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Barnardo's

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## Cucumber Raita

**This recipe is as cool as a cucumber!** It would usually be served with spicy Indian food but works just as well with veggie dippers, pitta breads or salads.



Milk\*

Nutritional information per portion (72g):

Energy	Fat	Saturates	Sugars	Salt
87kJ 21kcal 1%	<0.5g 0%	0.2g 1%	2.8g 3%	0.04g 1%

of an adult's reference intake.  
Typical values per 100g: energy 121kJ/29kcal.

### Equipment

Sharp knife  
Chopping board  
Scissors  
Bowl  
Juice squeezer  
Spoon  
Measuring spoons

### Ingredients

**Serves 8**  
½ cucumber  
1 small onion  
5 mint leaves  
1 small lemon (juice only)  
200g low-fat natural yoghurt

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.

### Method

1. Wash the cucumber and chop as finely as possible.
2. Peel and chop the onion as finely as possible.
3. Wash the mint leaves and chop them finely using the scissors.
4. Squeeze the juice from the lemon.
5. Scoop the natural yoghurt into the bowl, mix in 1 x 15ml spoon of lemon juice, chopped cucumber, onion and mint. Stir well.



### Something to try next time

- Add 1 x 5ml spoon of ground cumin for a spicy taste.
- If you like hot food, add 1 x 5ml spoon of chopped chilli (you can buy fresh ones or ready chopped in tubes or jars).

### Top Tip

- You can peel the cucumber and remove the seeds if you like but it tastes just as good with them left in – and it's quicker!

**Skills used include:**

Weighing, measuring, chopping, squeezing and mixing/combining.

# Pea and Mint Soup

This soup is quick to prepare and can be made with fresh or frozen peas.



Celery, egg, milk and wheat (gluten)\*

Nutritional information per portion (327g):

Energy 451kJ 107kcal 5%	Fat 2.9g 4%	Saturates 1.3g 6%	Sugars 3.7g 4%	Salt 0.36g 6%
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of an adult's reference intake.  
Typical values per 100g: energy 138kJ/33kcal.

## Equipment

Weighing scales  
Kettle  
Measuring jug  
Knife or scissors  
Chopping board or a cup  
Measuring spoons  
Large saucepan  
Wooden spoon  
Pan stand  
Blender  
Tea towel  
Tasting spoon  
Spoon

## Ingredients

**Serves 4 as a main course  
or 6 as a taster**

750ml boiling water  
1 reduced-salt vegetable  
stock cube  
2 x 15ml spoons fresh mint  
OR 1 x 5ml spoon dried mint  
500g fresh shelled OR  
frozen peas  
Ground black pepper  
(optional)  
Reduced-fat creme fraiche  
OR low-fat natural yoghurt  
(optional)

\*Presence of allergens can vary by brand –  
always check product labels. If you serve  
food outside the home you must make  
allergen information available when asked.



## Top Tips

- If you are using a blender never fill the blender more than half full and always cover the lid with a thick tea towel and hold the lid down when blending.
- If using a handheld blender always cool the soup before blending and make sure the blade is submerged into the liquid to avoid splattering.
- You don't need to defrost the peas if using frozen peas.

# Pea and Mint Soup

## Method

1. Measure 750ml of boiling water into the measuring jug. Crumble in the stock cube and stir until dissolved.
2. Wash the fresh mint and chop finely.
3. Put the peas in the saucepan and add the stock.
4. Bring to the boil, reduce the heat, stir and simmer for 3 minutes.
5. Take off the heat and add the mint.
6. Carefully blend the soup until smooth.
7. Add black pepper to taste (if using).
8. Serve with 5ml spoon of reduced-fat crème fraîche or low-fat natural yoghurt (optional).

## Something to try next time

- Crumble 1 x grilled bacon rasher or 5g of grated cheese on top of your soup for extra taste.
- For a meaty version swap the vegetable stock cube for a ham stock cube and add in approximately 200g of ham.

## Prepare now, eat later

- If you are using fresh peas you can shell them the day before but store the peas in the fridge in a sealed bag to avoid the loss of nutrients.
- Pea soup will freeze for up to 1 month. Cool quickly before pouring into a large freezer bag inside a plastic container. Once frozen, the bag can be removed from the box and stored in the freezer. Defrost thoroughly in the fridge before reheating until bubbling hot.

### Skills used include:

Weighing, measuring, chopping, mixing/combining, blending, boiling/simmering and serving.

[www.bda.uk.com](http://www.bda.uk.com)

## Soup-up Your Leftover Vegetables

Here's our top tips for using left over vegetables to make some fabulous soups. It can be tempting to throw tired veggies and herbs away, but soup is a great way to use them to create a tasty, healthy dish without adding to the food waste mountain.

This is a versatile soup recipe which you can adapt to any vegetables you have available. Ideal for mark-down bargains from the supermarket!

### Waste fact

Fresh vegetables and salad top the list for most wasted foods, making up 19 per cent of the 7.2 million tonnes of household food and drink wasted each year.

### Basic soup method

1. Use 500g of vegetables per litre of stock. Include a medium-size potato to thicken the soup.
2. Wash, peel and chop the vegetables – the smaller the chunks, the quicker it'll cook; this will save on fuel too. Try to chop the vegetables into equal sizes so it all cooks at the same time.
3. In a large saucepan, sauté the vegetables in 15ml of vegetable oil until softened but not brown.
4. Make up 1 litre of vegetable stock using a low-salt stock cube.
5. Add the stock to the vegetables and bring to the boil.
6. Turn down the heat so the soup is just simmering. Cook for 15 minutes or until all the vegetables are tender.
7. Take the soup off the heat to cool.
8. Once cooled, blend all the soup if you want it to be smooth, or only half if you prefer a chunky texture.
9. Reheat to serve, or freeze for later.

### Love your leftovers

- After blending, add a little leftover yoghurt, cream or milk to make a creamy soup (best added after blending).
- Hummus can be added too, if you have some leftover.
- Add pasta or rice for a more substantial soup.
- Leftover cooked meat? Add it shredded or in chunks. Safety tip: make sure it's in date.
- Make leftover bread into croutons – add herbs for extra flavour.
- Make a cold soup (gazpacho) with raw cucumber, tomato and onion.
- Freeze leftover roast vegetables or meat from your Sunday dinner to make a soup later on.

