free natural yoghurt
- ½ small bunch of coriander, chopped
- White rice or brown rice, to serve

### Step 1

Put the onion, garlic and ginger in a food processor and whizz to a smooth paste.

### STEP 2

Heat 1 tbsp of the oil in a flameproof casserole dish over a medium heat. Add the onion mixture and fry for 15 mins. Tip into a bowl and wipe out the pan.

### Step 3

Add the remaining oil and the chicken and fry for 5-7 mins, or until lightly brown. Stir in the tikka spice and cayenne and fry for a further minute. Tip the onion mixture back into the pan, along with the tomatoes and 1 can full of water. Bring to the boil, then reduce to a simmer and cook, uncovered, for 15 mins. Stir in the almonds and spinach and cook for a further 10 mins. Season, then stir through the yogurt and coriander.

Serve with white/brown rice or naan bread.

Indulge and gloat!

Nutritional value: Protein, Vitamins, Minerals, Iron, Carbs, Fibre and Calcium

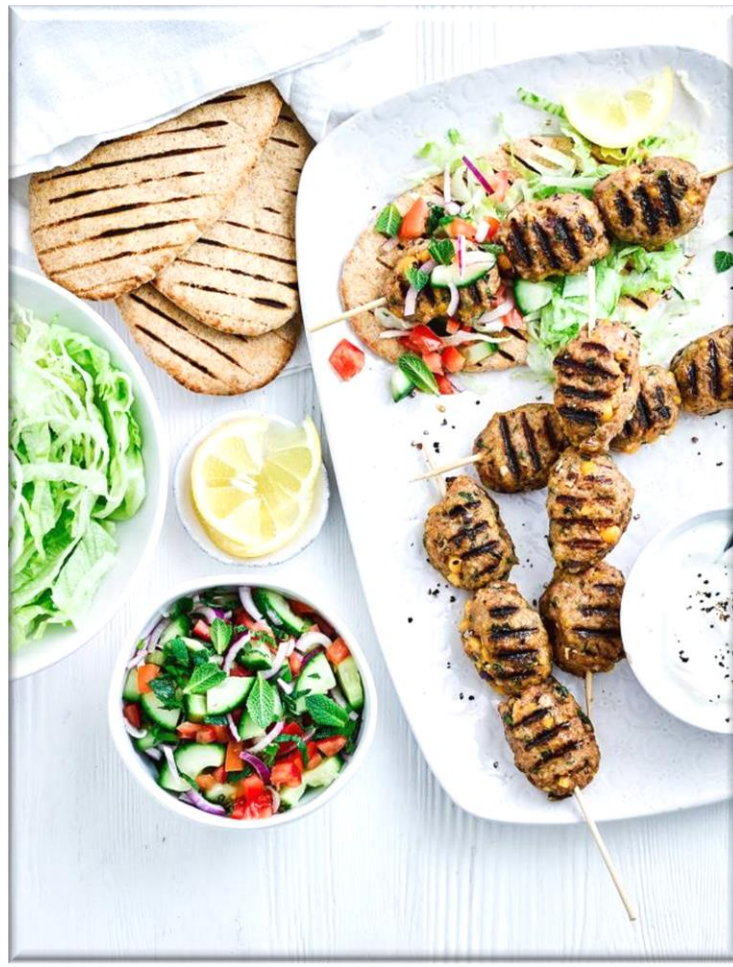
# Spiced Koftas with Honey and Chickpeas

Spiced lamb koftas are a great budget option for a simple family meal. Serve with a drizzle of creamy yogurt dressing, and baked chickpeas.

## Method

**Step 1**  
Heat oven to 180C/160C fan/gas 4. Using a pestle and mortar, crush the fennel seeds. In a large bowl, combine the crushed seeds, lamb, ras el hanout and pine nuts, and season well. Divide the mixture into eight equal egg-shaped koftas.

**Step 2**  
Tip the chickpeas into an ovenproof dish, season to taste and put in the oven while you fry the koftas. Heat 1 tbsp of the oil in a frying pan over a medium heat. Add the koftas and gently fry for 5 mins, turning from time to time, until evenly browned. Remove from the pan with a slotted spoon and set aside on a plate.



## Ingredients

- 1 ½ tsp fennel seeds
- 500g lamb mince
- 1 ½ tbsp ras el hanout
- 2 tbsp pine nuts, toasted and roughly chopped
- 2 x 400g cans chickpeas, drained and rinsed
- 2 tbsp olive oil
- 2 tbsp honey
- 80g Greek yogurt
- 2 tbsp tahini
- 1 lemon, 1/2 juiced, 1/2 cut into wedges to serve
- 25g parsley, roughly chopped, to serve



Prep: 20 mins



Cook: 20 mins



Serves: 4



Cost: per serving £2.65

## Step 3

Remove the chickpeas from the oven, add the koftas to the dish, then pour over the rest of the oil and the honey, and return to the oven for 15 mins.

