

GROWING WELL GROWING HEALTHY RECIPE GUIDE



PIZZA WRAP/PITTA



INGREDIENTS

- 4 Wraps/Pittas
- 4 Tablespoons of Tomato Puree
- 50g of 30% Less Fat Mature Cheddar Cheese
- 4 Slices of Ham
- 4 Tablespoons of Sweetcorn

Tip: You can always swap the toppings for whatever you have at home!

METHOD

- For each pizza take one pitta bread or tortilla wrap
- Spread one tablespoon of tomato puree over the pitta bread or tortilla wrap
- Grate the cheese and sprinkle it over each of the pizzas
- For each pizza tear up one slice of ham into small pieces and add that to the top along with a tablespoon of sweetcorn
- Once assembled, cook under a grill on medium heat until the cheese is golden (this will only take a few minutes)
- Serve alone or with a side salad!

CHICKEN FAJITA BURRITO BOWL



METHOD

- In a large bowl make a marinade using the seasoning, olive oil and lime juice. Toss chicken and vegetables in the marinade and allow to marinate, covered for 1 hour.
- Preheat oven to 190 degrees.
- Spread the ingredients across a baking tray and allow to bake in the oven for 20-25 minutes.
- In a bowl spread out rice and top with all desired fixings. Enjoy!

INGREDIENTS

- 2 Chicken breasts
- 2 Tablespoons Taco or Fajita seasoning
- 1 Tablespoon of Oil
- 1 Lime, juiced
- 1 Red onion, sliced
- 1 Red pepper, sliced
- 1 Green pepper, sliced
- 1 Yellow pepper, sliced
- 320g Rice
- Sour Cream or Light Mayo

TOMATO AND SPINACH PESTO PASTA



INGREDIENTS

- 300g Uncooked Wholewheat Pasta
- 1 Teaspoon Olive Oil (or low calorie cooking spray)
- 100g Tomatoes
- 40g Spinach
- 1 Tablespoon Pesto
- Black pepper

METHOD

- Cook the pasta according to packet instructions
- Once the pasta is cooked, heat the oil in a saucepan on a medium heat and add the tomatoes
- Cook for around 2 minutes until the tomatoes soften slightly.
- Then add the spinach, pasta and pesto to the pan.
- Mix the ingredients together and warm through.
- Season with black pepper and serve!

CHICKEN TIKKA CURRY



INGREDIENTS

- 1 Tablespoon of Olive Oil (or low calorie cookie spray)
- 1 Onion
- 2 Tablespoons of Tikka Masala Paste
- 1 Pepper
- 3 Chicken Breasts
- 1 x 400g Tin of Chopped Tomatoes
- 50ml of water
- 60ml Natural Yogurt

METHOD

- Take a large saucepan, and gently heat up the olive oil
- Finely chop the onion, add it into the pan and cook on a low heat until the onions are soft
- Add the tikka paste and the pepper (cut into chunks) and cook for a further 5 minutes
- Cut the chicken breasts into chunks and add to the pan
- Stir everything together to make sure the chicken is coated in the tikka paste then cook for 3 minutes
- Add in the chopped tomatoes and water then simmer the curry for 20 minutes - make sure to stir occasionally
- The curry is done when the chicken is cooked all the way through
- At this point stir in the natural yogurt

BEEF LASAGNE



INGREDIENTS

- 1 tbsp Olive Oil
- 500g Lean Beef Mince
- 600g Passata
- 140ml Hot Beef Stock
- 200g Lasagne sheets
- 200ml White Sauce
- 100g Reduced Fat Cheese

METHOD

To make the white sauce: Boil 400ml milk in a pan and in a separate pan add 40g melted margarine and 40g plain flour. Stir until it forms a paste. Then add the milk to the paste mixture and stir until thickened

- Heat olive oil in a frying pan and cook beef mince for about 10 mins until browned all over.
- Pour over 600g passata and 200ml hot beef stock. Then season with mixed herbs.
- Bring up to the boil, then simmer for 30 mins.
- Heat oven to 180C and lightly oil an ovenproof dish (about 30 x 20cm).
- Spoon one third of the mixture into the dish, then cover with some lasagne sheets and drizzle over roughly 100g white sauce.
- Repeat until you have 3 layers of pasta. Cover with the remaining white sauce, making sure you can't see any pasta poking through. Then scatter cheese over the top.
- Bake for 45 mins until the top is bubbling and lightly browned.