## Soup recipes

Check out our range of recipes at [www.bda.uk.com](http://www.bda.uk.com)

- Mulligatawny Soup
- Vegetable Soup
- Summer Vegetable Minestrone Soup
- Carrot and Coriander Soup
- Mighty Mushroom Soup
- Pumpkin Soup

## Tips on freezing and storing

- Freeze your soup into single portions using a suitable sealable container i.e. sealable plastic boxes, ice-cream tubs or plastic pots. The soup will expand whilst in the freezer, so make sure you don't overfill. Alternatively, freezing soup in a plastic zip bag makes the most of freezer space.
- Freezing in one or two portions is a great idea for taking your soup to work for lunch. Defrost the day before, heat until piping hot and put in a flask. It will be a lovely warming meal in the middle of the day.
- When defrosting your frozen soup, it's best to put it in the fridge the day before you want to use it, not on a radiator or a sunny windowsill.
- If you're short of time, your soup can be defrosted in a microwave (only for non-cream based soups).
- Once your soup has defrosted, do not re-freeze it.

# Creamy Cheesy Pasta

This delicious pasta dish is so quick and easy to make. Peas and peppers are combined with a tasty, creamy sauce.



Milk and wheat (gluten)\*

Nutritional information per portion (369g):

Energy	Fat	Saturates	Sugars	Salt
1407kJ 335kcal 17%	13g 18%	5.7g 28%	6.5g 7%	0.36g 6%

of an adult's reference intake.  
Typical values per 100g: energy 381kJ/91kcal.

## Equipment

Weighing scales  
Sharp knife  
Chopping board  
Garlic crusher  
Clean, damp cloth  
Grater  
Small bowl or plate  
Small saucepan  
Colander x 2  
Large saucepan x 2  
Measuring spoons  
Kettle  
Wooden spoon  
Pan stand

## Ingredients

### Serves 4

1 medium onion  
1 clove garlic  
200g mushrooms  
1 red pepper  
40g Parmesan OR reduced-fat Cheddar cheese  
120g frozen peas  
1 x 15ml spoon olive oil  
300g penne pasta  
200g reduced-fat cream cheese  
Black pepper (optional)

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tips

- Place the colander in the sink and use both hands to carefully tip the pasta into the colander. Retain the cooking liquid after you have drained the pasta and use to add to your sauce if required.
- Add fresh herbs such as thyme and chives for extra flavour, or you could use minted peas!

# Creamy Cheesy Pasta

## Method

1. Peel the onion and chop finely.
2. Peel and crush the garlic (or chop finely).
3. Wipe the mushrooms to remove any soil and then chop them finely into slices.
4. Wash and de-seed the pepper. Chop finely.
5. Grate the cheese and place in the small bowl, or on the plate.
6. Bring a small pan of water to the boil and cook the peas according to the instructions on the packet. Drain in a colander and run under the cold tap. Leave to cool.
7. Heat the oil in the large saucepan and add the chopped onion and garlic. Fry gently for 5 minutes until they start to soften.
8. Whilst the onions and garlic are cooking, boil some water in a kettle for the pasta. Weigh the pasta and cook, in a large saucepan, following the instructions on the packet. Once the pasta is cooked, remove from the heat and carefully drain in a colander, retaining some of the cooking liquid.
9. Once the onion and garlic are soft, add the mushrooms and red peppers and fry for 5 minutes or until the mushrooms are soft. Stir with a wooden spoon.
10. Add the cream cheese and drained peas to the pan and heat through gently, stirring well.
11. Add the grated cheese and stir until melted.
12. Stir in the drained cooked pasta.
13. Stir in 2 or 3 x 15ml spoons of the pasta cooking water to help loosen the sauce. Add a little more water if the sauce is too thick.
14. Add black pepper to taste (if using) and serve.

## Something to try next time

- Try using courgette instead of peas. Wash 1 medium courgette and chop finely. Add to the pan with the mushrooms.
- Use half the quantity of peas and replace the other half with canned or frozen sweetcorn.
- Use any pasta shapes. Tricolour pasta would give the dish a real Italian feel.

## Prepare now, eat later

- Use cooked peas from a previous meal if you have them leftover.
- Grate the cheese and weigh the pasta the day before.
- This dish is best eaten immediately.

### Skills used include:

Weighing, measuring, chopping, crushing, grating, boiling/simmering and stir-frying.



# Caribbean Rice and Peas

Serve this Caribbean Rice and Peas dish with Jerk Chicken, it is the perfect accompaniment for highly spiced meat dishes (see the Jerk Chicken recipe on our website).



Celery, egg, milk and wheat (gluten)\*

Nutritional information per portion (262g):

Energy	Fat	Saturates	Sugars	Salt
1172kJ 279kcal 14%	<b>8.9g</b> 13%	<b>4.8g</b> 24%	<b>4.8g</b> 5%	<b>0.65g</b> 11%

of an adult's reference intake.  
Typical values per 100g: energy 447kJ/106kcal.

## Equipment

Weighing scales  
Chopping board  
Sharp knife  
Can opener  
Kettle  
Measuring jug  
Large saucepan with lid  
Pan stand  
Measuring spoons  
Colander  
Spatula  
Fork

## Ingredients

### Serves 6

1 clove garlic  
¼ fresh pineapple OR 1 x 220g can pineapple in natural juice  
1 x reduced-salt vegetable stock cube  
500ml boiling water  
1 x 15ml spoon vegetable oil  
240g basmati rice  
400g can reduced-fat coconut milk  
400g can red kidney beans  
3 spring onions  
2 x 15ml spoons fresh coriander OR 2 x 5ml spoon dried coriander  
2 x 15ml spoons fresh mint  
1 x 15ml spoon fresh thyme OR 1 x 5ml spoon dried thyme  
Ground black pepper (optional)

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tips

- Many of these ingredients are used in Jerk Chicken, so if you use a can of pineapple for the rice, use the juice from this for the sauce in the Jerk Chicken recipe.
- Do not stir the rice too often or you will break the grain and it will go stodgy.