## Step 4

In a bowl, combine the yogurt, tahini and lemon juice with 70-100ml water and season well. Serve the koftas and chickpeas topped with parsley and a good drizzle of the creamy dressing, with the lemon wedges on the side.

Splash out the spice and pamper yourself!

Kcal	Fat	Saturates	Carbs	Sugars	Fibre	Protein	Salt
625	38g	11g	29g	10g	9g	37g	1.4g



## Desserts:

### Mocha Cups

This dreamy dessert is ready in under 10 minutes. It an all-time favourite!

£ Cost per serving: £1.90

Nutritional Value: Calcium, Protein, Carbs, Fat and Fibre.



Prep: 5 mins



Cook: 2 mins



Serves: 4

Nutrition Per Serving:

Kcal	Fat	Saturates	Carbs	Sugars	Fibre	Protein	Salt
676	60g	37g	28g	28g	1g	5g	0.2g

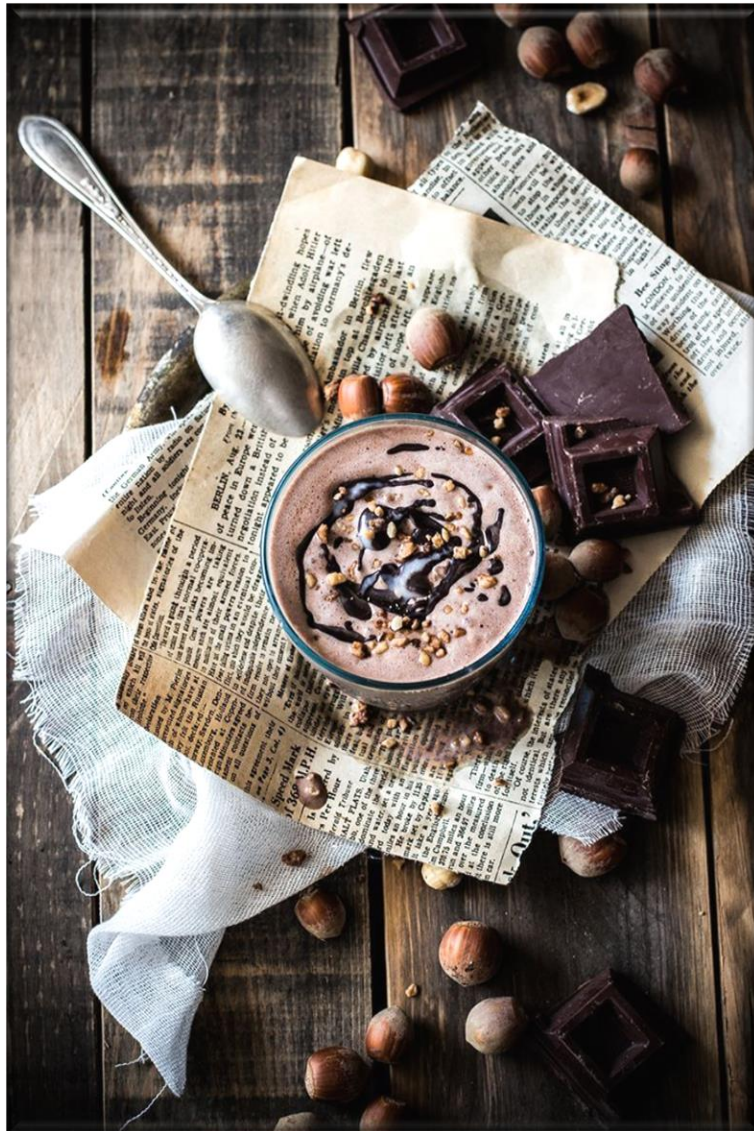
#### Ingredients

- 200g milk/dark chocolate with coffee, broken into chunks
- 300ml pot double cream
- 1 tsp vanilla extract
- 2 tbsp crème fraîche

#### Method

##### Step 1

Melt the chocolate in the microwave for 2 mins, stirring halfway through, or over a pan of gently simmering water. Leave to cool a little.



##### Step 2

Using an electric whisk, whip the double cream with the vanilla in a bowl until lightly whipped. Fold in the cooled, melted chocolate until fully combined.

##### Step 3

Split the mixture between four small bowls or ramekins and serve topped with a dollop of crème fraîche. If you aren't serving straight away, chill in the fridge and then add the crème fraîche just before bringing to the table.

Dive in and enjoy!



