



**Abbots Care**

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# Cook Book

## **Acknowledgements**

*The recipes have been sourced from: -*

*Jamie Oliver (2019) 15 minute meals [available online] [www.jamieoliver.com/recipes/category/books/jamies-15-minute-meals](http://www.jamieoliver.com/recipes/category/books/jamies-15-minute-meals)*

*Jamie Oliver (2019) 15 minute meals [available online] <http://www.foodnetwork.co.uk/tv-shows/jamies-15-minute-meals.html>*

*BBC Good Food (2019) 15-minute meal recipes [available online] <https://www.bbcgoodfood.com/recipes/collection/15-minute-meal>*

*BBC Good Food (2019) Slow Cooker recipes [available online] <https://www.bbcgoodfood.com/recipes/collection/15-minute-meal>*

*Nutritional information has been sourced from: -*

*NHS (2019) How to store food and leftovers [available online] <https://www.nhs.uk/live-well/eat-well/how-to-store-food-and-leftovers/>*

*NHS (2019) How to prepare and cook food safely [available online] <https://www.nhs.uk/live-well/eat-well/how-to-prepare-and-cook-food-safely/>*

*NCFE (2015) How to prepare and cook food safely; NCFE Level 2 Certificate in Understanding Nutrition and Health, workbook 1, page 75*

*British National Foundation (2017) Nutritional Requirements [available online] [https://www.nutrition.org.uk/attachments/article/907/Nutrition%20Requirements\\_Revised%20Oct%202017.pdf](https://www.nutrition.org.uk/attachments/article/907/Nutrition%20Requirements_Revised%20Oct%202017.pdf)*

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## Nutritional Requirements

Estimated Average Requirements for Adults:

MEN		WOMEN	
AGE	Kcal	AGE	Kcal
19-24	2772	19-24	2175
25-34	2749	25-34	2175
35-44	2629	35-44	2103
45-54	2581	45-54	2103
55-64	2581	55-64	2079
65-74	2342	65-74	1912
75+	2294		

### Estimated Average Requirements for Adults

Fat: Less than 70g  
 Saturates: Less than 20g  
 Carbohydrates: At least 260g  
 Total Sugars: 90g  
 Protein: 50g  
 Salt: 6g

### Estimated Average Requirements for Adults

Fluids 1.5 – 2 Litres (1/3 of fluid will be obtained from food sources)

## Freezing Food

### Freezing food

You can freeze pretty much everything, including:

- Yoghurt
- Cheese (except soft cheese as the freezing process affects the texture)
- Milk
- Meat
- Fish
- Eggs, including boiled eggs
- Bananas: peel and wrap them or place in an airtight container before freezing
- Baked goods
- Bread
- Rice (*Ideally, serve rice as soon as it has been cooked. If that isn't possible, cool the rice as quickly as possible, ideally within 1 hour. Keep rice in the fridge for no more than 1 day until reheating. When you reheat any rice, always check the dish is steaming hot all the way through. Do not reheat rice more than once.*)

*Anything with a high water content like strawberries and tomatoes will go squishy but are still fine to cook with.*

*Place food in an airtight container or wrap it tightly in freezer bags or similar before placing in the freezer otherwise the cold air will dry it out.*

### Re-freezing meat and fish

Never re-freeze raw meat (including poultry) or fish that has been defrosted.

You can cook frozen meat and fish once defrosted, and then refreeze them.

You can re-freeze cooked meat and fish once, if they have been cooled before going into the freezer. If in doubt, don't re-freeze.

Frozen raw foods can be defrosted once and stored in the fridge for up to 24 hours before they need to be cooked or thrown away.

To reduce wastage, divide the meal into portions before freezing and then just defrost what you need.

## Storing Food

### What goes in the fridge?

Some foods need to be kept in the fridge to help slow down germs' growth and keep food fresh and safe for longer. These are foods marked with a "use by" date and "keep refrigerated" on the label, such as milk, meat and ready meals.

- Cool down leftovers as quickly as possible (within two hours), store them in the fridge and eat them within two days.
- Avoid putting open tin cans in the fridge, as the food inside may develop a metallic taste. Follow the manufacturer's instructions or place the contents in a storage container or covered bowl before refrigerating.
- To store food in airtight storage containers and sandwich bags and write the date of storage on the container/bag so the food can be disposed of within two days of opening or cooking. Where containers or sandwich bags are not available please use clingfilm or tin foil.

### Fridge maintenance

Keep your fridge temperature at 5C or below. If your fridge has a digital temperature display you may wish to check it against an internal fridge thermometer now and again to make sure it's accurate. Clean and inspect your fridge regularly to ensure it remains hygienic and in good working order.

### "Use by" dates

No food lasts forever, however well it is stored. Most pre-packed foods carry either a "use by" or a "best before" date. "Use by" dates appear on foods that go off quite quickly. It can be dangerous to eat foods past this date.

"Best before" dates are for foods with a longer life. They show how long the food will be at its best. Food can look and smell fine even after its "use by" date but that doesn't mean it's safe to eat. It could still contain bugs that could make you ill. Eating food past its "best before" date is not dangerous, but the food may not be good quality.

### Best before

"Best before" dates appear on a wide range of frozen, dried, tinned and other foods.

"Best before" dates are about quality, not safety. When the date is passed, it doesn't mean that the food will be harmful, but it might begin to lose its flavour and texture.