# Caribbean Rice and Peas

## Method

1. Remove the skin and core from the fresh pineapple or open the can of pineapple and drain (reserve the juice for the Jerk Chicken recipe). Crush or chop the pineapple into small 1cm cubed pieces.
2. Peel the garlic and chop finely.
3. Measure 500ml of boiling water into the measuring jug, crumble in the stock cube and stir to dissolve.
4. Put a large saucepan on the hob and turn to a medium heat. Add the vegetable oil.
5. Add the chopped garlic and cook for 1 minute, stirring constantly.
6. Add the basmati rice and cook for 1 minute, stirring constantly.
7. Open the can of coconut milk and add to the rice. Pour in the stock and stir well.
8. Open the can of kidney beans and drain in the colander. Add the beans to the rice, stir well and turn up to a high heat. Once bubbling, put the lid on the saucepan, turn down to a low heat and simmer for 10 minutes, stirring regularly.
9. Check the rice and stir occasionally with a fork. If the rice isn't fully cooked and the saucepan is dry, add a little more water.
10. Top and tail the spring onions and chop them width ways into small circles about ½ cm thick. Finely chop the coriander and mint. Remove the thyme leaves from the stalks and discard the stalks if using fresh. Add to the rice together with the pineapple.
11. Add black pepper to taste (if using) and gently stir the rice with a fork. Replace the lid and simmer on a low heat for a further 2 minutes.
12. Turn off the heat and leave for another 3 or 4 minutes for the rice to absorb any remaining liquid. Serve with Jerk Chicken (see the Jerk Chicken recipe on our website).

## Something to try next time

- For an extra kick to the rice, add a finely chopped chilli or pinch of chilli powder with the chopped garlic at step 2.
- Substitute the kidney beans for another type of bean such as gungo beans, yellow split peas or black-eyed beans.

## Prepare now, eat later

- The rice and peas dish is best eaten straight away.
- Follow these instructions to re-use rice safely. Cool any leftovers quickly (within 1 hour), refrigerate and use within 24 hours. Reheat until piping hot or serve cold. Do not reheat rice more than once.

### Skills used include:

Weighing, measuring, chopping, mixing, boiling/simmering and stir-frying.

# Moroccan Vegetable Stew with Couscous

The chickpea originated in the Middle East about 7,500 years ago. It is a great source of protein and fibre. This dish is served with another ancient and nutritious ingredient, couscous.



Sulphites and wheat (gluten)\*

Nutritional information per portion (551g):

Energy	Fat	Saturates	Sugars	Salt
1117kJ 266kcal 13%	7.6g 11%	1g 5%	10g 11%	0.52g 9%

of an adult's reference intake.  
Typical values per 100g: energy 203kJ/48kcal.

## Equipment

Weighing scales  
Chopping board  
Knife  
Large saucepan with lid  
Wooden spoon  
Measuring spoons  
Peeler  
Grater  
Can opener  
Colander  
Kettle  
Measuring jug  
Medium saucepan  
Cling film  
Pan stand  
Fork  
Serving spoon

## Ingredients

**Serves 4**  
1 medium onion  
2 medium carrots  
2 small parsnips  
1 courgette  
1 medium orange  
1 x 15ml spoon vegetable oil  
1 x 400g can chickpeas  
1 x 400g can chopped tomatoes  
Bunch (20g) fresh coriander  
1 x 15ml spoon tomato purée  
1 x 5ml spoon turmeric  
1 x 5ml spoon ginger  
½ x 5ml spoon ground cinnamon  
700ml boiling water  
Ground black pepper (optional)  
200g couscous

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tips

- Make sure the water is boiling hot when you add it to the couscous, and cover the bowl straight away. This will help make it fluffy!
- Larger parsnips can be a bit woody – try to choose smaller parsnips, which are sweeter and have a better flavour.

# Moroccan Vegetable Stew with Couscous

## Method

1. Wash all the vegetables.
2. Peel and finely chop the onion.
3. Heat the oil in the saucepan over a medium heat. Add the chopped onion and cook gently for about 5 minutes with the lid on the pan. Stir occasionally.
4. Peel the carrots and parsnips, then chop them, along with the courgettes, into 1cm round pieces. Grate the orange zest and squeeze the juice.
5. Add the carrots and parsnips to the saucepan. Sauté gently for 5 minutes.
6. Open the can of chickpeas and drain them using a colander. Open the can of chopped tomatoes.
7. Chop the coriander stalks and put to one side, chop the leaves and save to add to the couscous.
8. Add the chickpeas, tomatoes, tomato purée, chopped coriander stalks and spices to the pan.
9. Measure 600ml of boiling water into the measuring jug.
10. Add 300ml of the water to the saucepan. Cover, and simmer for 5 minutes.
11. Add the courgette and simmer for a further 10–15 minutes. Season with pepper to taste (if using).
12. Place the couscous in a medium saucepan and add the remaining 300ml water, orange zest and juice. Cover with clingfilm and leave for 10 minutes.
13. Remove the clingfilm and heat for 1 minute fluffing up the grains with a fork.
14. Add the coriander leaves before serving with the stew.

## Something to try next time

- To advance chopping skills, try chopping the vegetables into thinner slices at a slight angle, then the stew will need less time to cook.
- Try turnips instead of parsnips when they are in season.
- Add some finely chopped mint and grated lemon zest to the couscous for added flavour.

## Prepare now, eat later

- Prepare the vegetables ready to cook and store in bags in the fridge for up to 24 hours.
- If you have any Moroccan Stew left over, mix it with the couscous, cool it as quickly as possible, then cover and store in the fridge for up to 24 hours. Reheat in the microwave until piping hot.

### Skills used include:

Weighing, measuring, peeling, chopping, grating, squeezing, mixing/combining, boiling/simmering and frying.

[www.bda.uk.com](http://www.bda.uk.com)

# Vegetable Risotto (Microwave)

This is a classic recipe with a cheat's method – popping it in the microwave speeds it up and gives you time to do other things. It's also great for using up leftover vegetables in your fridge.



Celery, egg, milk and wheat (gluten)\*

Nutritional information per portion (552g):

Energy 2234kJ 532kcal 27%	Fat 10g 15%	Saturates 2.9g 14%	Sugars 7g 8%	Salt 0.82g 14%
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of an adult's reference intake.  
Typical values per 100g: energy 405kJ/96kcal.

## Equipment

Weighing scales  
Chopping board  
Sharp knife  
Measuring spoons  
3 litre capacity microwave-safe bowl with lid or clingfilm  
Garlic press (optional)  
Stirring spoon  
Kettle  
Measuring jug  
Oven gloves  
Can opener  
Colander  
Grater

## Ingredients

**Serves 4**  
1 medium onion  
1 x 15ml spoon olive oil  
1 clove garlic  
350g risotto rice  
1 litre boiling water  
1 x reduced-salt vegetable stock cube  
1 x 400g can flageolet beans in water  
1 x 198g can sweetcorn  
125g green beans  
100g frozen peas  
40g Parmesan cheese  
OR reduced-fat mature Cheddar cheese  
Small bunch (10g) parsley to garnish (optional)

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tips

- It is important to stir the rice well each time as this releases starch and makes the dish creamy.
- If you are cooking for children aged 5 and under, don't use a stock cube. They are high in salt, which we need to limit in young children's diets. Experiment with herbs to flavour the dish instead. Also use reduced-fat Cheddar cheese instead of Parmesan as Parmesan is made from unpasteurised milk.