CHICKEN KEBAB



INGREDIENTS

- 8 Chicken Thighs, skin and bone removed
- 200ml Fat Free Natural Yogurt
- 1 tablespoon Curry Powder
- 1 tablespoon Garlic Granules
- 1 teaspoon Paprika
- 1 teaspoon Salt
- 4 Pitta Breads
- Lettuce (Shredded)
- Tomato (Sliced)

METHOD

- Mix the yogurt, curry powder, garlic granules, paprika and salt in a mixing bowl with a spoon.
- Add the chicken and mix well, ensuring it is all coated well
- Cover with cling film and refrigerate for a couple of hours
- Place the marinated chicken onto foil on a baking tray and cook for 1.5 hours at 200°C/Fan 180°C/Gas Mark 5.
- Remove from the oven and allow to rest for a few minutes, then slice chicken
- Serve in pitta with the lettuce and tomato

SALMON AND PEA PASTA



INGREDIENTS

- 300g Uncooked Wholewheat Pasta
- 1 Teaspoon Olive Oil (or low calorie cooking spray)
- 1 Onion (finely diced)
- 140g Frozen Peas
- 2 Skinless Salmon Fillets (Cut into chunks)
- 120ml Low Fat Creme Fraiche
- 50ml Vegetable Stock (1 x stock cube with 50ml water)
- Black pepper

METHOD

- Cook the pasta according to packet instructions
- While the pasta is cooking, heat the oil in a saucepan on a medium heat and add in the finely diced onion
- Cook for around 5 minutes until the onion softens
- When soft, add in the salmon, peas, creme fraiche, and stock
- Cook for around 5-6 minutes until the salmon is cooked through
- Season with black pepper
- Once the pasta is cooked, drain and mix in with the salmon and pea sauce
- Serve!

ONE PAN PULLED BBQ CHICKEN



INGREDIENTS

- 1 Tablespoon of Olive Oil
- 3 Chicken Breasts
- 2 Red Onions (cut into quarters)
- 2 x Peppers (cut into quarters)
- 2 Cloves of Garlic (crushed or finely chopped)
- 500g Passata
- 1 Teaspoon of Paprika
- 150g Barbecue Sauce
- 100ml Water

METHOD

- Take a large saucepan with a lid, and gently heat up the olive oil
- Add in the chicken breasts and cook until lightly browned
- Add in the red onion and peppers and cook for 2-3 minutes
- Add in the crushed garlic and cook for a further 1 minute - stirring regularly
- Add in the passata, bbq sauce, water and paprika
- Stir everything together to make sure all the chicken, onions and peppers are covered in sauce
- Put the lid on the pan and reduce to a low heat
- Cook slowly for 1 - 1.5 hours; stirring occasionally, until the chicken is tender and the sauce has thickened
- Once chicken is tender pull apart with a fork and give the mixture a good stir

CREAMY LEMON CHICKEN



INGREDIENTS

- 4 Medium Chicken Breasts
- 1 Small Onion Finely Chopped
- 300ml Chicken Stock
- ½ Lemon Juice
- 75g Low Fat Cream Cheese
- 50g Spinach
- Black Pepper
- Low Calorie Cooking Spray

METHOD

- Spray the frying pan with cooking spray and place over a medium heat.
- Place the chicken breasts in the pan and cook for 2 minutes each side to seal and colour. Remove to a plate and place to one side.
- Give the pan another spray, then add the onions and sauté for 5 minutes.
- Add the stock into the pan along with the lemon juice and bring to a simmer.
- Stir in the low fat cream cheese, then return the chicken to the pan.
- Allow to simmer for 10-15 minutes, stirring occasionally until the chicken is cooked through.
- Stir in the spinach and cook for a couple more minutes until it has wilted.
- Season with ground black pepper and serve!