Eggs have a shelf life of 28 days (from date laid to best before date). By law, eggs must reach the final consumer within 21 days from the date they have been laid. This date is known as the sell-by date. After this date, the quality of the egg will deteriorate. If any salmonella bacteria are present, they could multiply to high levels and could make a person ill.

This means eggs need to be delivered to the consumer at least 7 days before the best before date. The consumer then has 7 days to use the eggs at home.

## Storing Food

### How to prepare and cook food safely

Handling food correctly and safely is essential to prevent Food-Bourne illness and protect yourself and others from becoming ill. The handling of food can take place during:

- Preparation
- Cooking
- Cooling
- Purchase
- Reheating
- Serving
- Storage

The best way to avoid getting food poisoning is to ensure that you maintain high standards of good hygiene when storing, handling and preparing food.

#### Washing hands

Our hands are one of the main ways that germs are spread. Harmful bacteria can be spread very easily from people's hands to food, work surfaces and equipment.

It's always important to wash them thoroughly with soap and warm water before handling food, and especially after touching raw food, the bin, pets, and going to the toilet.

Once you have washed your hands please ensure that you use a clean pair of gloves whilst preparing and cooking food.

### Cooking

Cooking food at the right temperature will ensure any harmful bacteria are killed. Check that food's steaming hot throughout before you eat it.

The foods below need to be cooked thoroughly before eating:

- Poultry
- Pork
- Offal, including liver
- Burgers
- Sausages
- Rolled joints of meat

### Burgers and Sausages

When cooking burgers, sausages, chicken, and pork, cut into the middle to check that the meat's no longer pink, the juices run clear and it's steaming hot throughout.

### Chicken

When cooking a whole chicken or bird, pierce the thickest part of the leg (between the drumstick and the thigh) to check there's no pink meat and the juices are no longer pink or red.

### Pork

Pork joints and rolled joints shouldn't be eaten pink or rare. To check when these types of joint are ready to eat, put a skewer into the centre of the meat and check there's no pink meat and the juices run clear.

### Beef and Lamb

It's safe to serve steak and other whole cuts of beef and lamb rare (not cooked in the middle) or blue (seared on the outside) as long as they have been properly sealed by cooking them quickly at a high temperature on the outside only. Bacteria is usually only found on the outer surfaces of these types of meat.

#### Washing fruit and vegetables

Wash fruit and vegetables under cold running water before you eat them. This helps remove visible dirt and germs that may be on the surface. Peeling or cooking fruit and vegetables can also remove these germs.

Never use washing-up liquid or other household cleaning products to clean fruit and vegetables, as they're not intended for human consumption and you may accidentally leave some of the product on the food.

A close-up photograph of a white ceramic bowl filled with oatmeal. The oatmeal is topped with several fresh raspberries, a few blueberries, and a single large strawberry. A sprig of fresh mint leaves is placed on the left side of the bowl. The background is a blurred wooden surface. The text "Breakfast Recipes" is overlaid in the center of the image.

# Breakfast Recipes

## Scrambled Egg on Toast

### Ingredients

White or brown bread - 1 or 2 slices Toasted  
2 large fresh eggs  
2tbs milk  
Freshly ground black pepper  
½ tsp butter

### Method

Break the eggs into a jug, add the milk and mix with a fork. Melt the butter in a saucepan and pour in the eggs. Cook over a medium heat, stirring occasionally until almost set. Meanwhile, toast the bread and place onto warmed plates. Divide the egg between the toast and season with freshly ground black pepper/

### Nutritional Values

Calories 254  
Total fat 19g  
Saturated fat 7g  
Sugar 0g  
Fibre 0g  
Protein 18g  
Salt 0.6g

### Preparation Time

3 minutes

### Cooking Time

5 minutes



## Open Breakfast Sandwich

### Ingredients

1 slice white or brown bread  
Soft butter, for spreading  
1 tomato, sliced  
1 tbsp white wine vinegar  
1 medium free-range egg  
2 slices of smoked back bacon  
1 tbsp chives, roughly chopped

### Method

Heat up a griddle pan and cook the bacon for a few minutes until crisp. Set aside and keep warm. Heat a deep pan of water over a low heat until just simmering and add the vinegar. Crack an egg into a small cup and gently pour into the pan. Cook the egg for 2-3 minutes for soft poached or cook to your liking. Remove with a slotted spoon and drain on kitchen paper. To serve, toast the bread slices and spread with some butter. place the tomato slices on the toast, followed by a couple of slices of bacon and a poached egg. Add some seasoning and serve immediately with a sprinkling of chives.

### Nutritional Values

Calories 404  
Total fat 19g  
Saturated fat 7g  
Sugar 14g



## Pancakes

### Ingredients

140g plain flour (this is about 200ml/7fl oz)  
4 eggs  
200ml milk  
50g butter, melted  
sunflower oil, for cooking

### Method

To make the batter, tip the flour into a bowl and beat in the eggs until smooth. Gradually add the milk and carry on beating until the mix is completely lump-free.

Now whisk in the melted butter. Place a pancake pan over a medium heat and wipe with oiled kitchen paper. Ladle some batter into the pan, tilting the pan to move the mix around the pan and pour off any excess. Cook for about 30 secs until golden, then flip over and cook on the other side. Pile the pancakes up and serve with a selection of fruit or a spoonful of sugar and a squeeze of lemon juice.

