

Presented by Bite Back 2030

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"Welcome to the Cook with Jack cookbook! I loved cooking these dishes live on YouTube, showing how fun, affordable and healthy cooking can be! I'm so excited to be sharing these recipes with you via a book, and remember - if you fancy cooking along together again, you'll find a video of each recipe on the Bite Back 2030 YouTube channel. Enjoy!"

Jack Deane

Head Teaching Chef at The Jamie Oliver Cookery School

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Foreword by Jamie

For me, knowing how to cook is the single most important life skill kids can learn. Understanding where food comes from, how it affects their bodies and how to cook delicious, nutritious meals sets children off on the path to good health and happiness.

I'm incredibly proud of the brilliant Bite Back 2030 team and their youth cochair Christina, for calling on the Government to commit to feeding kids over the school holidays. Thanks to their hard work and persistence, plus the invaluable support of footballer Marcus Rashford, 1.3 million kids are guaranteed a decent lunch during a really challenging time.

And of course, a massive thanks to Jack – one of our Jamie Oliver Cookery School chefs – who so kindly volunteered his time to cook lunch live on YouTube to a whole bunch of inspirational kids.

I really hope you enjoy cooking with Jack, and above all, have fun with it.

Big love,



Introduction

Welcome to the Cook with Jack cookbook.

We first began producing Cook With Jack on YouTube to encourage pupils to get cooking while schools were closed during lockdown. Jack showed us how to put together a number of healthy, tasty and affordable lunches, which were hugely popular. Each week he took us through five lunchtime recipes, all from a £15 shopping budget that's in line with the value of the free school meals provision, with most of the recipes falling within the School Food Standards.

At Bite Back 2030, our aim is for healthy food to be an option for all of us, wherever we live, and whatever our background. We want to help get kids cooking in the kitchen by teaching them fun and easy-to-follow recipes with our brilliant chef Jack.

The 30 recipes in this book are divided into 6 weekly themes. For each week, there is a £15 shopping list and a meal plan you can follow for that week. Of course, if you see a recipe that looks delicious, you don't have to buy the whole week's shop, you can just purchase the ingredients for that dish.

When you're ready to get cooking you can either print off the recipes to follow, or watch Jack's video archive on the <u>Bite Back 2030 YouTube channel</u> where Jack himself will show you how to cook the recipe in a real-time cook-along.

We hope you enjoy cooking with Jack!



About Bite Back

Bite Back 2030 is a youth-led charity that wants healthy, affordable food to be an option for every young person, because it matters to their health.

We are working to make sure every child, no matter where they live, has equal access to good food: at home, on the high street and at school.

We will achieve our vision by:

- Working with young people, their parents, industry representatives, health experts and policy makers to design a fair world where good, healthy food is available to everyone.
- Highlighting the inequalities of the food system, and making sure where children live doesn't limit their ability to eat healthily.
- Building a new normal, where child health is a priority, so that no child suffers, or goes on to suffer, preventable ill health as a result of the food they eat.



A note from our youth board...

"Bite Back 2030 is an important organisation led by young people, for young people, as we take on a broken food system that has neglected our health. For many years, junk food has been given a starring role in our lives, from our minds to school canteens and supermarkets, and this needs to change. We believe it is time to shine a spotlight on healthy options by creating more opportunities for young people to access food that is both affordable and nutritious. This movement wants to redesign the food system and put our health at the heart of its operations."

Tasha Mhakayakora

Co-chair, Bite Back 2030 Youth Board



Bite Back 2030 — Our ethos

Cooking is one of the most valuable skills you can teach a child. Getting kids excited about food, where it comes from and how to create meals, can increase their chances of being healthier and happier in the long run. When cooking with kids, use your common sense to determine what jobs they can help you with, depending on their age and skill level. Start small, with jobs such as mixing and measuring, then progress to following elements of a recipe, then go on to slightly trickier techniques over time. The more they cook, the better they'll get. Make sure you supervise them when using heat or sharp utensils, like knives and box graters, and teach them about the importance of washing their hands before they start, and after handling raw meat and fish, as well as other basic hygiene rules. Most of all, have fun with it, and encourage them to give things a go.



All about knives

Safety tips for parents

A bit about knives

The best and safest way for children to learn to use a knife is by using a real knife. Teaching children knife skills with regular eating knives or plastic knives can instil bad habits, and these can be difficult to shake off later on - these knives require the children to apply more weight and pressure when chopping, which increases the risk of slipping or sliding. A blunt knife can cause exactly the same problem, so it is equally important to ensure that knives are always sharp. Any cooking done with younger children should focus on touching, smelling, and tasting, with knives only being introduced once the parents feel confident in each child's abilities - this should be decided on a case by case basis. In our experience, seven years old is around the right age to start learning knife skills. Children should begin with a 3-inch paring knife. Then, when you feel they're ready, they can move on to a 5-inch chef's knife. Remember, this is a guide: each child will be different and will always need close supervision. When working with young cooks, we recommend that there should be at least one adult present for every four children – the right level of supervision is absolutely key when using sharp knives. The following general knife safety tips should be kept in mind to encourage safety and best practice.

Knife safety tips

- Always start by securing the chopping board with a silicone mat or damp cloth to stop it from slipping while you work.
- · Never wave a knife in the air.
- Keep the knife handle clean if you get grease or oil on it, stop immediately, wash it off and dry the handle to ensure a good grip at all times.
- If the ingredient being chopped is round or uneven, slice a small bit off to create a flat, stable surface to lay on the board while cutting.
- Always chop flat-side down.
- Never chop quickly work slowly and steadily, and get to know the knife – practice makes perfect.

- Once finished with a knife,
 either clean it and put it away
 immediately, or put it somewhere
 where others can see it. The worst
 place to leave a knife is in a sink
 of soapy water or hidden among
 other things if anyone puts
 their hand into the sink to wash
 something up, they stand a good
 chance of cutting themselves.
 Children should not help to wash
 up knives.
- Keep the knives sharp a blunt knife can do more damage than a sharp one.
- Always hold a knife using your dominant (writing) hand.

Techniques for children

These safe knife skills can be used with lots of different ingredients and encourage best practice. The parent should always demonstrate before letting the children have a go, explaining clearly and showing them the techniques every time a recipe is demonstrated. Ask the children to show you their technique before allowing them to continue. Large or awkward items, such as onions, swede, turnip, butternut squash, pineapples and mangos should be cut down into smaller, more manageable pieces by an adult before passing them to the children. It's still important to make a point of showing children the whole ingredient before cutting it down, because many children may not have seen it before, and might not know what it looks like.