BEEF AND BEAN BURRITO BAKE



INGREDIENTS

- 500g 5% Fat Lean Beef Mince
- 4 Wraps
- 1 Onion, Diced
- 1 Red Pepper, Diced
- 2 Cloves of Garlic, Crushed
- 2 Spring Onions, Chopped
- 400g Tin of Chopped Tomatoes
- 1 x Tin Red Kidney Beans Drained
- 1 tsp Dried Oregano
- 1/2 tsp Dried Chilli
- 1 tsp Cumin
- 1 tbsp Balsamic Vinegar
- 1 tbsp Tomato Puree
- 8g Reduced Fat Cheese Grated
- 200g Fat Free Greek Yogurt

METHOD

- Pre-heat the oven to 200°C. Then spray a frying pan with low calorie cooking spray and place on a medium heat.
- Cook the onions, garlic and peppers for 2 minutes, then add the beef mince and cook for a further 3 minutes.
- Add the tomato puree, tinned tomatoes, kidney beans, oregano, chilli flakes, black pepper, cumin and balsamic vinegar to the pan and continue cooking for 10 minutes.
- In a bowl mix the Greek yoghurt and cheese and put to one side.
- When the mince has cooked add 1/4 of the mix into the middle of one of the wraps leaving a 1cm gap around the sides.
- Fold in the sides of the wraps, then fold the bottom over the top to encase all of the filling. Repeat this until you have four burritos.
- Place the burritos into an ovenproof dish then top with the yoghurt and cheese mix and sprinkle with the remainder of the Cheddar cheese.
- Bake in the oven for 20 - 25 minutes until piping hot and golden brown on top

VEGETABLE STIR FRY



INGREDIENTS

- 4 Spring Onions
- 1 Carrot
- 1 Red Pepper
- 1 Courgette
- Small Tin of Sweetcorn
- 1 Teaspoon of Garlic Granules
- 2 Tablespoons of Olive Oil
- 2 Tablespoons of Hoisin Sauce
- 2 Tablespoons of Low Salt Soy Sauce
- 320g Egg Noodles

METHOD

- Heat a frying pan on a high heat and add the oil.
- Add the spring onions and garlic and fry for 1 minute, then reduce the heat.
- Add the carrot, red pepper and sweetcorn and fry for 2 minutes.
- Add the courgette and fry for a further 3 minutes.
- Add 1 tablespoon water, the hoisin sauce and the soy sauce and cook over a high heat for a further 2 minutes.
- Cook the noodles according to the pack and then add into the stir fried vegetables
- Give everything a good mix together
- Serve!

SALT AND PEPPER CHIPS



INGREDIENTS

- 4 Potatoes, cut into chip shapes
- 1 Green Pepper, sliced
- 1 Red Pepper, sliced
- 1 Onion, sliced
- 1 Red Chilli, diced
- 2 Spring Onions, chopped
- 1 Teaspoon Salt
- 1 Teaspoon Black Pepper
- 1 Teaspoon Garlic Powder
- Low Calorie Cooking Spray

METHOD

- Preheat oven to 200°C and spray a large oven tray with low calorie cooking spray
- Add the potatoes to the tray, followed by the peppers, onions and spring onions.
- Next sprinkle the salt, black pepper, garlic powder and chilli over the vegetables and potatoes in the tray.
- Spray everything with some low calorie cooking spray
- Toss the contents of the tray together to make sure everything is coated in the low calorie cooking spray and seasonings
- Put the tray into the oven and cook for 35-40 minutes
- Make sure to toss the chips half way through to make sure they don't stick
- Once the chips are crispy and golden, serve!

RED PEPPER AND TOMATO RISOTTO



INGREDIENTS

- 1 Tablespoon of Olive Oil
- 1 Onion, Chopped
- 300g Risotto Rice
- 400g Chopped Tomatoes
- 200g Frozen Roasted Pepper
- 600ml Vegetable Stock
- 1 Teaspoon Basil

METHOD

- Preheat oven to 200C/fan 180C/gas mark 6.
- Heat the oil in an ovenproof pan and fry the onions for a few mins until softened.
- Turn up the heat and tip in the rice, stir, then fry for 1 min more. Pour in the tomatoes, peppers and 500ml of the stock, then add the basil.
- Cover and bake in the oven for 25 mins, until the rice is tender and creamy.
- Stir in the remaining 100ml stock and mix
- Serve!