# Sticky Toffee Pudding

Try a fruity version of the classic sticky toffee pudding for a rich after-dinner treat. Serve with cream, custard or vanilla ice cream!



Prep: 20mins



Cook: 40mins



Serves: 4-6

Nutrition value:

Kcal	Fat	Saturates	Carbs	Sugars	Fibre	Protein	Salt
452	20g	9g	68g	49g	2g	6g	1.2g

## Ingredients

- 85g butter, melted
- 140g self-raising flour
- 100g golden caster sugar
- 1 tbsp baking powder
- 200ml milk
- 1 egg, beaten
- 1 tsp vanilla extract
- 2 Bramley apples (or other cooking) apples, peeled, cored and sliced

## For the topping

- 140g dark brown sugar
- 50g pecan, roughly chopped

Nutritional value: Calcium, Protein, Carbs, Fat and Fibre, Copper and Magnesium.

## Method

### Step 1

Heat oven to 180C/fan 160C/gas 4. Grease a 2-litre/3½-pint ovenproof dish lightly with butter. Tip the flour, sugar and baking powder, along with a pinch of salt, into a large bowl. Mix together the milk, butter, egg and vanilla extract and stir into the dry ingredients until you get a smooth batter. Arrange the apples in the dish, spoon the batter on top and smooth with a knife until the apples are covered.

### Step 2

For the topping, pour 250ml boiling water over the sugar and stir together until smooth. Pour the liquid over the pudding mixture, then scatter over the pecans. Bake for about 40 mins until the pudding has risen and is golden. Use a big spoon to serve the pudding, making sure you get some of the gooey caramel sauce covering the bottom of the dish. Serve with pouring cream, warm custard or vanilla ice cream.

Goes Well With: Salted Caramel Sauce/Syrup or Chocolate Sauce

Dig in and experience the sweetness!

## Nimble Nibbles:

### Goat's Cheese, Tomato and Olive Triangles

Make super easy open sandwiches on wholemeal bread thins to pack in three of your 5 a day! A great way to enjoy cheese in a low-calorie snack.



Prep: 5 mins



Serves: 4



Cost per serving:  
£1.76

Nutritional Value: Protein,  
Calcium, Vitamins, Fibre, Fat,  
Potassium and Folate.

Nutrition Per Serving:

Kcal	Fat	Saturates	Carbs	Sugars	Fibre	Protein	Salt
254	6g	3g	36g	7g	6g	12g	1.2g

#### Ingredients

- 3 slices of triangular bread thin
- 50g soft goat's cheese
- 2 x 5cm lengths of cucumber,
- thinly sliced lengthways
- 3 tomatoes, sliced
- 4 olives, finely chopped
- 2 small handfuls rocket leaves

#### Method

Cut the bread thins in half, put cut-side up and spread with the goat's cheese. Top with the cucumber and tomato, then scatter over the olives and top with the rocket. Eat straight away or pack into lunchboxes for later.

Be innovative and serve the thins with different toppings like salmon and roasted garlic parsnip puree, chicken with avocado or watermelon cucumber and feta cheese.

Taste the freshness!

# Nutty Chicken Satay Strips

Keep these nutty chicken satays in the fridge for a healthy choice when you are famished!



Prep: 10 mins



Cook: 8-10 mins



Serves: 4



Nutrition Per Serving:

Cost: £2.72

Kcal	Fat	Saturates	Carbs	Sugars	Fibre	Protein	Salt
276	10g	2g	3g	2g	2g	41g	0.7g

## Ingredients

- 2 tbsp peanut butter (without palm oil or sugar)
- 1 garlic clove, finely grated
- 1 tsp Madras curry powder
- few shakes soy sauce
- 2 tsp lime juice
- 2 skinless chicken breast fillets (about 300g) cut into thick strips
- about 10cm cucumber, cut into fingers
- sweet chilli sauce, to serve

## Method

### Step 1

Heat oven to 200C/180C fan/gas 4 and line a baking tray with non-stick paper.

### Step 2

Mix 2 tbsp chunky peanut butter with 1 finely grated garlic clove, 1 tsp Madras curry powder, a few shakes of soy sauce and 2 tsp lime juice in a bowl. Some nut butters are thicker than others, so if necessary, add a dash of boiling water to get a coating consistency.

### Step 3

Add 2 skinless chicken breast fillets, cut into strips, and mix well. Arrange on the baking sheet, spaced apart, and bake in the oven for 8-10 mins until cooked, but still juicy.

### Step 4

Eat warm with roughly 10cm cucumber, cut into fingers, and sweet chilli sauce. Alternatively, leave to cool and keep in the fridge for up to 2 days.

Relish the twang!