Bridge

The bridge technique is used to cut ingredients into smaller, more manageable pieces.

Form a bridge over the ingredient with your hand, making sure the arch is nice and high so there's plenty of room for the knife to fit underneath. Hold the item securely with your fingers on one side and your thumb on the other. Now pick up the knife with the other hand – get the children to check the blade is facing downwards – and guide the knife under

the middle of the bridge. Cut into the middle of the ingredient by pressing down and sliding the knife back towards you out of the bridge. Then take one half at a time and place them flat-side down. Repeat the bridge over each half one at a time and cut into quarters. Keep going until you've got the number of pieces you need. Never rush – it's important to take your time – stop between each slice to check your fingers are out of the way.

Claw

The claw technique is used to slice ingredients into strips.

Place the item onto the board, flat-side down. Make a claw by partly curling your fingers closely together, making sure you tuck your fingertips and thumb out of the way. Pick up the knife with your other hand, check the blade is facing down and place your claw on top of the ingredient, with your fingers facing the knife. Keep the tip of the knife on the board and slowly slice through the item,



sliding the knife back towards you. To make your next slice, move your fingers back along the item, keeping your fingers together and keeping a grip on the top. Remember, stop between slices to look at where your knife is and make sure your fingers are tucked out of the way – it's not a race. When children are learning, don't encourage them to chop all the way to the end of the item – it's better to have safe fingers than get that extra bit of carrot or celery.



Cross chop

The cross-chop technique is used to finely chop vegetables or herbs.

To begin, cut your vegetable or herb into rough pieces, using the techniques above. Hold the knife firmly in one hand, place the tip of the knife on the board at an angle of roughly 20 degrees. Keep the fingers of your other hand rigid on the top edge of the lower half of the blade. Keeping the tip of the knife on the board.

It's tempting to want to slice really

quickly, but it's better to work slowly and get to know your knife. Practice makes perfect! As you chop, stuff will tend to fly all over the board, so every now and again use the knife as a scraper to bring it all back into the middle. You can use the knife to pick up whatever you're chopping, to save your hands getting dirty, but you need to be extra careful.



Peeling

Always peel downwards and not towards your body, holding the item on the chopping board and not in the air. For long items, like a carrot or parsnip, hold them at the top and peel to the middle, turning it as you go. Then, turn the item upside down and repeat the process. It is also a good idea to slice a flat surface into wobbly or round items before you start peeling, because this creates a more secure surface to work from. Y-shaped peelers have long handles that keep little fingers well away from the blade.

Grating

Children love grating and can get very carried away with it, so when they are developing grating skills it's important to teach them not to rush. As with peeling, teach children to always grate downwards. You should also instruct them to hold thick, fat pieces and not to grate all the way to the end of the item, but to leave a little bit to hold on to. This reduces the risk of them cutting themselves on the blades. Graters can be just as sharp as knives, so it is important to highlight this to the children. Box graters with handles are the best option for children, because they can be placed securely on a chopping board and held



with a firm grip. If using a microplane grater, hold it firmly by the handle and make sure the base of it is flat against a chopping board to hold it steady. Move the food you're grating against the grater, rather than moving the grater itself. Remember to be careful of fingers because microplane graters can be very sharp.

Keeping your kitchen safe

Manage your fridge

Being smart about what you've got in the fridge and cupboards will make it easier for you to limit wasting food. Here are a few simple guidelines to help you get organised.

When you put food in the fridge, make sure:

- The vegetables are put in the salad drawer.
- Any cooked food or leftovers are covered.
- Uncooked meat and fish are well wrapped up and put on the bottom shelf to stop them contaminating anything on the other shelves if raw juices drip out.
- Food that's ready to eat, whether it's cooked or doesn't need to be cooked, is put on a higher shelf, away from the raw meat or fish.
- Newer and older food is rotated, for example: if you've got some pots of yoghurt from last week's shopping to use up, put those in front of the ones you've just bought so you remember to eat them first.

General fridge tips:

- If you open a tin of food such as soup, tomatoes or beans and only use half, never put the half-empty tin in the fridge as the food can react with the metal when exposed to the air – always pour the leftovers into a small bowl or plastic container and cover with an airtight lid or clingfilm, then keep it on one of the upper shelves in the fridge.
- Try to take everything out of the fridge at least once a month or sooner, if
 necessary clean the shelves and the rubber seal around the door with hot
 soapy water, the dry the fridge thoroughly with kitchen paper.

Handle food safely

These foods need to be cooked thoroughly before eating:

- poultry
- pork
- burgers
- sausages
- · rolled joints of meat

Cooking food at the right temperature will ensure that any harmful bacteria is killed. Always check that food is piping hot throughout before you serve it.

- When cooking burgers, sausages, chicken and pork, cut into the middle to check that the meat is no longer pink, that any juices run clear, and that it's piping hot (so steam is coming out).
- 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 (cooked quickly and at a high temperature on the outside only) to kill any bacteria on the meat's surface.
- Be aware that there might be germs and bacteria in the soil on any dirty, muddy fruits or vegetables – peel them in the sink, rinse them well before use and remember to clean the sink and your hands before you do anything else.
- Wash your hands after touching anything that might have bacteria on it, like the bin or any pets, and never, ever forget to wash your hands after going to the toilet!

Keeping your kitchen safe

- Once meat, chicken or fish are cooked, lift them out of the pan and serve them using clean implements that haven't touched the raw food – this applies to barbecuing too; it's a scary thing to see the same tongs that put raw chicken on the barbecue one minute, lift the cooked chicken off the next.
- Keep the work surfaces in your kitchen clean, wipe them down regularly and use an antibacterial kitchen spray.
- Kitchen cloths and sponges can harbour germs, too, so wash them in hot soapy water and replace them often.



Understanding cross-contamination

Some foods are naturally much higher in bacteria than others, and need to be handled with extra care. Raw meat and fish are the most important ones to look out for, because the bacteria found on them can easily lead to food poisoning if allowed to spread to other foods.

Imagine for a minute that you're cooking grilled chicken and salad for dinner. If you chop the raw chicken on a chopping board before cooking it, then use that same knife and board to prepare your salad, the salad will be contaminated with bacteria from the uncooked chicken. This is called "cross-contamination" and here are the golden rules for avoiding it:

- Store raw meat and fish on the bottom shelf of your fridge (see above).
- If you're preparing raw meat, chicken or fish on a chopping board, wash the board, the knife and your hands thoroughly afterwards so that the bacteria doesn't spread onto food that is cooked or ready to eat.
- Some restaurants have different coloured chopping boards for raw and cooked foods, or for meat, fish and veg, to minimise the chances of this happening. These are readily available from lots of home and kitchen shops so you might like to try this at home.