# Vegetable Risotto (Microwave)

## Method

1. Peel and finely chop the onion and add to the microwave-safe bowl. Add the oil and stir well.
2. Heat for 2 minutes on full power. All timings for this recipe are based on an 800W microwave.
3. Peel and press or finely chop the garlic (chop it as small as you can), weigh the rice and add both to the onions. Stir well and heat for a further 2 minutes.
4. Meanwhile, measure 1 litre of boiling water into the measuring jug, crumble in the stock cube and stir to dissolve. Add the stock to the rice, stir well, cover with a lid or clingfilm, leaving a small area open, and cook for 10 minutes on full power.
5. While the rice is cooking, open the can of flageolet beans and drain and rinse them, drain the canned sweetcorn and wash and chop the green beans into 2.5cm sticks.
6. Stir the rice well before mixing in the green and flageolet beans; then cover and cook for 5 minutes.
7. Mix the sweetcorn and frozen peas into the rice, cover and cook for a final 3 minutes. Meanwhile, finely grate the cheese and chop the parsley (if using).
8. Lastly, stir in the grated cheese, sprinkle with chopped parsley (if using) and serve immediately.

## Something to try next time

- You can swap the sweetcorn and Parmesan for a tasty mushroom and goat's cheese alternative. Finely slice 3 medium mushrooms and add at step 6, leaving out the sweetcorn at step 7. At step 8 stir in a 125g pack of soft goat's cheese and 1 x 15ml spoon of finely chopped tarragon instead of the Parmesan and parsley.
- Try topping the finished risotto with 50g of fresh baby spinach leaves and 15 halved cherry tomatoes.
- You can swap the vegetables and beans for whatever you have in your fridge and cupboards, such as broccoli, spinach, fresh or canned tomatoes, chickpeas and different kinds of beans.

## Prepare now, eat later

- Rice is best eaten as soon as it is cooked, but any leftover rice should be cooled as quickly as possible (within 1 hour) and stored in the fridge for no longer than 24 hours. When you reheat any rice, always check that the dish is steaming hot all the way through and never reheat it more than once.

### Skills used include:

Washing, weighing, measuring, peeling, chopping, grating, mixing/combining and microwaving.

[www.bda.uk.com](http://www.bda.uk.com)

# Seven Vegetable Curry

**This is a brilliantly tasty recipe for curry.** The combination of stir-fried vegetables and lovely coconut milk give this dish a rich and satisfying flavour. Serve it with plain boiled basmati rice or naan breads to scoop up the sauce.



Celery and mustard\*

Nutritional information per portion (405g):

Energy	Fat	Saturates	Sugars	Salt
857kJ 204kcal 8%	<b>12g</b> 17%	<b>4.9g</b> 25%	<b>14g</b> 15%	<b>0.54g</b> 9%

of an adult's reference intake.  
Typical values per 100g: energy 212kJ/50kcal.

## Equipment

Colander  
Chopping board  
Sharp knife  
Plate  
Peeler  
Measuring spoons  
Wok or deep sided frying pan  
Wooden spoon  
Can opener  
Small saucepan or frying pan

## Ingredients

**Serves 6**  
220g green beans  
2 large carrots  
2 medium courgettes  
1 medium aubergine  
1 large red pepper  
200g sweet potatoes  
150g spinach  
1½ x 5ml spoons ground cumin  
1 x 5ml spoon ground turmeric  
1 x 5ml spoon garam masala  
2 x green chillies (OR 1 x 5ml spoon chilli powder)  
2 x 15ml spoons vegetable oil  
2 x 15ml spoons Balti curry paste  
1 x 400g can chopped tomatoes  
1 x 400g can reduced-fat coconut milk  
1 large onion  
1 lemon

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tips

- Take great care when touching the green chillies, because they are very hot. Make sure you wash your hands when you've finished preparing them.
- This curry is good with some chopped fresh coriander sprinkled on before serving.

# Seven Vegetable Curry

## Method

1. Trim the green beans and cut them in half.
2. Top and tail the carrots and courgettes. Peel and slice the carrots into strips about 4cm in length.
3. Cut the courgettes into 4cm lengths, and then halve them lengthways so they are about the same shape as the carrots.
4. Peel the sweet potatoes and cut them into 2cm cubes. Do the same with the aubergine.
5. Cut the red pepper in half and remove the seeds and white pith. Slice it into 1cm strips
6. If using fresh green chillies, cut them lengthways and remove the seeds. Chop into very small pieces. Be careful when doing this because they are very hot. Remember to wash your hands afterwards.
7. You may find it helpful to put your prepared vegetables on the plate once you have chopped them.
8. Turn the hob onto high. Heat 1 x 15ml spoon of oil in the wok or frying pan. Add the sweet potato, aubergine and red pepper. Keep the heat under your wok high, and stir-fry the vegetables by moving them around the pan with the wooden spoon.
9. When they start to brown, add the green beans, carrots and courgettes. Again, keep the heat high and the veg moving! Stir fry them for about 5 minutes.
10. Add the cumin, garam masala, turmeric and green chilli. Turn the vegetables around in the pan so that they become coated with the spices.
11. After 1 minute, add the curry paste and the can of chopped tomatoes. Carefully stir the tomatoes into the vegetables. When they start to bubble, turn the heat down and let the curry cook gently for 10 minutes.
12. Stir in the coconut milk and pile the spinach leaves on top. They will cook down and become part of the sauce.
13. Cook for another 15 minutes or until all the vegetables are soft. Stir frequently to stop any of the sauce sticking to the bottom of the pan.
14. While the curry is cooking, you can prepare the onion garnish. Peel and finely slice the onion. Heat 1 x 15ml spoon of oil in a saucepan. Add the onions and cook them until they are golden brown.
15. When you serve the curry, sprinkle a few of the fried onions on top, and give everyone a quarter of lemon to squeeze over their curry before they tuck in.

## Something to try next time

- The beauty of this curry is that you can use any vegetables that you like. Swap the sweet potato with new potatoes, use broccoli or cauliflower instead of the green beans or add frozen peas or sweetcorn.

## Prepare now, eat later

- Chill any leftover curry and use within 24 hours. Reheat until piping hot, adding a little water if the sauce is very thick.

### Skills used include:

Measuring, peeling, chopping, boiling/simmering and frying.