### Nutritional Values

Calories 209  
Total fat 17g  
Saturated fat 4g  
Sugar 1g  
Fibre 0g  
Protein 4g  
Salt 0.14g

### Preparation Time

5 minutes

### Cooking Time

10 minutes



## French Toast

### Ingredients

1 egg  
40 ml milk  
1/2 teaspoon cinnamon  
2 Slices of Bread  
Optional serving suggestions – maple syrup and or fruit

### Method

Beat the eggs, milk, and cinnamon together. Whisk until well blended.

Dip each slice of bread into the egg mixture, allowing bread to soak up some of the mixture. Melt some butter (or use vegetable oil) over a large skillet on medium high heat. Add as many slices of bread onto the skillet as will fit at a time. Fry until brown on both sides, flipping the bread when necessary. Cut the sandwich into 4 triangles and serve.

### Nutritional Values

Calories 357  
Total fat 18.8g  
Saturated fat 2.4g  
Protein 10.3g

### Preparation Time

3 minutes

### Cooking Time

7 minutes



## Baked Cheese and Beans Crumpet

### Ingredients

1 x Giant Crumpet  
Reduced salt and sugar baked beans (approx. 200g)  
Sprinkling of grated cheddar cheese (approx. 10g)

### Method

Gently heat the beans while toasting the crumpet (spread it with butter if desired.) Pour over the warm beans and top with a sprinkling of grated cheese.

### Nutritional Values

Calories 494  
Total fat 29g  
Saturated fat 17g  
Sugar 2g  
Fibre 1g  
Protein 23g  
Salt 2.6g

### Preparation Time

3 minutes

### Cooking Time

5 minutes



## Bacon Sandwich

### Ingredients

2 slices white bread  
2 tablespoons butter  
2 pieces of bacon

### Method

Toast the bread and spread each slice with butter  
While the bread is in the toaster, place 2 tbsp. of oil in a frying pan and fry the bacon. When the bacon is cooked, take it out of the frying pan and place onto kitchen towel/paper to remove excess oil. Place the bacon in between the two slices of toast, cut the sandwich into 4 triangles and serve.

### Nutritional Values

Calories 353  
Total fat 21g  
Saturated fat 10g  
Sugar 5g  
Fibre 1g  
Protein 14g

### Preparation Time

3 minutes

### Cooking Time

7 minutes





# Lunch Recipes

## Turkey or Chicken Club Sandwich

### Ingredients

3 slices white bread  
 2 tablespoons mayonnaise  
 2 leaves lettuce (Romaine, green leaf, or iceberg)  
 2 slices fresh tomato  
 4 strips crispy bacon  
 3 to 4 ounces turkey or chicken (cooked)

### Method

Toast the bread and spread one side of each slice with mayo  
 Place one piece of lettuce, sliced tomato and the bacon on one slice.  
 Place a second slice over these ingredients, mayo-side down  
 Spread this top bread slice with mayo, and place the turkey or chicken and another lettuce leaf on it, then top with the remaining slice of bread.  
 Cut the sandwich into 4 triangles and serve

### Nutritional Values

Calories 642  
 Total fat 33g  
 Saturated fat 6g  
 Sugar 0g  
 Fibre 8g  
 Protein 33g

### Preparation Time

10 minutes

### Cooking Time

10 minutes



## Croque Madame with Spinach Salad

### Ingredients

1 thick slice crusty white bread  
 1½ tsp wholegrain or Dijon mustard  
 2 thin slices ham, trimmed of fat  
 50g mature cheddar or other melting cheese, grated  
 ½ tsp cider or white wine vinegar  
 1 tsp mild olive oil, plus a little for frying  
 1 egg  
 Handful baby-leaf spinach from 100g bag

### Method

Heat grill to high and lightly toast the bread on both sides. Spread 1 tsp mustard over one side, then top with the ham and cheese. Whisk the remaining mustard and vinegar with 1 tsp oil and seasoning. Grill the croque for 3 mins, or until the cheese is bubbling and turning golden. Meanwhile, heat a non-stick frying pan. Add a little oil, then crack in the egg and gently fry to your liking. When cooked, lift it on top of the toast. Toss the dressing with the spinach, and cornichons if using, then eat straight away.

### Nutritional Values

Calories 504  
 Total fat 33g  
 Saturated fat 14g  
 Sugar 3g  
 Fibre 2g  
 Protein 32g  
 Salt 3.1g

### Preparation Time

5 minutes

### Cooking Time

10 minutes



## Minestrone

### Ingredients

1l hot vegetable stock  
400g tin chopped tomato  
100g thin spaghetti, broken into short lengths  
350g frozen mixed vegetable  
4 tbsp pesto

### Method

Bring the stock to the boil with the tomatoes, then add the spaghetti and cook for 6 mins or until done. A few minutes before the pasta is ready, add the vegetables and bring back to the boil. Simmer for 2 mins until everything is cooked.  
Serve in bowls drizzled with pesto and oil, sprinkled with parmesan.

### Nutritional Values

Calories 162  
Total fat 2g  
Saturated fat 0g  
Sugar 8g  
Fibre 6g  
Protein 8g  
Salt 0.54

### Preparation Time

2 minutes

### Cooking Time

8 minutes



## Mushroom Jacket Potato

### Ingredients

1 large potatoes  
2 tsp sunflower oil  
125g mushrooms  
50g sour cream & chive dip  
Sprigs of dill (to garnish)

### Method

Prick the potato all over with a fork and rub with half the sunflower oil. Place the potato on a microwavable plate and bake for 5-10 mins until it is cooked all the way through/soft.  
Slice the mushrooms, fry in the remaining oil, then stir through half the sour cream & chive dip. Pile the mushrooms into the jacket potatoes and garnish with dill.