Nutritional value: Protein, Vitamins, Carbs, Fibre, Phosphorus and magnesium



## Watermelon Salsa

Serve this zingy, refreshing watermelon salsa as a dip or pile on top of cheese nachos/tacos. Deliciously moreish, it makes a lovely, light fresh snack.



Prep: 10 mins



Serves: 4 - 6



### Method

Finely chop 200g watermelon, 2 small shallots and a small bunch coriander. Mix together with juice  $\frac{1}{2}$  lime and 2 tbsp olive oil. Season and serve as a dip or pile on top of cheesy nachos.

Zing the zest!

### Ingredients

- 200g watermelon
- 2 small shallots/small onions
- small bunch coriander
- 1 tbs of lime juice
- 2 tbsp olive oil/any oil



Goes well with:

Corn and Black Bean Salsa

Nutritional value:

Vitamins, Fibre, Magnesium, Iron and Calcium

Nutrition Per Serving:

Cost per serving: £1.00

Kcal	Fat	Saturates	Carbs	Sugars	Fibre	Protein	Salt
46	4g	1g	3g	3g	1g	0	0

# Breakfast Boosters

## Egg Wraps:

Enjoy these protein rich eggs filled with spicy mushrooms and tomatoes for a quick, filling and healthy breakfast. It will keep you fuelled up!



Prep: 5mins



Cook: 7 mins



Serves: 4

### Ingredients

- 500g pack closed cup mushrooms
- 4 tsp cold pressed rapeseed oil , plus 2 drops
- 320g cherry tomatoes , halved, or 8 tomatoes, cut into wedges
- 2 generous handfuls parsley , finely chopped
- 8 tbsp porridge oats (40g)
- 10 eggs
- 4 tsp English mustard powder made up with water

### Method

#### Step 1

Thickly slice half the pack of mushrooms. Heat 2 tsp rapeseed oil in a non-stick pan. Add the mushrooms, stir briefly then fry with the lid on the pan for 6-8 mins. Stir in half the tomatoes then cook 1-2 mins more with the lid off until softened.

#### Step 2

Beat together the eggs really well with the parsley and oats. Heat a drop of oil in a large non-stick frying pan. Pour in a  $\frac{1}{4}$  of the egg mix and fry for 1 min until almost set, flip over as if making a pancake. Tip from the pan, spread with a quarter of the mustard, spoon a  $\frac{1}{4}$  the filling down the centre and roll up. Now make a second wrap using another  $\frac{1}{4}$  of the egg mix and filling.

Fill up and zoom!



Nutritional Value: Protein, iron, folate, fibre, carbs, zinc and vitamins

Kcal	Fat	Saturates	Carbs	Sugars	Fibre	Protein	Salt
429	20g	4g	30g	4g	6g	28g	0.55

## Smoothie in a jiffy



Prep: 2 mins



Serves: 2



Cost per serving £0.65

Whizz up a low-fat breakfast smoothie in no time. Use banana with other soft fruit, plus honey for a little sweetness and oats for slow release fuel.

### Ingredients

- 1 banana
- 1 tbsp porridge oats
- 80g soft fruit (whatever you have – strawberries, blueberries, and mango all work well)
- 150ml milk
- 1 tsp honey
- 1 tsp vanilla extract

### Method

#### Step 1

Put all the ingredients in a blender and whizz for 1 min until smooth.

#### Step 2

Pour the banana oat smoothie into two glasses to serve.

Quench your thirst!



Protein, calcium, vitamins, carbs, magnesium, zinc, fibre and iron.

Kcal	Fat	Saturates	Carbs	Sugars	Fibre	Protein	Salt
156	3g	2g	25g	19g	2g	4g	0.1



# Naans with Fried Egg

Nutritional Value: Fibre, carbs, protein, fat, minerals, copper and folate.



## Ingredients

- 1 tbsp vegetable or sunflower oil
- 2 eggs
- 2 small naan breads
- 4 tbsp low-fat cream cheese
- 2 tbsp mango chutney
- 1 avocado, halved and sliced
- ½ lime, juiced
- 1 green chilli
- small handful coriander, leaves picked

## Method

### Step 1

Heat oven to 200C/180C fan/gas 6. Heat the oil in a pan, then fry the eggs. Warm the naan breads in the oven while the eggs are cooking.

### Step 2

Spread the warm naans with the cream cheese, then drizzle with the chutney. Add a fried egg to each naan and top with the avocado, lime juice, chilli and coriander.

Season and tuck in!