Kitchen rules for kids

- Respect the kitchen and its dangers: fire, knives, gas and hot equipment.
- Always wash your hands! And not just once, after you sneeze, cough or go to the loo, touch raw meat, pat your pet... think about the germs you might have picked up and wash your hands with warm soapy water, then dry off before you carry on.
- Wear an apron, suitable shoes and clothes. Sleeves should be short, rolled up or tight fitting. No dangly sleeves and no jewellery that could get caught or dangle into things.
- No walking around with sharp knives or hot pans.
- Keep pan handles angled inwards so they don't get caught, and angle handles over the worktops (not the hob) so that they don't get hot.
- If you cut, burn or hurt yourself get help from an adult straight away.
- Always use an oven mitt or tea towel to pick up trays, pans and pots. They might be hot!

- Don't leave a hob unattended. If you need to go somewhere else, turn it off.
- If anything spills on the floor, warn others and clean it up straight away.
- Listen when the adult's talking!
- Keep your mobile phones or other screens at a safe distance from the hob, running water and food preparation areas.
- If you are cooking with your siblings or other members of your family, remember to always respect each other, take things in turns, and share your space safely.



A note on ingredients, portion sizes & nutrition

We have developed these recipes using the School Food Standards (SFS) as guidance. Each shopping list includes a variety of fruit, vegetables, whole grain carbohydrates, dairy products and lean meat, fish and plant-based protein sources to help children meet their nutritional requirements. Where applicable, we have included the portion size variable for 4 to 10 year olds and 11 to 18 year olds. For more information on the SFS portion sizes, please see the **online guide**.

Pantry items

All our recipes include the common pantry staples cooking oil, salt and pepper, which are not included in the weekly shopping lists.



Meal Plan

Monday

Cauliflower & chickpea curry

With tomatoes, creamy coconut milk & fluffy rice

Tuesday

Veg-packed meatballs

With simple tomato sauce & spaghetti

Wednesday

Smashed houmous

With zingy salsa, carrot sticks & warm pitta breads

Thursday

Spiced lentil stew

With broccoli & toasted pitta breads

Friday

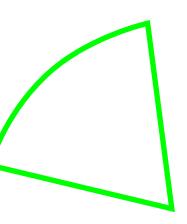
Speedy mackerel pasta

With broccoli, lemon & silky spaghetti

Healthy snacks

Fruit (kiwi, banana, orange) with low-fat natural yoghurt is a great snack.

4 to 10 year olds: 80-120g yoghurt 11 to 18 year olds: 120-150g yoghurt



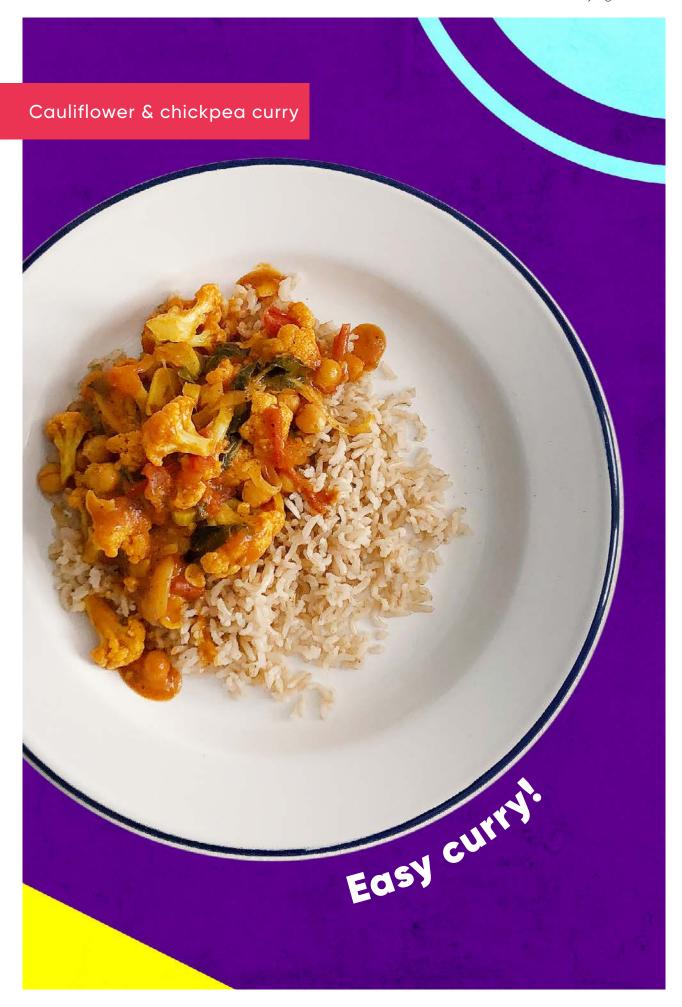
£14.25

Shopping List

MEAT, FRUIT & VEG	
Beef mince (20% fat) (500g)	£1.55
Salad tomatoes (pack of 6)	£0.39
1 red pepper	£0.45
1 cauliflower	£1.00
1 head of broccoli (around 350g)	£0.55
1 brown onion	£0.09
2 carrots (100g each)	£0.10
1 bulb of garlic	£0.16
1 lemon	£0.30
3 bananas	£0.39
1 large orange	£0.30
2 kiwi fruits	£0.32
DAIRY	
2 pints semi-skimmed milk	£0.80
Low-fat natural yoghurt (500g)	£0.45
Cheddar cheese block (220g)	£1.55
STORE CUPBOARD	
Tinned mackerel fillets in tomato sauce (125g)	£0.65
Tinned light coconut milk (400g)	£0.90
Tinned chickpeas in water (400g)	£0.60
Tinned green lentils (390g)	£0.55
Curry paste (200g)	£1.40
Tomato passata (500g)	£0.32
Dried wholewheat spaghetti (500g)	£0.53
Wholemeal pitta bread (pack of 6)	£0.45
Microwave wholegrain rice (250g pouch)	£0.45

18

TOTAL





Cauliflower & chickpea curry

With tomatoes, creamy coconut milk & fluffy rice

This delicious veggie curry heroes the store cupboard – using a ready-made curry paste is a brilliant shortcut to big flavour.