### Nutritional Values

Calories 383  
Total fat 14g  
Saturated fat 4g  
Sugar 4g  
Fibre 7g  
Protein 10g  
Salt 0.3

### Preparation Time

5 minutes

### Cooking Time

8-10 minutes



## Microwave Bacon & Bean Casserole

### Ingredients

1 fat garlic clove, crushed  
50g onion chopped  
1 tbsp olive oil  
50g streaky bacon  
½ carrot finely sliced or grated  
¼ tsp mixed dried herbs, or a little fresh thyme or rosemary  
100g baked beans  
1 tbsp tomato purée  
¼ chicken stock cube

### Method

In a microwaveable bowl, toss together the garlic and onion in the oil with a small pinch of salt. Add the bacon and microwave on High for 30-40 secs to soften the onion and garlic, and gently crisp the bacon. Tip in the carrot, herbs, baked beans and tomato purée, along with 1 tbsp water. Crumble over the stock cube and stir well.

Cover with cling film and pierce in the centre. Microwave on High for 2 and a half mins to heat through, then remove and stir well. *Leave to stand for 1 min before serving.*

### Nutritional Values

Calories 444  
Total fat 26g  
Saturated fat 6g  
Sugar 17g  
Fibre 10g  
Protein 20g  
Salt 4.5g

### Preparation Time

10 minutes

### Cooking Time

3 minutes



## Jacket Potato with Beans

### Ingredients

1 large potato  
2 tsp sunflower oil  
1 tsp of butter  
Small tin of Baked Beans

### Method

Prick the potato all over with a fork and rub with half the sunflower oil. Place the potato on a microwavable plate and bake for 5-10 mins until it is cooked all the way through/soft. Empty the contents of the beans into a small saucepan and heat. Once the potato is cooked cut open and allow the butter to melt into the potato and then add the beans.

### Nutritional Values

Calories 237  
Total fat 4g  
Saturated fat 0g  
Sugar 5g  
Fibre 8g  
Protein 8g  
Salt 0.19g

### Preparation Time

5 minutes

### Cooking Time

8-10 minutes



## Cheese and Ham Toastie

### Ingredients

Mature cheddar cheese  
1 Toastie Pocket  
Slice of ham

### Method

Cut 4 very thin slices from a chunk of mature cheddar cheese and place a thinly sliced piece of ham in between them. Gently insert into a Toastie Pocket and pop in the toaster. For best results always slice ingredients thinly and fill the Toastie Pockets evenly to ensure consistent heat distribution when toasting.

Cut the sandwich into 4 triangles and serve.

### Nutritional Values

Calories 335  
Total fat 15g  
Fibre 3.8g  
Protein 24g

### Preparation Time

2 minutes

### Cooking Time

3 minutes



## Sardines on Toast

### Ingredients

2 slices sourdough bread or white or brown bread, toasted  
1 large garlic clove, halved  
135g can Sardines  
130g cherry tomatoes, halved  
handful watercress  
1 tbsp parsley roughly chopped  
½ lemon to serve (optional)

### Method

Rub each piece of toast with the garlic. In a small bowl, mix the sardines and their oil with the tomatoes and the watercress, then season. Sit half the mixture on each slice of toast, piled high. Scatter over the parsley and squeeze over the lemon.

### Nutritional Values

Calories 444  
Total fat 16g  
Saturated fat 4g  
Sugar 7g  
Fibre 4g  
Protein 33g  
Salt 2.1g

### Preparation Time

10 minutes



## Cheese Omelette

### Ingredients

2 large free-range eggs  
10 g Cheddar cheese  
Olive Oil

### Method

Crack the eggs into a mixing bowl, season with a pinch of sea salt and black pepper, then beat well with a fork until fully combined. Place a small non-stick frying pan on a low heat to warm up. Grate the cheese onto a board and set aside. Add ½ tablespoon of oil to the hot pan, then carefully pour in the eggs. Tilt the pan to spread them out evenly, using a fork to swirl the eggs around the pan a little. When the omelette begins to cook and firm up, but still has a little raw egg on top, sprinkle over the cheese. Using a spatula, ease around the edges of the omelette, then fold it over in half. When it starts to turn golden brown underneath, remove the pan from the heat and slide the omelette onto a plate. Delicious with a tomato salad and whole-meal bread.