Prep: 5 mins



Cook: 5 mins



Serves: 2



Cost per serving £4.00

Kcal	Fat	Saturates	Carbs	Sugars	Fibre	Protein	Salt
503	30g	7g	35g	11g	5g	20g	1.2

# Rainbow Pancakes

Kcal	Fat	Saturates	Carbs	Sugar	Fibre	Protein
342	9g	4g	34g	6g	6g	31g

Nutritional value: Protein, carbs, saturated fats, iron, vitamins and minerals



Prep: 15 mins



Cook: 30 mins



Serves: 10



Cost per serving: £4.00

These easy healthy pancakes get their fluffy texture from whipped egg whites. Stack them high rainbow coloured with fresh berries and a spoonful of low-fat yoghurt.

## Ingredients

- 50g self-raising flour
- 50g wholemeal or wholegrain flour
- 2 small eggs, separated
- 150ml skimmed milk
- berries and low-fat yoghurt or fromage frais to serve
- different colouring

## Method

### Step 1

Sift the flours into a bowl or wide jug and tip any bits in the sieve back into the bowl. Add the egg yolks and a splash of milk then stir to a thick paste. Add the remaining milk a little at a time so you don't make lumps in the batter.



### Step 4

Carefully turn the pancake over. If it is a bit wet on top, it may squirt out a little batter as you do so. In that case, leave it on the other side a little longer. Keep warm while you make the remaining pancakes.

Serve with your favourite healthy toppings.

Fluff up and enjoy!

### Step 2

Whisk the egg whites until they stand up in stiff peaks, then fold them carefully into the batter – try not to squash out all the air.

### Step 3

Divide the batter into 3 different parts and mix different colours to make the rainbow pancakes. Heat a non-stick pan over a medium heat and pour in enough batter to make a pancake about 10 cm across. Cook for just under a minute until bubbles begin to pop on the surface and the edges are looking a little dry.

# The Hungry Lunchbox

## Chicken Gyros



Prep: 10 mins



Cooking: 10 mins



Serves: 2



Cost per serving: £2.75

Pack your pitta with peppers, meat and tzatziki for a low-calorie lunch option. Plate up your chicken/lamb sandwich in 15 minutes and enjoy 3 of your 5 a day!



### Ingredients

- 1 large skinless chicken breast
- rapeseed oil, for brushing
- small garlic clove, crushed
- ½ tsp dried oregano
- 2 tbsp Greek yogurt
- 10 cm piece cucumber, grated, excess juice squeezed out
- 2 tbsp chopped mint, plus a few leaves to serve
- 2 wholemeal pitta breads
- 2 red or yellow tomatoes, sliced
- 1 red pepper from a jar (not in oil), deseeded and sliced

### Method

#### Step 1

Cut the chicken breast in half lengthways, then cover with cling film and bash with a rolling pin to flatten it. Brush with some oil, then cover with the garlic, oregano and some pepper. Heat a non-stick frying pan and cook the chicken for a few mins each side. Meanwhile, mix the yogurt, cucumber and mint to make tzatziki.

#### Step 2

Cut the tops from the pittas along their longest side and stuff with the chicken, tomato, pepper and tzatziki. Poke in a few mint leaves to serve. If taking to the office for lunch, pack the tzatziki in a separate pot and add just before eating to prevent the pitta going soggy before lunchtime.

Devour and energise!

Kcal	Fat	Saturates	Carbs	Sugars	Fibre	Protein	Salt
352	9g	4g	34g	6g	6g	31g	1.4



## Jerk Chicken in Mango Bowl

Sports on the timetable? This fruity salad with lentil and spiced chicken will release slow zest for a tiring session of physical activity and keep you energised!



Prep: 15 mins



Cook: 15 mins



Serves: 2



Cost per serving: £4.50

Kcal	Fat	Saturates	Carbs	Sugars	Fibre	Protein	Salt
660	18g	5g	66g	39g	11g	54g	2.0g

### Ingredients

- 2 chicken breasts , cut into strips
- 2 tbsp jerk paste
- 1 tbsp olive oil
- 250g ready-to-eat lentils
- 4 spring onions , finely sliced
- 1/2 small bunch coriander, leaves only
- 1 mango, cubed
- 1 lime , cut into wedges
- 8 tbsp natural yogurt
- 4 tbsp mango chutney

### Method

#### Step 1

The night before, heat oven to 200C/180C fan/ gas 6. Put the chicken in a roasting tin and rub with the jerk paste, olive oil and a little seasoning. Bake for 15 mins until it is cooked, then leave to cool.

#### Step 2

Build each bowl by putting half the lentils, chicken, spring onions, chilli, coriander and mango in each, with lime wedges at the side. Put yogurt in a separate pot with the mango chutney swirled through. Coat in the yogurt dressing just before eating.  
Fill up and powerup!