Serves 4

Watch on YouTube

Total time 45 minutes

Ingredients

½ an onion

2 cloves of garlic

1 heaped tablespoon curry paste

1/2 a head of cauliflower (400g) 4 salad tomatoes (260g)

½ a 400g tin of chickpeas (save the rest of the chickpeas and water in a container in the fridge and use in the Smashed houmous on page 27)

1 x 400ml tin of light coconut milk

250g wholegrain microwave rice pouch

Method

- 1. Peel and finely slice the onion and garlic.
- 2. Put a large non-stick frying pan on a medium heat with the curry paste and 1 teaspoon of oil. Add the onion and garlic and fry for 5 minutes, or until softened and lightly golden, stirring regularly.
- 3. Meanwhile, break the cauliflower into 2cm florets, finely slicing the stalk and any nice leaves. Roughly chop the tomatoes.
- 4. Stir the veg into the pan and cook for 2 to 3 minutes, stirring regularly.
- 5. Tip in the chickpeas, along with ½ a tin's worth of the chickpea water and the coconut milk, then season with a tiny pinch of salt and pepper.
- 6. Bring to the boil, then reduce to a low heat, cover, and simmer for 20 minutes, stirring occasionally, breaking up the tomatoes with the back of a spoon.
- 7. When the 20 minutes is up, remove the lid and cook for another 5 to 10 minutes, or until the cauliflower is cooked through and the sauce is thick and delicious.
- 8. Meanwhile, heat the rice according to the packet instructions.
- 9. To serve, divide the rice between plates, spoon over the curry and tuck in!

Serving sizes Dried rice

11 to 18 year olds: 55-65g per portion4 to 10 year olds: 35-55g per portion





Veg-packed meatballs

With a simple tomato sauce & spaghetti

Meatballs get a veggie makeover in this hearty pasta recipe that's packed with flavour. Reheat any leftover meatballs and stuff into burger buns for a quick and easy dinner.

Serves 6

Watch on YouTube

Total time 50 minutes

Ingredients

500g lean beef mince
1 carrot (100g)
1/4 of a head of broccoli (90g)
1/2 a red pepper
2 cloves of garlic
250ml passata (save the rest
of the 500ml carton to use
in the Spiced lentil stew on
page 30)

380g wholewheat spaghetti 120g Cheddar cheese

Method

- Place the mince in a large bowl, season with a tiny pinch of salt and black pepper, and scrunch together well.
- 2. With wet hands, divide the mince into three, then divide each piece into eight, and roll into 24 balls in total.
- 3. Put a large non-stick frying pan on a high heat with ½ a tablespoon of oil. Add the meatballs to the pan (you'll need to do this in batches) and fry for around 5 minutes, or until browned all over, transferring them to a plate as you go.
- 4. Meanwhile, scrub and coarsely grate the carrot. Trim the tough end off the broccoli stalk, then coarsely grate the remaining stalk, along with the florets. Deseed and roughly chop the pepper, and peel the garlic.
- 5. Add the veg to the meatball pan and grate in the peeled garlic, then fry for 5 minutes, or until softened.
- 6. Pour in the passata, along with 200ml of water. Dot the balls into the sauce and bring to a boil, then reduce to a low heat, cover, and simmer for 20 minutes. Remove the lid and cook for a further 10 minutes, until the meatballs are cooked through and the sauce is thick and delicious.
- 7. Meanwhile, cook the pasta in a pan of salted boiling water according to the packet instructions. Reserving a mugful of the starchy cooking water, drain the spaghetti well, then toss with the meatballs and sauce, loosening with a splash of the cooking water, if needed.
- 8. Divide between plates, grate over the cheese and serve.

Serving sizes

Dried pasta

- 4 to 10 year olds: 45-65g per portion
- 11 to 18 year olds: 65-80g per portion

Cheddar cheese

4 to 10 year olds: 20-30g11 to 18 year olds: 30-40g





Smashed houmous

With zingy salsa, carrot sticks & warm pitta breads

Making your own houmous is well worth the effort – and there's no need for a food processor with this super-easy method.

Serves 2

Total time 15 minutes

Watch on YouTube

Ingredients

½ a clove of garlic
½ a 400g tin of chickpeas
½ a lemon
2 salad tomatoes (130g)
½ a red pepper
1 carrot (100g)
2 pitta breads

Method

- Peel the garlic and finely grate into a large bowl.
- 2. Reserving the water, drain the chickpeas and add to the bowl, then use a fork to mash them to a coarse paste.
- 3. Add 1 tablespoon of oil, 1 tablespoon of the chickpea water, and a good squeeze of lemon juice. Season with a tiny pinch of sea salt and black pepper, then stir well and set aside.
- 4. Deseed and finely chop the tomatoes and pepper, then tip into another bowl with 1 teaspoon of oil, a squeeze of lemon juice and a small pinch of black pepper, and mix together.
- 5. Wash, scrub and trim the carrot, then cut into little sticks.
- 6. Toast the pitta breads and cut into fingers.
- Serve the houmous alongside the zingy salsa, with toasted pitta and carrot sticks for dunking.





Spiced lentil stew

With broccoli & toasted pitta breads

This lightly spiced stew is a quick and satisfying lunch for the whole family. Any leftovers can be reheated and served with rice for dinner on another day.