# Lemon Roast Chicken

with crisp bacon, garlic and herbs, roast potatoes and gravy

**Lemon Roast Chicken with all the trimmings tastes great.** Roasting your spuds in with the chicken will make them lovely and crispy. You can use the cooking juices to make a tasty gravy and the leftover bones to make a Chicken Stock (see our website for a recipe).



Nutritional information per portion (370g):

Energy 1504kJ 358kcal 18%	Fat 13g 19%	Saturates 3.5g 18%	Sugars 8.1g 9%	Salt 0.71g 12%
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of an adult's reference intake.  
Typical values per 100g: energy 406kJ/97kcal.

## Equipment

Roasting tin  
Chopping board  
Sharp knife  
Measuring spoons  
Oven gloves  
Vegetable peeler  
Juice squeezer  
Large saucepan with lid  
Colander  
Pan stand  
Fork  
Metal spatula  
Measuring jug  
Wooden spoon  
Jug  
Large serving plate

## Ingredients

**Serves 4-6**

1 large fresh chicken (weighing between 1.3kg – 1.8kg)  
4 rashers streaky bacon  
2 lemons  
A few sprigs fresh rosemary, sage OR tarragon OR 1 x 15ml spoon mixed dried herbs  
1 x 15ml spoon olive oil  
Whole bulb garlic, separated into cloves, left unpeeled  
Black pepper (optional)  
600ml water

**Roasties**

4-6 floury white potatoes (Maris Piper OR King Edwards)  
2 large sweet potatoes (optional)

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tips

- Check that your roasting tin is big enough to hold the chicken plus the potatoes.
- Write your cooking time down as soon as you've worked it out so you don't forget it.

## Prepare now, eat later

- Chill any leftover chicken quickly, store in the fridge and use within 2 days or freeze for up to 1 month.
- Use cold or in a recipe needing cooked chicken, but only reheat once and make sure it is piping hot before serving.

# Lemon Roast Chicken

with crisp bacon, garlic and herbs, roast potatoes and gravy

## Method

1. Preheat the oven to 200°C/180°C fan or gas mark 6.

### Prepare the chicken

2. Check the weight of the chicken and work out the cooking time. Sometimes this is written on the label. If not, allow 20 minutes per 500g, plus an additional 20 minutes. So a 1.5kg chicken will take 1 hour 20 minutes to cook. Check there are no giblets inside the chicken, if there are remove them.
3. Place the chicken in a large roasting tin. Cover the chicken breasts with the rashers of bacon to keep the meat moist during cooking.
4. Chop the lemons into quarters. Put 2 pieces and half the fresh herbs (if using) into the open end of the chicken. Tuck the rest of the herbs and 2 more pieces of lemon around the chicken. If using dried herbs, sprinkle them over the chicken.
5. Drizzle the whole chicken with the olive oil and the juice from another piece of lemon. Add black pepper to taste (if using). Put in the oven and set the timer for your calculated cooking time.

### Prepare the roasties

6. Peel the potatoes and chop into quarters. Boil for 10 minutes. (This is parboiling). Drain in a colander. Rough up surfaces with a fork.
7. If using, peel and chop the sweet potatoes into similar size chunks to the potato.
8. 50 minutes before the chicken is done, add the potatoes, sweet potato (if using), unpeeled garlic cloves and remaining pieces of lemon to the tin. Squeeze juice from one of the lemon pieces over them all and add black pepper to taste (if using). Return to the oven.
9. When the time's up, check that the chicken is cooked. Pierce with a knife. The juices must run clear – never pink. Cook for longer if you need to. Rest the cooked chicken on a plate in a warm place for 10 minutes with the lemon bits and garlic.
10. Turn the potatoes using a metal spatula. Return to the oven on a higher shelf and turn up the temperature to 220°C/200°C fan or gas mark 7 so they are crispy. Cook for another 10 minutes.

### Prepare the gravy

11. Remove the cooked potatoes from the roasting tin.
12. To make the gravy, pour 600ml of water into the roasting tin. Sit it on the hob. Boil it for 3–4 minutes while stirring and scraping any sticky bits off the bottom of the tin. Add black pepper to taste (if using). Pour it carefully into a jug. Skim off any excess oil with a spoon before serving.
13. Serve the chicken and potatoes at the table on a large plate. Carve with a sharp knife. Squeeze the garlic cloves out of their skins. Serve with your choice of vegetables and gravy.

### Something to try next time

- Don't like bacon? Rub olive oil over the chicken to keep it moist and season with lemon and black pepper to taste. Spoon the juices from the chicken over the breast (baste it) a few times during cooking.
- Parboiling potatoes for roasties makes them crunchier on the outside and fluffier inside. But potatoes will roast well enough from raw as long as the oil in your tin is hot enough.

### Top Tips

- For a vegetarian version put 1 x 15ml spoon of olive oil in a separate roasting tin and preheat in the oven. Add a share of the parboiled potatoes and put the tray in the oven at step 8. Serve with a main such as Cauliflower Cheese (recipe available on our website).
- For really tender meat, let the chicken rest somewhere warm for at least 10 minutes, whilst you cook your vegetables.

### Skills used include:

Measuring, peeling, chopping, squeezing, boiling/simmering, roasting and serving.

# Omelette Popovers

**This recipe is an alternative way of making omelettes.** They are popular with children and adults as they look very appealing and taste delicious. You can add most cooked vegetables to them. They can be eaten hot or cold and are perfect for eating on the go, at a picnic or for lunch.



Egg and milk\*

Nutritional information per portion (169g):

Energy 981kJ 237kcal 12%	Fat 14g 20%	Saturates 5.9g 30%	Sugars 1.5g 2%	Salt 0.85g 14%
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of an adult's reference intake.  
Typical values per 100g: energy 580kJ/140kcal.

## Equipment

Weighing scales  
Measuring spoons  
12-hole muffin tin  
Sharp knife  
Chopping board  
Grater  
Medium mixing bowl  
Scissors  
Small bowl or large jug  
Fork  
Oven gloves  
Ladle or large spoon  
Mixing spoon  
Pan stand  
Palette knife or spatula

## Ingredients

**Serves 4**  
**(makes approx. 12 Popovers)**  
Spray oil (to grease)  
1 small onion  
140g Cheddar cheese  
150g frozen peas  
2 x 15ml spoons fresh chopped chives OR 1 x 5ml spoon dried chives OR herbs (optional)  
6 large eggs  
Ground black pepper (optional)  
1 x 15ml spoon water

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tips

- If you get any eggshell in the egg, use a larger piece of shell to fish it out. It is quicker and easier than trying to do it with your fingers.
- Be careful lifting the muffin tin in and out of the oven as it will be very hot. Make sure you use oven gloves.