## Sweet Chili Prawn in Noodle Salad

### Ingredients:

- 3 nests medium egg noodles
- ½ large cucumber
- bunch spring onions, finely sliced
- 100g cherry tomato, halved
- 1 green chilli, deseeded, finely chopped
- 200g cooked king prawns, defrosted if frozen
- zest and juice 2 limes
- 4 tbsp sweet chilli sauce
- 100g baby spinach leaves
- 25g roasted cashew



Prep: 15 mins



Cook: 15 mins



Serves: 2



Cost per serving: £ 2.00

Not only does the dish opens palates to utter deliciousness, it is also packed with nourishment and flavours.

### Method

#### Step 1

Boil the noodles for 4 mins, then drain. Cool under running water, then drain again. Put into a large bowl, then using scissors, cut into shorter lengths.

#### Step 2

Halve cucumber lengthways, then scoop out the seeds. Slice into halfmoons and add to the noodles with the onions, tomatoes, chilli and prawns.

#### Step 3

Mix the lime zest, juice and chilli sauce to make a dressing and fold through noodles. Put a handful of spinach onto each serving plate, top with the noodles and cashews.

Crunch in and relish the flavours!



Kcal	Fat	Saturates	Carbs	Sugars	Fibre	Protein	Salt
660	18g	5g	66g	39g	11g	54g	2.0g



## The Vegan Cupboard:

### Lentil and Cardamom Soup



Prep: 5 mins



Cook: 20 mins



Serves: 2-3



Cost per serving:  
£1.25

Bargain basement red lentils are jazzed up with coconut milk and plenty of spices to warm you up and keep you charged through the day.

#### Ingredients

- 1 large onion, finely chopped
- 2 fat garlic cloves, crushed
- 1 large carrot, finely chopped
- thumb-sized piece of ginger, peeled and finely chopped
- 2 tbsp oil, sunflower, rapeseed or groundnut all work well
- ½ tsp turmeric
- seeds from 10 cardamom pods
- 1 tsp cumin, seeds or ground
- 100g red lentils
- 400ml can light coconut milk
- zest and juice 1 lemon
- pinch of chilli flakes
- handful of parsley or coriander, chopped



#### Method:

##### Step 1

Put the onion, garlic, carrot and ginger into a saucepan, drizzle over the oil, and cook for a few mins to soften. Add the turmeric, cardamom and cumin. Stir well to combine, and cook gently for a few mins more, until the spices are aromatic.

##### Step 2

Add the lentils to the pan. Pour over the coconut milk, fill the can with water and add this too. Bring to the boil, then reduce to a simmer for 15 mins until the lentils are soft and swollen but retain a little bite. Using a hand blender, pulse the soup until some is blended completely, leaving some larger vegetable chunks.

##### Step 3

Zest the lemon straight into the pan, then squeeze the juice over the soup and stir through with a pinch of salt, chilli and finely chopped herbs. Ladle into bowls and sprinkle over a little more lemon zest, if you like.

Simple but satisfying!

Kcal	Fat	Saturates	Carbs
363	20g	12g	31g
Sugars	Fibre	Protein	Salt
8g	6g	11g	0.2g



# vegan jambalaya



Enjoy a delicious plant-based dinner with this vegan rice and bean one-pot. It is packed with all five of your 5-a-day, as well as iron, vitamin C and fibre.



Prep: 10 mins



Cook: 35 mins



Serves: 2



Cost per serving: £1.63

## Ingredients

- 2 tbsp olive oil
- 1 large onion (180g), finely chopped
- 4 celery sticks, finely chopped
- 1 yellow pepper, chopped
- 2 tsp smoked paprika
- ½ tsp chilli flakes
- ½ tsp dried oregano
- 115g brown basmati rice
- 400g can chopped tomatoes
- 2 garlic cloves, finely grated
- 400g butter beans, drained and rinsed
- 2 tsp vegetable bouillon powder
- large handful of parsley, chopped

## Method

### Step 1

Heat the oil in a large pan set over a high heat and fry the onion, celery and pepper, stirring occasionally, for 5 mins until starting to soften and colour.

### Step 2

Stir in the spices and rice, then tip in the tomatoes and a can of water. Stir in the garlic, beans and bouillon. Bring to a simmer, then cover and cook for 25 mins until the rice is tender and has absorbed most of the liquid. Keep an eye on the pan towards the end of the cooking time to make sure it doesn't boil dry - if it starts to catch, add a little more water. Stir in the parsley and serve hot.

Spicy and juicy!

Kcal	Fat	Saturates	Carbs
547	15g	2.2g	77g
Sugars	Fibre	Protein	Salt
19g	17g	18g	0.3g

# Jackfruit Bolognese with Vegan Parmesan



Kcal 586	Fat 11g	Saturates 2g	Carbs 90g
Sugars 21g	Fibre 16g	Protein 23g	Salt 0.5g

This succulent dish filled with luscious jackfruit, is an ideal meat replacement and counts as a whopping five of your 5-a-day.