Serves 4

Watch on YouTube

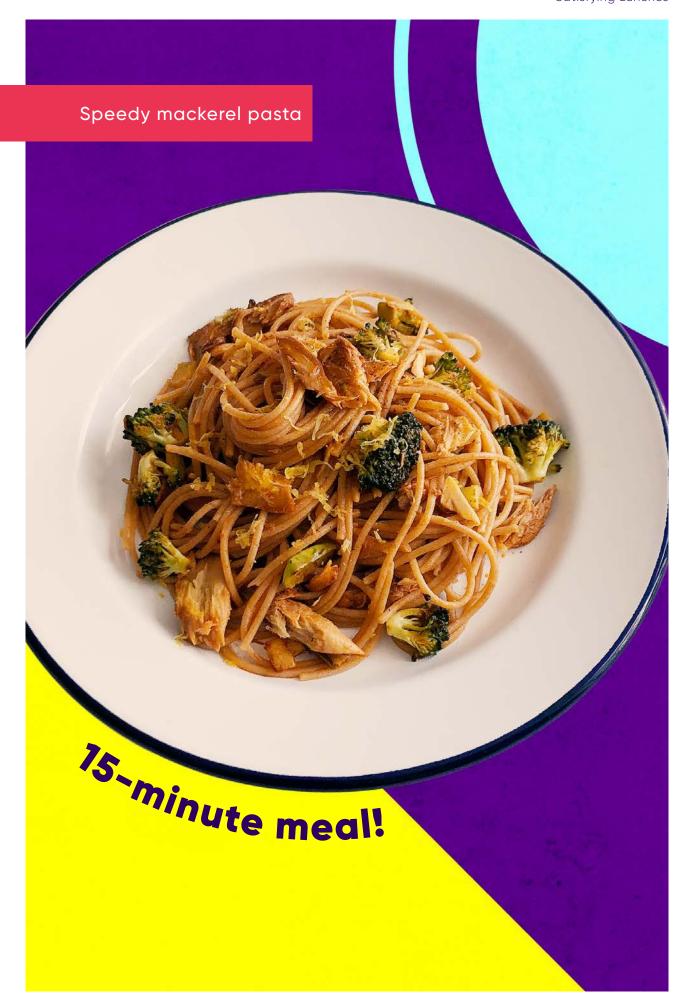
Total time 25 minutes

Ingredients

½ an onion
2 cloves of garlic
1 heaped tablespoon
 curry paste
½ a head of broccoli (180g)
1 x 390g tin of green lentils
250ml passata
4 pitta breads
natural yoghurt, to serve

Method

- Peel and finely slice the onion and garlic. Put a large non-stick pan on a medium heat with the curry paste and 1 teaspoon of oil. Fry for 5 minutes, or until softened and lightly golden, stirring regularly.
- Meanwhile, trim the tough end off the broccoli stalk, cut the florets into small pieces and finely slice the stalk. Stir into the pan and fry for another 2 to 3 minutes, or until slightly softened.
- 3. Tip the lentils (juice and all) into the pan, along with the passata.
- 4. Season with a tiny pinch of salt and black pepper, cover, and simmer on a low heat for 5 minutes. Remove the lid and cook for a further 5 minutes, or until the broccoli is tender and the sauce is thick and delicious.
- Toast the pitta breads and cut into wedges.
 Divide the stew between bowls, and dollop over the yoghurt. Serve with the toasted pitta for dunking.





Speedy mackerel pasta

With broccoli, lemon & silky spaghetti

Tinned mackerel is similar to tuna, but has higher levels of omega-3 and omega-6. Paired with pasta and veggies, it's a quick and easy way to get some good stuff into the kids at lunchtime.

Watch on YouTube

Serves 2

Total time 15 minutes

Ingredients

¼ of a head of broccoli (90g)
1 clove of garlic
120g wholewheat spaghetti
1 x 125g tin of mackerel in tomato sauce
½ a lemon

Method

- Trim the tough end off the broccoli stalk. Cut the florets into small pieces and finely chop the remaining stalk. Peel and finely slice the garlic, then set aside.
- Cook the pasta in a pan of salted boiling water according to the packet instructions, then drain, reserving a mugful of starchy cooking water.
- 3. Meanwhile, put a medium non-stick frying pan on a medium heat with 2 teaspoons of oil. Add the broccoli and fry for 5 minutes, or until lightly charred and golden, stirring regularly and adding small splashes of starchy pasta water, letting it bubble away before adding the next splash. Add the garlic for the final minute.
- 4. Flake in the mackerel, then remove the pan from the heat. Add a good squeeze of lemon and a small pinch of salt and black pepper.
- Add the pasta to the broccoli and mackerel and toss everything together, loosening with splashes of reserved cooking water, if needed.
- 6. Divide the pasta between plates, and grate over a little lemon zest, to serve.

Serving sizes

Dried pasta

- 4 to 10 year olds: 45-65g per portion
- 11 to 18 year olds: 65-80g per portion



Meal Plan

Monday

Crispy chicken goujons

With tomato, sweetcorn & cucumber salsa

Tuesday

Stir-fried beef noodles

With carrots & peppers

Wednesday

Beef burgers

With homemade coleslaw

Thursday

Chicken kebabs

With easy homemade flatbreads

Friday

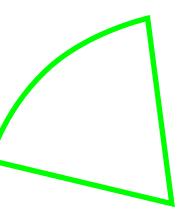
Cheese & sweetcorn pancakes

With fried eggs

Healthy snacks

Fruit (kiwi, banana, apple) with Greek-style yoghurt is a great snack.

4 to 10 year olds: 80-120g yoghurt 11 to 18 year olds: 120-150g yoghurt





Shopping List

TOTAL	£14.87
Smoked paprika (20g)	£0.90
Reduced-salt soy sauce (150ml)	£0.65
Medium egg noodles (250g)	£1.00
Soft wholemeal rolls (pack of 6)	£0.65
Self-raising flour (500g)	£0.45
Medium free-range eggs (box of 6)	£0.80
STORE CUPBOARD Tinned sweetcorn in water (325g)	£0.50
Cheddar cheese block (220g)	£1.55
Greek-style yoghurt	£0.69
DAIRY 1 pint semi-skimmed milk	£0.45
Mini apples (bag of 6)	£0.62
Kiwis (pack of 6)	£0.59
3 bananas	£0.39
1 cucumber	£0.57
1 red pepper	£0.45
2 carrots (200g)	£0.10
1 bulb of garlic	£0.16
1 round lettuce	£0.52
Salad tomatoes (pack of 6)	£0.39
1 brown onion	£0.09
Beef mince (20% fat) (500g)	£1.80 £1.55
2 skinless chicken breasts (300g pack)	





Crispy chicken goujons

With tomatoes, sweetcorn & cucumber salsa

Crispy chicken is a firm family favourite – the kids will love getting involved in making these quick and easy chicken rolls.

Serves 2

Watch on YouTube

Total time 20 minutes

Ingredients

2 tablespoons self-raising flour
1 large pinch of smoked paprika
1 x 150g skinless chicken breast
2 salad tomatoes (130g)
¼ of a cucumber
1 x 325g tin of sweetcorn in water

- 2 soft wholemeal rolls
- 2 teaspoons Greek-style yoghurt

Method

- Put the flour and paprika on a plate with a tiny pinch of salt and black pepper, and mix together.
- 2. Carefully cut the chicken widthways into strips about 2cm wide (you should get 6 pieces), then gently turn in the flour mixture until nicely coated. Shake off any excess flour from each strip.
- 3. Wash your hands, the board, and the knife.
- 4. Put a large non-stick frying pan on a medium heat with 1 teaspoon of oil. Add the coated chicken strips and fry for 5 minutes, or until golden and crispy all over, turning occasionally.
- 5. Meanwhile, deseed and finely chop the tomatoes, finely chop the cucumber, and add them both to a small bowl. Drain and tip in 60g of sweetcorn (save the rest in a container in the fridge and use in the Cheese & sweetcorn pancakes on page 39), season with a tiny pinch of salt and pepper, and mix together.
- Quickly and carefully wipe out the frying pan with a piece of kitchen paper, then halve the rolls and lightly toast in the clean pan.
- 7. Remove the buns to a plate, spread the roll bases with a teaspoon of yoghurt, stack in the chicken and dollop over a teaspoon of salsa. Pop the lid on top, and serve with the rest of the salsa on the side.