# Omelette Popovers

## Method

1. Preheat the oven to 180°C/160°C fan or gas mark 4.
2. Spray the holes of the muffin tin with the spray oil.
3. Peel and finely chop the onion and divide equally between the holes.
4. Put in the oven for 5 minutes.
5. Meanwhile, weigh and grate the Cheddar cheese. Put the peas into a medium bowl and add the grated cheese.
6. Chop the herbs using a pair of scissors and add to the cheese mixture.
7. Break the eggs, one at a time, into a small bowl and add to the cheese and peas mix. Add some black pepper to taste (if using) to the mixture and add the water.
8. Mix with a fork until the peas have separated from each other and the eggs are well mixed.
9. Carefully remove the muffin tin from the oven.
10. Using a ladle, divide the mixture between the 12 holes and with a spoon stir each one to mix in the onion. Return to the oven for 15 minutes or until golden brown on the top.
11. Allow to cool for 5 minutes then remove the popovers from the tin with a spatula.

## Something to try next time

- Instead of chopped onion and chives, use half a bunch of trimmed and chopped spring onions. Add them at step 7 and only heat the muffin tray for 3 minutes, not 5, before adding the omelette mixture.
- Try eating these popovers in a sandwich, in savoury scones or take them on picnics or in a lunchbox for a healthy and nutritious lunch.
- Serve with a side salad and some slices of bread for a balanced meal.

## Prepare now, eat later

- Grate the cheese and freeze in a bag – you can take any amount out that you need and use straight from frozen.
- The popovers will keep for 2 days in an airtight container in the fridge or can be frozen between sheets of baking paper, then transferred to a plastic bag or container when frozen and stored for up to 1 month.

### Skills used include:

Weighing, measuring, peeling, chopping, grating, whisking, mixing/combining and baking.

[www.bda.uk.com](http://www.bda.uk.com)

## Rice (Plain, Egg Fried and Mushroom)

Rice has been a staple food for hundreds of years and is not only an accompaniment to many dishes but can form the basis of a wide variety of easy, quick and delicious meals. This is a fail-safe method to cook perfect fluffy rice to serve with a variety of dishes including curry, chilli or casserole.



Egg, mustard, soya, sulphites and wheat (gluten)\*

Nutritional information per portion (244g):

Energy 1437kJ 341kcal 17%	Fat 9.1g 13%	Saturates 1.8g 9%	Sugars 1.0g 1%	Salt 0.38g 6%
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of an adult's reference intake.  
Typical values per 100g: energy 587kJ/139kcal.

### Equipment

Weighing scales  
Large mug  
Sieve  
Kettle  
Large saucepan with tight fitting lid  
Wooden spoon  
Pan stand  
Fork  
Chopping board  
Large sharp knife  
Small bowl  
Measuring spoons  
Large frying pan or wok

### Ingredients

**Serves 4 as a side**

#### Plain Rice

1 large mug (approx. 250-275g) basmati rice

#### Egg Fried Rice

1 large mug (approx. 250-275g) basmati rice

4 spring onions

2 eggs

1 x 15ml spoon vegetable oil

100g frozen peas (defrosted)

2 x 5ml spoons light soy sauce

Ground black pepper (optional)

#### Mushroom Rice

1 large mug (approx. 250-275g) basmati rice

200g mushrooms

1 x 15ml spoon vegetable oil

1 x 5ml spoon dried oregano

1 x 5ml spoon Dijon

OR wholegrain mustard

Ground black pepper (optional)

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



### Top Tip

- When making Egg Fried Rice, use rice that has been cooked and left to cool and dry for a few minutes, so that it does not become sticky when fried.

# Rice (Plain, Egg Fried and Mushroom)

## Method

### Plain Rice

1. Fill a large mug with rice and pour into the sieve. Rinse the rice under cold running water for a minute or until the water runs clear.
2. Pour the rice into the large saucepan. Add 2 mugs of boiling water and stir.
3. Bring to the boil and reduce the heat to the lowest setting. Cover with a tight fitting lid and simmer for 10–12 minutes. Do not be tempted to take a look at the rice while it's cooking because the steam, which is cooking the rice, will escape from the pan. If your pan lid is loose, put a piece of foil under the lid to form a good seal.
4. Turn off the heat and leave to stand for 5–10 minutes. Remove the lid and fluff up the rice with a fork before serving.

### Egg Fried Rice

1. Cook the rice following the Plain Rice method. Remove the lid from the pan and let the rice cool and dry out for a few minutes.
2. Wash, top and tail and chop the spring onions, including some of the green tops.
3. Break the eggs into a small bowl and beat well.
4. Heat the oil in a large frying pan or wok, add the cooked rice and gently stir for 3–4 minutes until very hot.
5. Add the peas and spring onions and continue to stir-fry for another 2–3 minutes.
6. Using the wooden spoon, move the rice to create a space in the centre. Add the eggs, and as they start to set toss them around with the rice.
7. Season with the soy sauce and black pepper to taste (if using).
8. Serve as soon as the egg is set.

### Mushroom Rice

1. Cook the rice following the Plain Rice method. While it is cooking prepare the rest of the ingredients.
2. Wipe the mushrooms with kitchen paper, trim the stalks and slice finely.
3. Heat the oil in a large frying pan or wok and add the mushrooms.
4. Stir-fry over a medium heat for 4–5 minutes, stirring. Add the oregano, mustard and black pepper to taste (if using) followed by the hot rice. Gently stir together until very hot and serve.

### Something to try next time

- Add 100g of frozen sweetcorn to the Egg Fried Rice at step 5.
- Add a chopped garlic clove to the Mushroom Rice at step 3.

### Prepare now, eat later

- Rice is best eaten as soon as it is cooked, but any leftover rice should be cooled quickly (within 1 hour) and stored in the fridge for no longer than 24 hours. When you reheat any rice, always check that the dish is steaming hot all the way through and never reheat it more than once.

### Get more from your food

- Use the cold rice to make a salad by adding chopped leftover cooked vegetables or salad ingredients, cold chicken, ham or prawns and some of your favourite dressing. Eat within 24 hours of cooking the rice.

#### Skills used include:

Washing, measuring, chopping, beating, boiling/simmering and frying.

# Mushroom Stroganoff

**Stroganoff is a beef recipe of Russian origin which tastes equally nice if made with mushrooms or pork.** It has been known since the eighteenth century, but its name appears to come from a nineteenth-century Russian diplomat called Count Paul Stroganoff. Serve with boiled rice, Mashed Potato (see the recipe on our website) or egg noodles.