### Nutritional Values

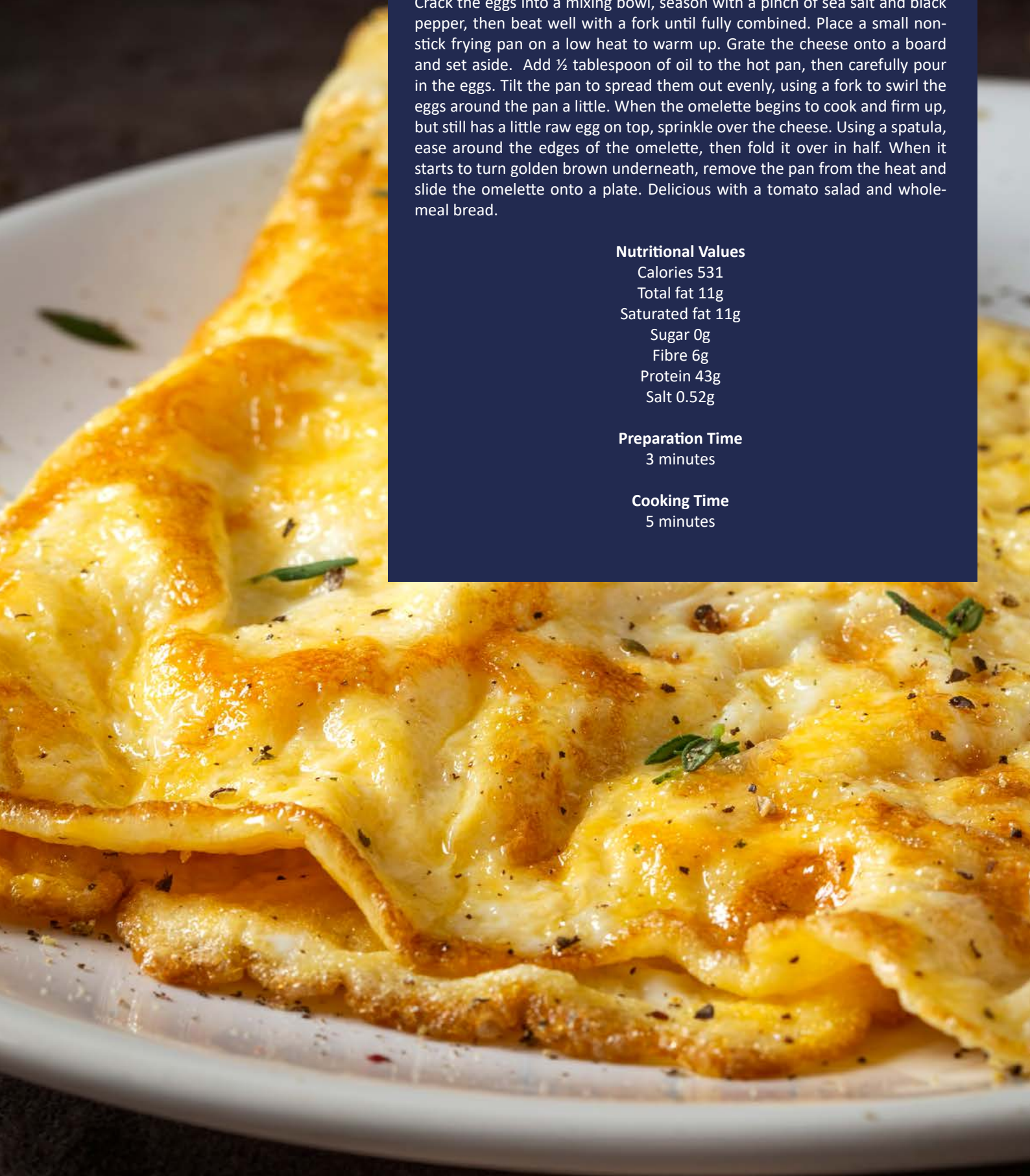
Calories 531  
Total fat 11g  
Saturated fat 11g  
Sugar 0g  
Fibre 6g  
Protein 43g  
Salt 0.52g

### Preparation Time

3 minutes

### Cooking Time

5 minutes





# Dinner Recipes

## One-Pot Tomato and Basil Pasta

### Ingredients

linguine 350g  
Cherry tomatoes 250g, halved  
Garlic 2 cloves, very thinly sliced  
Onion 1, very thinly sliced  
Olive oil 4 tbsp Basil 4 sprigs

### Method

Put all the ingredients into a large saucepan, in the listed order, with 1 tsp salt, a grind of black pepper and 900ml water. Cook for 15 minutes over a medium heat, stirring regularly until the pasta is cooked and the cooking water has reduced to a sauce.

### Nutritional Values

Calories 476

### Preparation Time

15 minutes

### Cooking Time

10 minutes



## Ham with Tarragon and Parsley Sauce & Potatoes

### Ingredients

Mascarpone 4 tbsp  
Milk 3-4 tbsp  
Tarragon chopped to make 1 tbsp  
Parsley chopped to make 4 tbsp  
Dijon mustard 1 heaped tsp  
Cooked ham - 4 thick-cut slices  
Baby new potatoes cooked to serve

### Method

Melt the mascarpone and milk together in a small pan until you have a smooth mixture, then stir in the herbs, mustard and plenty of seasoning. Arrange the ham on two hot plates, spoon over the sauce and serve with the potatoes.