Serving sizes Chicken breast

• 11 to 18 year olds: 75-100g per portion

Wholemeal roll:

• 11 to 18 year olds: 1 large roll per portion





Stir-fried crispy beef noodles

With carrots & peppers

Stir-frying is perfect when you need good food fast. This speedy stir-fry is packed with flavour, and kids will go nuts for the crispy beef.

Serves 4

Watch on YouTube

Total time 10 minutes

Ingredients

3 cloves of garlic
250g beef mince
1 large pinch of
smoked paprika
2 tablespoons low-salt
soy sauce
180g medium egg noodles
1 carrot (100g)
½ a red pepper
½ a round lettuce
¼ of a cucumber

Method

- Peel and finely chop the garlic. Place a large non-stick frying pan on a medium-high heat with 1 teaspoon of oil and add the mince, breaking it up with a wooden spoon. Stir in half of the garlic, along with half of the paprika and a large pinch of black pepper. Cook for 5 minutes, or until crispy and golden brown, stirring regularly.
- 2. Meanwhile, mix the remaining garlic with the soy sauce and 1 teaspoon of oil in a small bowl to make a dressing.
- 3. Cook the noodles according to the packet instructions, then drain, toss in the soy dressing, and divide between four plates.
- 4. Peel the carrot and cut into matchsticks. Deseed and finely slice the pepper. Cut the lettuce into four wedges and finely slice the cucumber. Toss everything together to make a salad.
- Spoon the crispy beef over the noodles, sprinkle on the remaining paprika and serve with the salad.

Tip

Cut a lemon or lime into wedges for squeezing over, if you like.

Serving sizes

Egg noodles

• 11 to 18 year olds: 65-80g per portion

Beef mince

• 11 to 18 year olds: 75-90g per portion





Beef burgers

With homemade coleslaw

Homemade burgers are a whole lot of fun to make – get all the toppings out ready and let the kids create their own

Serves 4

Total time 30 minutes

Ingredients

250g beef mince

1 apple

1 carrot (100g)

1 tablespoon Greek-style yoghurt

½ a round lettuce

2 salad tomatoes (130g)

50g Cheddar cheese

4 soft wholemeal rolls

Watch on YouTube

Method

- Place the mince in a large bowl, season with a tiny pinch of salt and black pepper, and scrunch together well.
- 2. With wet hands, divide the mince into four equal balls, then flatten each to around ½cm thick.
- 3. Transfer the burgers to a plate, drizzle with 1 teaspoon of oil, cover, then place in the fridge while you crack on with the coleslaw (this will help them to firm up).
- 4. Coarsely grate the cheese and put in a small bowl for later.
- Coarsely grate the apple and carrot, then mix with the yoghurt and a pinch of pepper to make a slaw.
- 6. Put a large non-stick frying pan on a high heat to warm up for 3 minutes, then reduce the heat to medium. Place the burgers into the pan, pressing them down slightly with a fish slice or spatula, then cook for 1 to 2 minutes on each side, or until cooked through (you may need to do this in batches).
- Meanwhile, wash, dry, and shred the lettuce leaves. Slice the tomatoes into rounds.
- 8. Once the burgers are cooked, sprinkle a quarter of the cheese onto each burger, cover the pan with a lid and cook for a further 30 seconds, or until the cheese has melted, then transfer the burgers to a plate.
- Carefully wipe out the frying pan with a piece of kitchen paper, then halve the rolls and lightly toast in the clean pan.
- 10. To assemble the burgers, spoon a little coleslaw onto each roll base, sit the slices of tomato on top, then the burger, followed by the shredded lettuce. Pop the roll lids on top and tuck in!

Serving sizes Beef mince

• 11 to 18 year olds: 75-90g per portion

Wholemeal roll:

• 11 to 18 year olds: 1 large roll per portion





Chicken kebabs

With easy homemade flatbreads

Homemade flatbreads might seem daunting, but they're super-easy to make – you just need flour, yoghurt and olive oil.

Serves 2

Total time 30 minutes

Watch on YouTube

Ingredients

2 cloves of garlic
1 large pinch of smoked paprika
1 x 150g skinless chicken breast
½ a pepper
¼ of an onion
¼ of a cucumber
1 teaspoon low-salt soy sauce

Flatbreads

100g self-raising flour,plus extra for dusting4 tablespoons Greek-styleyoghurt

Tip

If you don't have skewers, simply cook the chicken and veg loose in the pan.

Method

- Place 2 wooden skewers in a large roasting tray of cold water to soak – this will stop them from burning while cooking.
- Peel and finely chop the garlic, then place in a medium bowl with a tiny pinch of pepper, a large pinch of paprika and 1 teaspoon of oil and mix to make a marinade.
- 3. Cut the chicken into bite-sized chunks. Add to the bowl and toss in the marinade until evenly coated, then cover and place in the fridge. Wash your hands, the board and the knife.
- 4. Deseed the pepper, then roughly chop into bite-sized chunks. Peel the onion, cut into wedges, and pull apart into petals. Add the veg to the chicken bowl and toss together to coat.
- 5. Transfer the skewers to a plate, discarding the water in the tray and wiping it dry.
- 6. Divide the marinated chicken chunks between the skewers, then thread them on, alternating the meat with the veg don't pack it on too tightly or they'll take longer to cook. Place the kebabs on the tray, cover, and put in the fridge. Wash your hands before you crack on with the flatbreads.