Celery, egg, milk and wheat (gluten)\*

Nutritional information per portion (283g):

Energy	Fat	Saturates	Sugars	Salt
428kJ 102kcal	<b>5.9g</b> 8%	<b>1.7g</b> 9%	<b>2.8g</b> 3%	<b>0.29g</b> 5%

of an adult's reference intake.  
Typical values per 100g: energy 151kJ/36kcal.

## Equipment

Weighing scales  
Clean, damp cloth  
Chopping board  
Sharp knife  
Wok or large frying pan  
Wooden spoon  
Measuring spoons  
Kettle  
Measuring jug

## Ingredients

### Serves 4

1 large onion  
2 cloves garlic  
250g chestnut mushrooms  
300g closed cup OR button mushrooms  
2-3 sprigs fresh thyme  
OR ½ x 5ml spoon dried thyme OR dried herbs  
1 x 15ml spoon vegetable oil  
1 x 5ml spoon paprika  
1 x 15ml spoon plain flour  
200ml boiling water  
1 reduced-salt vegetable stock cube  
200ml reduced-fat soured cream  
Ground black pepper (optional)

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tip

- Use any combination of different mushrooms. Don't be tempted to wash the mushrooms as it will make them very watery. Just wipe away any dirt with a damp cloth.

# Mushroom Stroganoff

## Method

1. Carefully peel and chop the onion into 1cm pieces and peel and finely chop the garlic. Wipe any dirt from the mushrooms and slice finely. Strip the leaves from the thyme (if using fresh) and chop finely.
2. Turn the hob onto a medium heat and heat the vegetable oil.
3. Add the chopped onion and cook until soft, stirring regularly. This should take about 5 minutes.
4. Add the sliced mushrooms and garlic and cook for another 5 minutes, stirring, until the mushrooms are turning golden.
5. Mix in the paprika and flour.
6. Measure 200ml boiling water into the measuring jug, crumble in the stock cube and stir to dissolve.
7. Stir in the vegetable stock. Cook for about 5 minutes until the sauce has slightly thickened.
8. Stir in the soured cream and add the fresh or dried herbs and black pepper to taste (if using).
9. Continue cooking until the sauce is hot, but not boiling.

## Something to try next time

- If you prefer a meat version use 250g of mushrooms and after step 5 put the onions, garlic and mushrooms to one side in a bowl. Add another 15ml spoon of oil and brown 200g of beef or pork strips. Then add the onion, garlic and mushroom mix into the pan and continue but add a little more water if too thick.
- If you want to be very adventurous add a handful of gherkins chopped into small strips. It sounds odd but tastes very nice.

## Prepare now, eat later

- Stroganoff is very quick to make and is best eaten straight away.

### Skills used include:

Weighing, measuring, peeling, chopping, frying and boiling/simmering.



# Mini Pancakes

**Mini pancakes make perfect party snacks.** You can make them sweet or savoury by adding your own toppings. Try smoked salmon and crème fraîche, cream cheese and ham, or your favourite seasonal fruit.



Egg, fish, milk and wheat (gluten)\*

Nutritional information per portion (13g):

Energy 84kJ 20kcal 1%	Fat 0.9g 1%	Saturates 0.5g 2%	Sugars 0.5g 0%	Salt 0.08g 1%
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of an adult's reference intake.  
Typical values per 100g: energy 646kJ/154kcal.

## Equipment

Weighing scales  
Mixing bowl  
Measuring jug  
Wooden spoon or whisk  
15ml spoon  
Table knife  
Measuring spoons  
Frying pan  
Palette knife or fish slice  
Kitchen towel  
Wire rack or plate

## Ingredients

**Makes about 60 bite-sized servings**

150g self-raising flour  
1 egg  
250ml semi-skimmed milk  
Oil for greasing

### Topping

#### Fruity Pancakes

200ml light mascarpone  
150g raspberries

#### Smoked Salmon Blinis

200ml reduced-fat crème fraîche

Approx 120g smoked salmon trimmings

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tips

- A non-stick frying pan is the easiest to use as the pancakes won't stick.
- An oil spray will ensure a fine layer of oil. Alternatively, use a pastry brush to brush the surface with some oil.
- These pancakes can be served warm or cold, but if they are served warm the crème fraîche or mascarpone will soften.

# Mini Pancakes

## Method

1. Put the flour into the mixing bowl. Make a well in the centre and add the egg and about half of the milk. Using a whisk or wooden spoon mix to a smooth, thick batter. You may need to add a little more milk if the batter is too thick to mix.
2. When the batter is smooth, gradually stir in the rest of the milk until it is well combined.
3. Add a small amount of oil to the frying pan, just enough to give a non-stick layer to the surface of the pan.
4. Heat the frying pan on high until the oil begins to smoke, then turn down the heat to medium.
5. Using a 15ml spoon, pour the batter onto the surface of the pan. This should make pancakes about 3cm in diameter.
6. Leave each pancake for about 30 seconds. Bubbles will appear on the surface and the mixture will start to set. Flip each pancake over using a palette knife or fish slice and leave for another 30 seconds.
7. Transfer each pancake to a wire rack or some kitchen towel on a plate.
8. Top each pancake with 1 x 5ml spoon crème fraîche and 1 or 2 smoked salmon pieces, or 1 x 5ml spoon mascarpone and 2 or 3 raspberries.

## Something to try next time

- Add flavourings to the batter mix. Try chopped herbs, dried fruit or chopped bananas.
- Try some other toppings such as cream cheese, sun-dried tomato and chopped chives.
- Try small pieces of smoked mackerel instead of smoked salmon, making sure you remove any bones.

## Prepare now, eat later

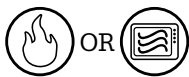
- Make the batter in advance and store, covered, in the fridge for up to 24 hours.
- Store the cooked pancakes between layers of greaseproof paper in the fridge for up to 2 days or they can be frozen for up to 1 month. Defrost them in the fridge and reheat them quickly in a non-stick frying pan.

### Skills used include:

Weighing, measuring, whisking, mixing/combining, frying and serving.

# Bread and Butter Pudding

**Bread and Butter Pudding is a traditional family favourite which is economical to make because it uses up old bread and can be cooked in a microwave.** The pudding should be crispy on the outside and light and fluffy on the inside, and is delicious served with custard or reduced-fat crème fraîche.