### Nutritional Values

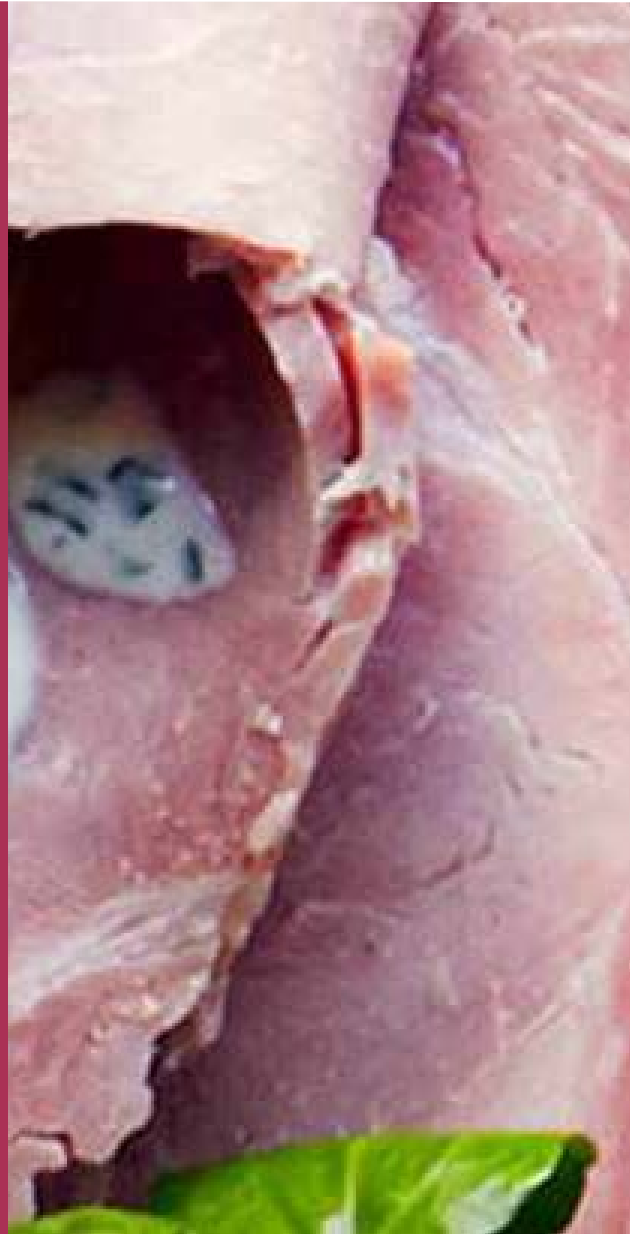
Calories 316  
Total fat 24g  
Fibre 0.7g  
Protein 22.2g  
Salt 2.8g

### Preparation Time

3 minutes

### Cooking Time

5 minutes



## Sizzled Lamb Chops & Courgettes

### Ingredients

- 1 lemon, zest and juice
- 1 tbsp olive oil
- pinch dried thyme
- 3 lamb chops
- 1 courgette, thickly sliced on the diagonal

### Method

Mix lemon zest and juice, oil and thyme in a small bowl, then pour half over the chops. Set a griddle pan over a high heat. Griddle courgettes for 2 mins until charred on each side, then tip into remaining lemon oil mix. Griddle the chops for 3 mins on each side for pink or until done to your liking, then serve with the courgettes.

### Nutritional Values

- Calories 736
- Total fat 56g
- Saturated fat 24g
- Sugar 3g
- Fibre 1g
- Protein 55g
- Salt 0.42g

### Preparation Time

5 minutes

### Cooking Time

10 minutes



## Beef, Mushroom & Greens Stir-Fry

### Ingredients

- 4 tbsp of Oyster Sauce
- 2 tbsp of dark Soya Sauce
- 1-2 tbsp vegetable oil
- 200g beef rump steak thinly sliced ½ cm thick
- Fingertip length ginger chopped
- 150g spring greens sliced
- 150g chestnut mushrooms sliced
- 1 packet of microwave rice

### Method

Mix the sauces together and set aside. Heat a pan and add 1 tsp of oil then fry the meat until brown all over, once cooked removed the meat. Add 1 tsp of oil, stir fry the ginger until golden brown, then add the spring greens and mushrooms. Cook for 3 minutes, stirring often then add the steak and soy sauce mixture. Cook for 3-4 minutes until the sauce has thickened a little and everything is warmed through. Tear the top of the packet of microwave rice and place in the microwave and cook for 2 minutes.

### Nutritional Values

- Calories 273
- Total fat 17g
- Saturated fat 5g
- Sugar 5g
- Fibre 3g
- Protein 25g
- Salt 3.13g

### Preparation Time

10 minutes

### Cooking Time

10 minutes



## Easy Minute Steak Meal

### Ingredients

2 (8-ounce) minute steaks (cube steaks)  
Salt and pepper (to taste)  
2 tablespoons butter  
Garnish: sauces of your choice

### Method

Season steaks with salt and pepper.  
Grill one side of steak in a heavy pan over medium-high heat until browned—about 3 minutes.  
Flip steak and cook opposite side just until browned. Don't overcook or you run the risk of toughening the meat. Remove steaks to plates, add 2 tablespoons butter to pan and scrape up browned bits over heat. Drizzle juices on steaks & serve with a side salad or potatoes and vegetables.

### Nutritional Values

Calories 467  
Total fat 17g  
Protein 68g

### Preparation Time

3 minutes

### Cooking Time

6 minutes



## Corn Beef Hash

### Ingredients

1 or 2 large potatoes  
1 small tin of baked beans  
2 tsp sunflower oil  
1 onion, roughly chopped  
340g can corned beef, cut into cubes  
2 tbs Worcestershire sauce

### Method

Put the potatoes in a pan, cover with cold water and bring to the boil. Cook for about 6 mins, then drain. Heat the oil in a non-stick frying pan and cook the onion for 3 mins over a medium heat. Add the potatoes and corned beef, and push down with a spatula to crisp up, cooking for about 5 mins. Turn the mixture over, trying not to break up the meat and potatoes too much, then add the Worcestershire sauce. Cook for another 5 mins, pushing down to crisp the base again. Season a little, then serve with baked beans.