BACON AND TOMATO SPAGHETTI



INGREDIENTS

- 400g spaghetti
- 1 tablespoon olive oil
- 120g smoked bacon, sliced into strips
- 1 onion, finely chopped
- 1 garlic clove, finely chopped OR 1 teaspoon garlic granules
- 2 teaspoons paprika
- 2 x 400g cans chopped tomatoes

METHOD

- Bring a large pan of water to the boil and cook the spaghetti following pack instructions.
- Meanwhile, heat the oil in a large frying pan and cook the bacon for 3-4 mins until just starting to crisp
- Stir in the onion and cook for another 3-4 mins
- Add the garlic and paprika, and cook for 1 min more.
- Pour in the chopped tomatoes, bring to the boil and bubble for about 5 mins until thickened, stirring every so often to stop it catching on the bottom.
- Drain the pasta and toss with the sauce.
- Serve and enjoy!

ONE POT BEEF HOTPOT



INGREDIENTS

- 500g of Diced Beef
- 3 Large Potatoes
- 1 Large Onion
- 6 Carrots
- 400ml Beef Stock (1 Stock Cube with 400ml of boiling water)
- 80g Frozen Peas
- Optional: Salt and Pepper to season

METHOD

- Pre heat the oven to 170°C. Peel and dice the onions and carrots, and place them in a casserole dish, then add in the frozen peas
- Add the diced beef on top of the vegetables (no need to cook the beef off first).
- Peel and thinly slice the potatoes into discs and cover the top of the meat with the potato discs. Try to make sure there are no gaps.
- Pour the stock over the potatoes
- Season with salt and pepper
- Cover with foil and cook in the oven for about an hour and a half.
- Remove the foil, and cook for another 40 - 50 minutes or until the potato is crisp and golden.
- Serve alone or with a side of vegetables

PUMPKIN AND LENTIL SOUP



INGREDIENTS

- Oil or Fry-light
- 2 onions,
- 2 tsp garlic puree
- 800g chopped pumpkin flesh, plus the seeds
- 100g red lentils
- 1 tsp mixed herbs
- 1 litre vegetable stock
- pinch of salt
- 50g crème fraîche,

METHOD

- Heat 1 tsp oil or fry light in a large pan and fry the onions until softened. Stir in the garlic, pumpkin flesh, lentils and mixed herbs, then pour in the vegetable stock. Cover and simmer for 20-25 mins until the lentils and vegetables are tender.
- Meanwhile wash the pumpkin seeds and remove any flesh that is still on them, then dry them with kitchen paper.
- Heat 1 tsp oil in a non-stick pan and fry the seeds until they start to jump and pop. Stir frequently, but cover the pan in between so they don't jump out! When the seeds look toasted, add a pinch of salt and stir well.
- With a hand blender, blend the cooked pumpkin mixture until smooth, then add the crème fraîche and blend again.
- Serve with a spoonful of crème fraîche and toasted seeds scattered on top.

SPAGHETTI CARBONARA



INGREDIENTS

- 120g Spaghetti
- 200g Gammon/Ham (small pieces)
- 30g Parmesan Cheese
- 1 Pack Mushrooms, sliced thinly
- 1 Egg
- 2 tbsp Quark
- 1/2 Onion finely chopped
- 300ml Vegetable Stock
- 1 tsp Black Pepper
- 1/4 tsp Mustard Powder
- Low Calorie Cooking Spray

METHOD

- Heat 1 tsp oil or fry light in a large pan and fry the onions until softened. Stir in the garlic, pumpkin flesh, lentils and mixed herbs, then pour in the vegetable stock. Cover and simmer for 20-25 mins until the lentils and vegetables are tender.
- Meanwhile wash the pumpkin seeds and remove any flesh that is still on them, then dry them with kitchen paper.
- Heat 1 tsp oil in a non-stick pan and fry the seeds until they start to jump and pop. Stir frequently, but cover the pan in between so they don't jump out! When the seeds look toasted, add a pinch of salt and stir well.
- With a hand blender, blend the cooked pumpkin mixture until smooth, then add the crème fraîche and blend again.
- Serve with a spoonful of crème fraîche and toasted seeds scattered on top.