Egg, milk, soya, sulphites and wheat (gluten)\*

Nutritional information per portion (126g):

Energy	Fat	Saturates	Sugars	Salt
899kJ 214kcal 11%	<b>6.6g</b> 9%	<b>2.1g</b> 10%	<b>14g</b> 15%	<b>0.76g</b> 13%

of an adult's reference intake.  
Typical values per 100g: energy 713kJ/170kcal.

## Equipment

Weighing scales  
Spreading knife  
Ovenproof or microwave-safe serving dish (approx. 1 litre)  
Chopping board  
Bread knife  
Measuring spoons  
Measuring jug  
Fork  
Oven gloves  
Pan stand

## Ingredients

**Serves 4**  
25g unsaturated fat spread  
4 slices white, wholemeal OR granary bread  
50g currants, raisins, sultanas OR mixed dried fruit  
25g sugar  
1 x 5ml spoon grated nutmeg  
300ml semi-skimmed milk  
2 medium eggs

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tips

- Make sure that the spread is suitable for baking.
- When baked this pudding is crispy and delicious. The microwave version will be pale in colour, so if you're using an ovenproof dish you can place it under the grill for a couple of minutes to give it a browned, crispy finish.
- The timings for microwaving the pudding are based on an 800w microwave, so you may have to adjust the timings based on the wattage of your microwave.
- Serve with the Proper Homemade Custard recipe on our website.

# Bread and Butter Pudding

## Method

1. Preheat the oven to 160°C/140°C fan or gas mark 3, if you are not using the microwave.
2. Use a little of the spread to grease the ovenproof dish and spread the rest on one side of each slice of bread.
3. Cut the slices into quarters diagonally (to make triangle shapes).
4. Arrange half of the bread across the base of the prepared dish.
5. Sprinkle the dried fruit, half the sugar and the nutmeg over the bread.
6. Arrange the remaining bread triangles, spread side up, on top of the fruit.
7. Beat together the milk and eggs in a measuring jug and pour over the bread.
8. Sprinkle the remaining sugar over the pudding and leave to stand for 10 minutes to allow the bread to soak up the egg and milk mixture.
9. Microwave for 4½ minutes on full power (timing based on an 800W microwave). Leave to stand for 2 minutes and check that the centre is set. If it is not, return to the microwave and cook for another minute and check again. Alternatively, bake the pudding in the oven for 30 minutes or until set and golden.

## Something to try next time

- If you don't like dried fruit, replace it with two sliced bananas. Layer these between the slices of bread.
- Instead of using nutmeg, add the grated zest of an orange to the milk and egg mixture.
- Try making this using different types of bread: hot cross buns at Easter time, panettone at Christmas or for something really special, try using sliced croissant.

## Prepare now, eat later

- Bread and Butter Pudding is best eaten straight from the oven when it is crisp and delicious.

### Skills used include:

Weighing, measuring, beating, spreading, microwaving and baking.

## Parmesan and Herb Muffins

These tasty savoury muffins are perfect for a lunchtime treat or a picnic. Why not try one with some homemade soup?



Egg, milk and wheat (gluten)\*

Nutritional information per portion (63g):

Energy 770kJ 184kcal 9%	Fat 10g 15%	Saturates 2.8g 14%	Sugars 1.4g 2%	Salt 0.63g 10%
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of an adult's reference intake.  
Typical values per 100g: energy 1222kJ/292kcal.

### Equipment

Weighing scales  
12 hole muffin tin  
Paper muffin case x 12  
Grater  
Colander  
Chopping board  
Sharp knife  
Scissors (optional)  
Measuring spoons  
Mixing bowl  
Wooden spoon  
Measuring jug x 2  
Fork  
Metal spoon  
Oven gloves  
Pan stand  
Wire rack

### Ingredients

**Makes 12 muffins**  
100g Parmesan cheese  
10g (about a handful) basil  
10g (about a handful) chives  
1-2 sprigs fresh thyme  
250g self-raising flour  
1 x 5ml spoon bicarbonate of soda  
85ml sunflower oil  
2 eggs  
100ml semi-skimmed milk  
100ml low-fat natural yoghurt

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



### Top Tip

- Chop the herbs as finely as you can. You could try using scissors to do this.

# Parmesan and Herb Muffins

## Method

1. Preheat the oven to 200°C/180°C fan or gas mark 6.
2. Put the paper cases into the muffin tin.
3. Grate the Parmesan.
4. Wash and finely chop the herbs. Strip the thyme leaves, finely chop and measure ½ x 5ml spoon.
5. Mix together the flour and bicarbonate of soda in a mixing bowl.
6. Mix in the Parmesan and chopped herbs.
7. Place the oil in the measuring jug.
8. Beat the eggs separately in a second measuring jug and add to the oil. Rinse out the jug.
9. Measure out the milk and natural yoghurt and add to the oil and egg mixture.
10. Pour the wet ingredients into the dry ingredients and stir until combined.
11. Spoon the mixture into the paper cases.
12. Bake for 15–18 minutes, until risen and just golden.
13. Cool on the wire rack. Delicious served warm.

## Something to try next time

- Try replacing the herbs with oregano or parsley.

## Prepare now, eat later

- Cover and store in the fridge for up to 24 hours. Eat cold or reheat (only once) in a preheated oven at 180°C/160°C fan or gas mark 4 for 5-8 minutes or until piping hot.
- Freeze the freshly baked muffins for up to 1 month, defrost thoroughly and reheat in the same way.

### Skills used include:

Washing, weighing, measuring, chopping, mixing/combining, baking and cooling.



#### **Barnardo's**

Barnardo's provide a range of services to help and support families across the UK, working with organisations and professionals so that children get the best start in life.

#### **Let's Get Cooking**

Run by the British Dietetic Association (BDA). We provide training, support and resources for setting up and running healthy cooking activities for people of all ages.

For cooking clubs and cookery training information and services visit:  
[www.letsgetcooking.org.uk](http://www.letsgetcooking.org.uk)

Cooking at home? Visit: [letsgetcooking.org.uk/lets-get-cooking-at-home](http://letsgetcooking.org.uk/lets-get-cooking-at-home) for a fantastic range of healthy, tasty recipes as well as lots of helpful information on cooking from scratch.

#### **British Dietetic Association**

The BDA is the largest association of nutrition professionals in Europe, supporting individuals and communities to get the most out of their food. Within community settings dietitians provide support and advice for nutrition-based conditions and support everyone to lead a healthier lifestyle, through improved dietary choices. The Let's Get Cooking programme is the BDA's public facing programme, and is an established community-based food and cooking skills project, that enables people to gain practical cooking skills and adopt a healthier diet.

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Design and production by Proportion Marketing Limited