### Nutritional Values

Calories 383  
Total fat 15g  
Saturated fat 6g  
Sugar 5g  
Fibre 3g  
Protein 25g  
Salt 2.1g



## Easy Veggie Biryani

### Ingredients

75g (1 cup) basmati rice  
75g special mixed frozen vegetables  
A generous handful of raisins  
1 vegetable stock cube  
1 - 2 tbsp korma curry paste

### Method

Boil the kettle. Get out a large microwaveable bowl and pile in the rice, veg and raisins. Pour 250ml (2 cups) boiling water over the rice mixture and crumble in the stock cube, then stir in the curry paste. Cover the bowl with cling film, leaving a small gap at the side to let out the steam. Cook on full power for 12 minutes. Remove from the microwave and stand, still covered, for 5 minutes to complete the cooking – if you don't let it stand the rice will be too nutty. Fluff up the rice with a fork and serve.

### Nutritional Values

Calories 305  
Total fat 6g  
Saturated fat 0g  
Sugar 0g  
Fibre 2g  
Protein 9g  
Salt 1.2g

### Preparation Time

10 minutes

### Cooking Time

12 minutes



## One-pot Chicken Pilaf

### Ingredients

1 tsp sunflower oil  
1 small onion, chopped  
1 large or 2 small boneless, skinless chicken thigh fillets, cut into chunks  
2 tsp curry paste (choose your favourite)  
1/3 mug Basmati rice  
2/3 of a mug chicken stock  
1 mug frozen mixed vegetables  
1/2 mug frozen leaf spinach

### Method

Heat the oil in a frying pan, then fry the onion for 5-6 mins until softened. Add the chicken pieces, fry for a further couple of minutes to brown, then stir in the curry paste and rice and cook for another minute. Pour in the chicken stock and throw in any larger bits of frozen veg. Bring to the boil, lower the heat, then cover the pan with a lid. Cook for 10 mins, then stir in the remaining veg. Scatter over the spinach, cover, then cook for 10 mins more until all the stock is absorbed and the rice is tender. Give everything a good stir, season to taste, then tuck in!

### Nutritional Values

Calories 663  
Total fat 13g  
Saturated fat 2g  
Sugar 13g  
Fibre 0g  
Protein 50g  
Salt 1.94

### Preparation Time

5 minutes

### Cooking Time

20 minutes



## Chicken Pasta for One

### Ingredients

75g pasta bows (farfalle)  
75g broccoli cut into small florets  
1 tbsp olive oil  
1 boneless chicken breasts, cut into bite-sized chunks  
1 garlic clove, crushed  
1 tbsp wholegrain mustard  
juice of 1 small orange

### Nutritional Values

Calories 531  
Total fat 11g  
Saturated fat 1g  
Sugar 0g  
Fibre 6g  
Protein 43g  
Salt 0.52g

### Method

Cook the pasta in plenty of boiling salted water according to the packet instructions. Three minutes before the pasta is cooked, throw the broccoli into the pasta water and continue to boil. While the pasta is cooking, gently heat the oil in a large frying pan or wok. Tip in the chicken and fry, stirring occasionally, until the chicken pieces are cooked and golden, about 8-10 minutes, adding the garlic for the last 2 minutes. Mix the mustard with the orange juice in a small bowl. Pour the mixture over the chicken, and gently simmer for a minute or two. Drain the pasta and broccoli, reserving 3 tablespoons of the pasta water. Toss the pasta and broccoli with the chicken, stir in the pasta water, season well and serve.

### Cooking Time

12 minutes



## Cod with Butter Bean Colcannon

### Ingredients

1 skinless cod fillet  
15g butter  
6 thyme sprigs, leaves picked  
½ lemon sliced  
30g smoked diced pancetta or bacon  
½ small Savoy cabbage, finely shredded  
100g can butter beans, drained and rinsed  
20ml single cream

### Method

Heat oven to 220C/200C fan/gas 8. Cut two squares of baking parchment slightly bigger than the cod and place a fillet in the centre. Place the butter on top of the fillet and top with a few thyme leaves and lemon slices. Season generously. Fold and scrunch the paper together to create two paper parcels. Put on a baking sheet and cook for 8-10 mins. Meanwhile, heat a medium-sized frying pan over a high heat and fry the pancetta or bacon for a few mins until golden and crisp. Add the remaining butter and cabbage, then cook for 5 mins or until the cabbage has softened. In a small saucepan over a low heat, lightly mash the butter beans with a potato masher, then mix the beans through the buttery cabbage and pancetta mixture. Stir through the cream to loosen and season generously. Serve the fish with the creamy colcannon.

### Nutritional Values

Calories 646  
Total fat 41g  
Saturated fat 23g  
Sugar 6g  
Fibre 11g  
Protein 43g  
Salt 1.9g

### Preparation Time

5 minutes

### Cooking Time

15 minutes





# Slow Cooker Recipes

## Slow Cooker Vegetable Lasagne

### Ingredients

1 tbsp rapeseed oil  
1 onions sliced  
1 garlic clove, chopped  
1 large courgette diced (400g)  
1 red and 1 yellow pepper, deseeded and roughly sliced  
400g can chopped tomatoes  
2 tbsp tomato purée  
2 tsp vegetable bouillon  
15g fresh basil, chopped plus a few leaves  
1 large aubergine, sliced across length or width for maximum surface area  
6 whole wheat lasagne sheets (105g)  
125g vegetarian buffalo mozzarella, chopped