Prep: 10 mins



Cook: 40 mins



Serves: 4



Cost per serving:  
£1.20

## Method

### Step 1

Heat the oil in a large non-stick pan and fry the carrots, celery and garlic for 10 mins, stirring every now and then.

### Step 2

Meanwhile, make the vegan parmesan. Tip the cashews, nutritional yeast and garlic granules into a food processor and blitz to fine crumbs. Add a little salt, if needed, and set aside.

### STEP 3

Tip the jackfruit into the veg mix with the lentils, 700ml water, the tomato purée, bouillon powder and thyme, then cover and cook for 25 mins. Add a little more water if needed – it should be pulpy.

## Ingredients

- 1 tbsp rapeseed oil
- 320g carrots (3 medium), finely chopped
- 4 large celery sticks (320g), finely chopped
- 4 large garlic cloves, finely grated
- 410g can jackfruit in water, drained and finely chopped
- 100g red lentils
- 3 tbsp tomato purée
- 4 tsp vegetable bouillon powder (check its vegan)
- 1 tbsp chopped thyme
- 325g wholemeal spaghetti
- chopped parsley, to serve (optional)
- For the vegan parmesan
- 40g cashews
- 4 tsp nutritional yeast
- 1 tsp garlic granules

### STEP 4

Meanwhile, cook the spaghetti following pack instructions until al dente. Toss with the sauce, divide between bowls and sprinkle with the vegan parmesan and parsley, if using.

Twirl a spoonful in your mouth, it is bound to vanish in no time!





Prep: 1 hr



Cook 1:45 mins



Serves: 10



Cost per serving: £0.82

## Rainbow Melting Pie



Indulge in this fantastic beetroot, sweet potato, chard and celeriac rainbow layered pie which will make a good weekend meal to share with your family or friends.

### Step 3

For the pastry, boil the kettle and use some coconut oil to grease a deep 20cm springform cake tin. Pour the flour into a bowl and add 1 tsp salt. Mix the coconut oil with 200ml boiling water, stir until melted (put it in the microwave if need be), then pour into the flour and mix with a wooden spoon to form a dough. Working as quickly as you can (it's best to roll the pastry when it's warm), cut off a  $\frac{1}{4}$  of the dough and set aside under a tea towel. Roll out the rest to 0.5cm thick, then use it to line the cake tin, pressing the dough into the corners and leaving any excess pastry overhanging the sides. Don't worry if the pastry breaks – it's very forgiving, so you can patch it up as you go. Heat oven to 200C/180C fan/gas 6.

### Ingredients

#### For the filling

80ml olive oil, plus extra for brushing  
2 tsp ground cumin  
 $\frac{1}{2}$  tsp ground cinnamon  
1 tbsp vegan red wine vinegar (we used Aspath)  
3 beetroots (about 400g), peeled and sliced into rounds about 0.5cm thick  
1 small celeriac (about 750g), peeled, cut into quarters and then sliced into triangles about 1 cm thick  
4 thyme sprigs, leaves picked  
4 fat unpeeled garlic cloves  
3 large sweet potatoes (about 600g), peeled and sliced into rounds about 0.5cm thick  
2 tsp smoked paprika  
1 tbsp semolina  
250g Swiss chard, leaves only (save the stalks to add to soups, stews and risottos)

#### For the pastry

150g coconut oil, plus extra for the tin  
500g spelt flour  
almond milk, for brushing

### Method

#### Step 1

First, make the filling. Heat oven to 220C/200C fan/gas 7. Mix together  $1\frac{1}{2}$  tbsp oil with the cumin, cinnamon and vinegar, and rub the mixture all over the beetroot. Put the beetroot into a small roasting tin, season well, then cover with foil and roast for 20 mins.

#### Step 2

Meanwhile, toss the celeriac with  $2\frac{1}{2}$  tbsp oil, the thyme, garlic and some seasoning in a second roasting tin. Separate out the slices so they cook evenly, then cover the tin with foil. In a third roasting tin, mix the sweet potato with the remaining oil, the smoked paprika and some seasoning, and cover with foil. Once the beets have cooked for 20 mins, add the celeriac and sweet potato to the oven alongside them, and roast all the veg for 40 mins further or until tender. Remove the thyme sprigs, squeeze the garlic cloves out of their skins and mash them in with the celeriac, then leave all the veg to cool. All the veg can be cooked the day before and kept in the fridge.