VEGETABLE COCONUT CURRY



INGREDIENTS

- 600g Swede (Cubed)
- 100g Green Beans
- 1 Large Courgette, Sliced
- 100g Button Mushrooms, Halved
- 1 Small Onion, Finely Chopped
- 2 Cloves Garlic, Crushed
- 2 tsp Ginger
- ¼ tsp Mild Chilli Powder
- 500ml Unsweetened Coconut Milk
- 2 tbsp Lime Juice
- 2 tbsp Low Fat Cream Cheese
- 1 tsp Coriander
- 320g Rice

METHOD

- Spray a large saucepan with cooking spray and place over a medium heat. Add the onion and fry for 5 minutes, stirring occasionally.
- Add the garlic, ginger and chilli powder, stir, and fry for 2 - 3 minutes. Then add the swede and the coconut milk to the saucepan and stir.
- Cover and simmer over a low heat for 45 minutes.
- Add the green beans, courgette and mushrooms. Then stir, cover and simmer over a low heat for 10 minutes.
- Remove from the heat and stir in the lime juice and cream cheese, until the cheese has completely melted and the sauce becomes creamy.
- Stir in the coriander and season to taste and then serve with rice.

TUNA AND SWEETCORN BURGER



INGREDIENTS

- 65g Breadcrumbs
- 198g Sweetcorn (Drained and Roughly Chopped)
- 2 x Can of Tuna (Drained)
- 25g Reduced Fat Cheddar (Grated)
- 3 x Spring Onions (Finely Sliced)
- 1 x Egg
- 1 x Tablespoon of Olive Oil
- 4 x Wholemeal Buns
- 1 Large Tomato (Cut into four slices)
- 65g Lettuce

METHOD

- Add the drained tuna and sweetcorn to a bowl along with the finely sliced spring onions and grated cheddar cheese
- Crack the egg into a mug and whisk lightly with a fork
- Pour some of the egg into the bowl and mix the ingredients together until combined
- Keep adding the egg slowly until the texture is sticky enough to shape into burgers (you may not need to whole egg)
- Once the mixture is ready, shape into 4 burgers
- Heat up the olive oil in a frying pan on a medium heat
- Cook the burgers for 5 minutes on each side until golden brown
- Serve in buns with a slice of tomato and some lettuce

CHICKEN SAVOURY RICE



INGREDIENTS

- 1 Teaspoon Vegetable/Olive Oil
- 2 Chicken Breasts
- 1 Medium Onion
- 100g Mushrooms
- 150g Easy Cook Long Grain White Rice
- 300ml Vegetable/Chicken Stock
- 80g Frozen Peas
- 80g Sweetcorn
- 1 Teaspoon Curry Powder

METHOD

- Chop chicken into small bite sized chunks
- Prepare the veg by cutting the onion and mushroom into small pieces
- Heat the oil in a saucepan and fry the chicken for 5-7 minutes or until cooked through (cut into a piece of the chicken and make sure it's white all the way through),
- Add the onion and cook until soft
- Add the mushrooms and cook for a further 2 minutes
- Stir in the rice, then add the stock, peas, sweetcorn and curry powder
- Stir well.
- Cook until the stock starts to gently bubble then turn down the heat and simmer for about 15-20 minutes, until the rice is cooked, adding more water if necessary.
- Once rice is cooked, serve!

SAUSAGE AND POTATO CASSEROLE



INGREDIENTS

- 1 Tablespoon of Olive Oil
- 8 Reduced Fat Pork Sausages
- 500g New Potatoes
- 1 Onion
- 1 Pepper
- 1 x 500g Carton of Passata
- 2 Tablespoons of Water

METHOD

- Heat the oil in a large frying pan on medium-high heat
- Add in the sausages and fry off for 5 minutes
- Cut the potatoes into quarters and add to the pan with the sausages. Cook for 5 minutes.
- Slice the peppers and onions and add them into the pan, cooking for a further 5 minutes
- Make sure to turn the sausages regularly to brown them
- Add the passata and the water to the pan, and cover the pan with a lid or baking tray
- Reduce to a medium-low heat
- Cook for 25 minutes until the sausages are cooked through and the potatoes and vegetables are tender
- Serve!