### Cooking Time

3 Hours

### Method

Heat 1 tbsp rapeseed oil in a large non-stick pan and fry 1 sliced onion and 1 chopped large garlic clove for 5 mins, stirring frequently until softened. Tip in the diced courgette, 1 red and 1 yellow pepper, both roughly sliced, and 400g chopped tomatoes with 2 tbsp tomato purée, 2 tsp vegetable bouillon and 15g chopped basil. Stir well, cover and cook for 5 mins. Don't be tempted to add more liquid as plenty of moisture will come from the vegetables once they start cooking. Slice 1 large aubergine and lay half the slices of aubergine in the base of the slow cooker and top with 3 sheets of lasagne. Add a third of the ratatouille mixture, then the remaining aubergine slices, 3 more lasagne sheets, then the remaining ratatouille mixture. Cover and cook on High for 2½ - 3 hours until the pasta and vegetables are tender. Turn off the machine, scatter 125g vegetarian buffalo mozzarella over the vegetables then cover and leave for 10 mins to settle and melt the cheese. Scatter with extra basil and serve with a handful of rocket.



## Slow Cooker Shepherd's Pie

### Ingredients

1 tbsp olive oil  
onion, finely chopped  
3-4 thyme sprigs  
2 carrots, finely diced  
250g lean (10%) mince lamb or beef  
1 tbsp plain flour  
1 tbsp tomato purée  
400g can lentils, or white beans  
1 tsp Worcestershire sauce  
650g potatoes, peeled and cut into chunks  
250g sweet potatoes, peeled and cut into chunks  
2 tbsp half-fat crème fraîche

### Cooking Time

5 Hours

### Method

(Ensure slower cooker is hot.) Heat the oil in a large frying pan, add the onions and thyme sprigs and fry for 2-3 mins. Add the carrots and fry together, stirring occasionally until the vegetables start to brown. Stir in the mince and fry for 1-2 mins until no longer pink. Stir in the flour and cook for another 1-2 mins. Stir in the tomato purée and lentils, and season with pepper and the Worcestershire sauce, adding a splash of water if the mixture appears too dry. Scrape everything into the slow cooker. Meanwhile cook both lots of potatoes in simmering water for 12-13 minutes or until they are cooked through. Drain well and mash with the crème fraîche. Spoon this on top of the mince mixture and cook on Low for 5 hours - the mixture should be bubbling at the sides when it is ready. Crisp up the potato topping under the grill, and serve.



## Slow Cooker Beef Stew

### Ingredients

200g diced stewing steak  
1 tablespoon plain flour  
1/2 teaspoon salt and 1/2 teaspoon ground black pepper  
1 clove garlic, minced  
1 bay leaf  
1 teaspoon paprika  
1 teaspoon Worcestershire sauce  
1 onion, chopped  
200 ml beef stock  
1 large potato, diced  
1 carrot, sliced  
1 stick celery, sliced

### Method

Place beef pieces in slow cooker. In a small bowl mix together the flour, salt and pepper; pour over meat and stir to coat beef with flour mixture. Stir in the garlic, bay leaf, paprika, Worcestershire sauce, onion, beef stock, potatoes, carrots, and celery. Cover and cook on High setting for 4 to 6 hours or on low setting for 10 hours.

### Preparation Time

20 minutes

### Cooking Time

6 hours



## Slow Cooker Vegetable Curry

### Ingredients

400ml can light coconut milk  
3 tbsp mild curry paste  
2 tsp vegetable bouillon powder  
1 red chilli, deseeded and sliced  
1 tbsp finely chopped ginger  
3 garlic cloves, sliced  
200g butternut squash (peeled weight), cut into chunks  
1 red pepper, deseeded and sliced  
1 small aubergine (about 250g), halved and thickly sliced  
15g coriander, chopped  
160g frozen peas, defrosted  
1 lime, juiced, to taste  
wholemeal flatbread, to serve

### Cooking Time

6 Hours

### Method

Add 400ml light coconut milk, 3 tbsp mild curry paste, 2 tsp vegetable bouillon powder, 1 deseeded and sliced red chilli, 1 tbsp finely chopped ginger, 3 sliced garlic cloves, 200g chunks butternut squash, 1 sliced red pepper and 1 small halved and thickly sliced aubergine into the slow cooker and stir well. Cover with the lid and chill overnight. The next day, cook on low heat for 6 hours until the vegetables are really tender, then stir in 15g chopped coriander and 160g defrosted peas. The heat of the curry should be enough to warm them through. Taste and add a good squeeze of lime juice, if you fancy some extra zing! Serve with a wholemeal flatbread and scatter with extra basil and a handful of rocket.



## Slow Cooker Chicken Casserole

### Ingredients

1 carrot  
1 onion  
1 garlic clove  
1 large potatoes, diced  
1 handful chopped fresh parsley, rosemary and thyme  
2 chicken thighs  
2 bay leaves  
salt and pepper to taste  
10g pearl barley  
10g split peas  
10g marrow fat peas  
200 ml chicken stock

### Method

Chop carrots, onion and garlic and add to medium hot pan for 5 minutes. Add diced potatoes and herbs, and cook for another 5 minutes before adding everything to slow cooker. Brown the chicken thighs in the frying pan for 5 minutes and add to the slow cooker.

Add in bay leaves, salt & pepper, barley, split peas, marrowfat peas and stock, and cook on 'high' for 3-4 hours or on 'low' for 8 hours. Serve with bread and butter.

### Preparation Time

10 minutes

### Cooking Time

4 hours