#### Step 4

Now build the pie. Cover the base with chard leaves, then scatter over the semolina (which will absorb the beet juices), press in the beetroot, and season. Add another layer of chard, followed by the sweet potato, and season. Add a final layer of chard leaves, then top with the celeriac and season again.

### STEP 5

Roll out the pastry you set aside to a thickness of 0.5cm to use as the lid. Put the lid on top of the pie and, using a fork, press together the overhanging pastry to create a crimped edge. Make a steam hole, then brush the top with a little almond milk mixed with a spoonful of oil (this will help to colour the pastry). Bake in the centre of the oven for 45 mins until the pastry is a deep golden brown. Leave to cool for 15 mins, then remove from the tin and serve. Will keep for up to three days in the fridge. Fills you up and keeps you electrified!





Prep: 30 mins



Cook: 20 mins



Serves: 10 -12



Cost per serving:  
£0.68



This signature chocolate cake can be made using dairy substitutes. It is finished with luscious buttercream and seasonal fruits, a dessert much welcomed anytime!

### Step 3

To make the buttercream, put the chocolate into a heatproof bowl and melt in the microwave, stirring every 30 seconds. Leave the melted chocolate to cool for 5 minutes. Beat the dairy-free spread and icing sugar together with a wooden spoon then sift in the cocoa powder with a pinch of salt. Pour in the melted chocolate and dairy-free milk and keep mixing until smooth.

### Step 4

Sandwich the two cooled sponges together with half of the buttercream then pile the rest on top and down the sides. Decorate with the fresh fruit.

Slice and spoon up!

## vegan Chocolate cake



### Ingredients

- 150g dairy-free spread, plus extra for the tins
- 300ml dairy-free milk, we used oat milk
- 1 tbsp cider vinegar
- 300g self-raising flour
- 200g golden caster sugar
- 4 tbsp cocoa powder
- 1 tsp bicarbonate of soda
- ½ tsp vanilla extract
- For the buttercream
- 100g dairy-free dark chocolate
- 200g dairy-free spread
- 400g icing sugar
- 5 tbsp cocoa powder
- 1 tbsp dairy-free milk, such as oat milk

### To decorate

handful of fresh, seasonal fruits such as cherries, blackberries or figs

### Method

#### Step 1

Heat oven to 190C/170C fan/gas 5. Grease the base and sides of 2 x 20cm sandwich tins with dairy-free spread, then line the bases with baking parchment.

#### Step 2

Put the dairy-free milk in a jug and add the vinegar – it will split but don't worry. Put all of the other cake ingredients into a large bowl, pour over the milk mixture and beat well until smooth. Divide the mixture between the prepared tins and bake for 25-30 mins or until a skewer inserted into the middle of the cakes comes out cleanly. Leave to cool in the tins for 10mins then turn out onto wire racks to cool completely.

Kcal 606	Fat 30g	Saturates 8g	Carbs 75g
Sugars 53g	Fibre 4g	Protein 6g	Salt 1.2g

# Rocky Road



An afternoon treat to enjoy with a cuppa, this rocky road is quick to make and uses mainly store cupboard ingredients.

Kcal 606	Fat 30g	Saturates 8g	Carbs 75g
Sugars 53g	Fibre 4g	Protein 6g	Salt 1.2g



Prep: 15 mins



Cook: 5 mins



Serves: 12



Cost per serving: £0.38

## Ingredients

- 200g digestive biscuits (Rich Tea can also be used)
- 135g butter or margarine
- 200g dark chocolate (70% cocoa works best)
- 2-3 tbsp golden syrup
- 100g mini marshmallows (chopped regular marshmallows work too)
- icing sugar, to dust

## Optional (up to 100g)

- raisins, dried cranberries or any dried fruit
- nuts
- popcorn
- honeycomb, broken into pieces

## Method

### Step 1

Grease and line an 18cm square brownie tin with baking paper.

### Step 2

Place 200g digestive biscuits in a freezer bag and bash with a rolling pin or just the side of your fist until they're broken into a mixture of everything between dust and 50p-sized lumps. Set aside.

### STEP 3

In a large saucepan melt 135g butter or margarine, 200g dark chocolate and 2-3 tbsp golden syrup over a gentle heat stirring constantly until there are no or almost no more lumps of chocolate visible, then remove from the heat. Leave to cool.

### Step 4

Take the biscuits, 100g mini marshmallows and up to 100g of additional ingredients (dried fruit, nuts, popcorn, honeycomb), if you like, and stir into the chocolate mixture until everything is completely covered.

### Step 5

Tip the mixture into the lined baking tin, and spread it out to the corners. Chill for at least 2 hrs then dust with icing sugar and cut into 12 fingers.

Tuck in and pamper yourself!