Continued on next page

Serving sizes Skinless chicken breast

• 11 to 18 year olds: 75-90g per portion

Chicken kebabs

With easy homemade flatbreads

- 7. In a bowl, mix the flour with a tiny pinch of sea salt, the yoghurt and 1 tablespoon of oil until you have a dough. Halve, then roll out each piece on a flour-dusted surface until just under ½cm thick.
- 8. Put a large dry non-stick frying pan on a medium-high heat. Cook the flatbreads for 3 minutes, or until golden, turning halfway (you may need to do this one at a time). Then stack the flatbreads in a tea towel to keep warm, and reduce the heat under the pan to medium.
- Place the skewers into the pan and cook for around 15 minutes, turning regularly, until the chicken is cooked through and golden on all sides.
- **10.** Roughly chop the cucumber and place in a bowl with the soy sauce and mix well.
- 11. Divide the skewers between two plates, then serve with the warm flatbreads and the dressed cucumber.





Cheese & sweetcorn pancakes

With fried eggs

These savoury pancakes are quick to make and guaranteed to go down a storm.

Serves 4

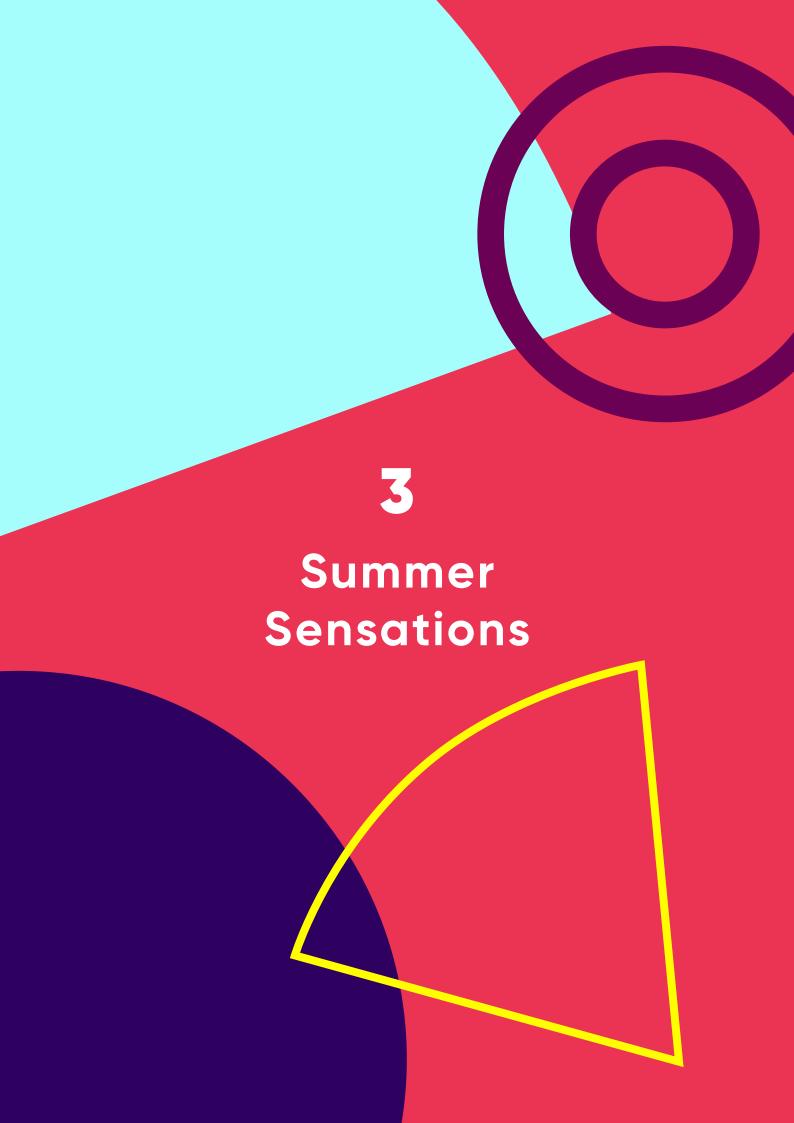
Total time 15 minutes

Watch on YouTube

Ingredients

5 medium free-range eggs
1 mug of self-raising flour (200g)
1 mug of semi-skimmed
milk (320ml)
50g Cheddar cheese
200g sweetcorn (left over from
the Crispy chicken goujons
recipe on page 39)
2 salad tomatoes (130g)
1/4 of a cucumber

- Crack 1 egg into a large bowl, add the flour and milk with a tiny pinch of salt, then whisk until smooth.
- Coarsely grate the cheese and add to the batter. Drain and add the sweetcorn, then mix well.
- 3. Finely chop the tomatoes and cucumber and place in a small bowl. Toss in 1 teaspoon of oil with a pinch of salt and black pepper, then put aside for later.
- 4. Rub a large non-stick frying pan with a little oil, place it on a medium heat, then pour in 1 ladleful of batter. Cook on one side for 2 minutes, or until the base is lightly golden and little bubbles begin to appear on the top, then use a fish slice or spatula to carefully flip the pancake over and cook for another 2 minutes. Remove to a plate and repeat with the remaining batter until you have four pancakes (you may need to add ½ a tablespoon of oil to the pan in between batches).
- 5. Meanwhile, place another large non-stick frying pan on a medium heat with 2 teaspoons of oil. Crack in the remaining eggs and fry to your liking, spooning over the oil as they cook (you may need to do this in batches).
- Serve the pancakes straight away, topped with a fried egg and the dressed tomato and cucumber.



Meal Plan

Monday

New potato frittata

With peppers, onion & Cheddar

Tuesday

Summer salmon salad

With new potatoes, cucumber & lemon

Wednesday

Sweet pepper & beef pasta

With broccoli, tomatoes & chickpeas

Thursday

Beef koftas

With warm pittas & salad

Friday

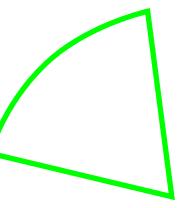
Easy pitta pizzas

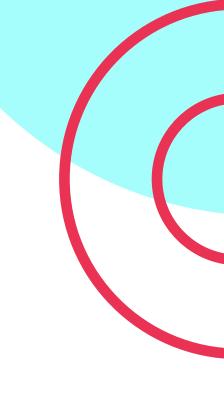
With peppers & broccoli

Healthy snacks

Fruit (kiwi, banana, apple) with low-fat natural yoghurt is a great snack.

4 to 10 year olds: 80-120g yoghurt 11 to 18 year olds: 120-150g yoghurt





Shopping List

Low-fat natural yoghurt (500g)	£0.45
2 pints semi-skimmed milk	£0.80
DAIRY	
 3 bananas Kiwis (pack of 6) Mini apples (bag of 6)	£0.39 £0.59 £0.62
1 lemon	£0.30
 1 carrot (100g) 1 iceberg lettuce 1 head of broccoli (350g)	£0.05 £0.62 £0.55
2 red peppers1 brown onion1 cucumber	£0.90 £0.10 £0.39
MEAT, FRUIT & VEG Beef mince (20% fat) (500g) New potatoes (1kg)	£1.55 £0.75





New potato frittata

With peppers, onion & Cheddar

This lovely summer frittata is great served hot or cold – store any leftovers in the fridge and enjoy as part of a picnic spread.

Serves 4

Total time 20 minutes

Watch on YouTube

Ingredients

400g new potatoes

½ an onion

1 red pepper

4 medium free-range eggs

60g Cheddar cheese

1 small pinch of dried
 mixed herbs

¼ of an iceberg lettuce

¼ of a cucumber

Method

- 1. Preheat the oven to 200°C/400°F/gas 6.
- 2. Scrub and quarter the potatoes, then cook in a pan of boiling water with a tiny pinch of salt for about 10 minutes, or until soft and tender. Drain and allow to steam dry.
- 3. Meanwhile, peel and finely slice the onion, and deseed and finely slice the pepper.
- 4. Place a small non-stick frying pan on a medium-low heat with 1 teaspoon of oil. Add the onion and pepper and fry for 10 minutes, or until softened, stirring regularly.
- 5. Add the potatoes to the pan and cook for 2 to 3 minutes, or until slightly golden, stirring regularly.
- Whisk the eggs in a bowl, then season with a tiny pinch of salt and black pepper. Grate in half of the cheese, add the dried herbs, and mix well.
- Pour the egg mixture into the frying pan, tilting it to spread evenly, then grate over the remaining cheese.
- 8. Reduce the heat to low and cook for 2 minutes, or until the edges are beginning to set.
- 9. Transfer the pan to the oven and cook for 5 minutes, or until the frittata is golden and puffed up.
- 10. Wash and dry the lettuce, then roughly chop with the cucumber and place them both in a small bowl. Add 1 teaspoon of oil and a small pinch of salt and black pepper, then toss together to make a salad.
- 11. Cut the frittata into quarters and serve with the salad.

Serving sizes Free-range eggs

• 11 to 18 year olds: 1-2 per portion

New potatoes

• 11 to 18 year olds: 200– 250g per portion





Summer salmon salad

With new potatoes, cucumber & lemon

This super salad is a great way to get kids eating oily fish.

Serves 3

Total time 20 minutes

Watch on YouTube

Ingredients

400g new potatoes

½ a head of broccoli (175g)

4 tablespoons low-fat
natural yoghurt

½ a lemon

1 x 212g tin of
Wild Pacific salmon

¼ of an iceberg lettuce

¼ of a cucumber

Method

- 1. Scrub and halve the potatoes, quartering any larger ones, then cook in a pan of boiling water with a tiny pinch of salt for about 8 minutes.
- 2. Meanwhile, trim the tough end off the broccoli stalk, break into small florets, and add to the potato pan. Cook for another 4 minutes, or until the veg is soft and tender, then drain and allow to steam dry.
- 3. Put the yoghurt in a large bowl, finely grate in all of the lemon zest and squeeze in the juice. Add 1 tablespoon of oil with a small pinch of salt and black pepper, then mix everything together.
- 4. Tip the warm veg into the bowl and gently toss with the yoghurt dressing.
- 5. Drain the salmon, discarding any skin and bones, flake into the bowl, and gently mix with the dressed veg.
- 6. Wash and dry the lettuce, then roughly chop with the cucumber, and mix in a small bowl with 1 teaspoon of oil and a small pinch of salt and black pepper.
- Just before serving, gently toss the chopped iceberg and cucumber through the salmon salad and serve straight away.

Serving sizes

New potatoes

11 to 18 year olds: 200-250g per portion

Salmon

• 11 to 18 year olds: 80-110g per portion





Sweet pepper & beef pasta

With broccoli, tomato & chickpeas

Using chickpeas makes your mince go further in this protein-packed pasta dish. Any leftovers can be kept in the fridge and reheated in the microwave for a speedy dinner.

Serves 4

Watch on YouTube

Total time 25 minutes

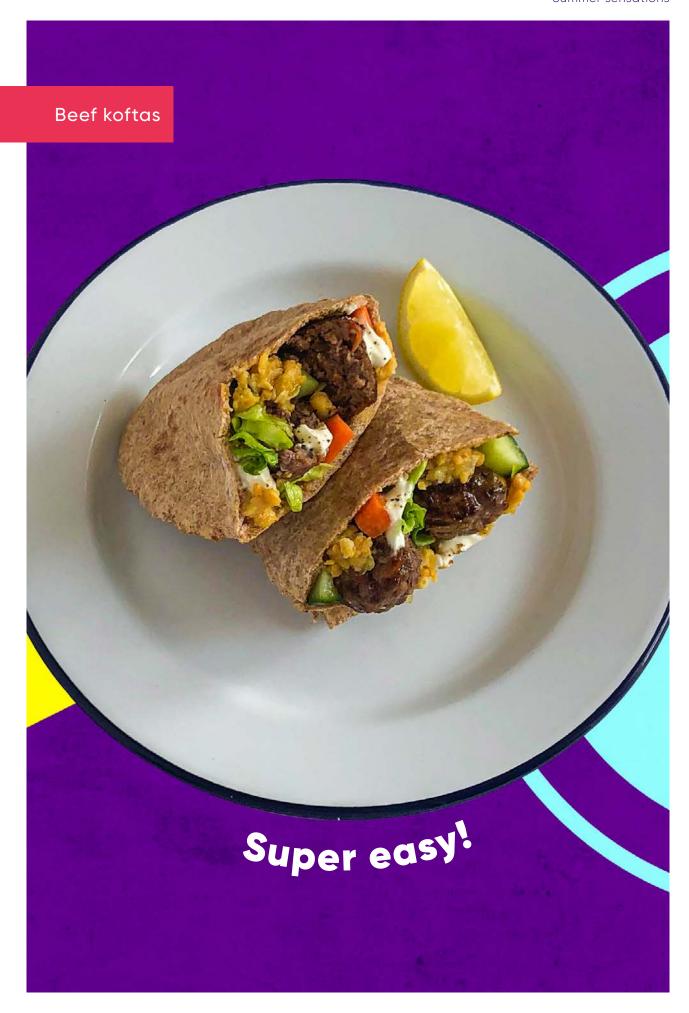
Ingredients

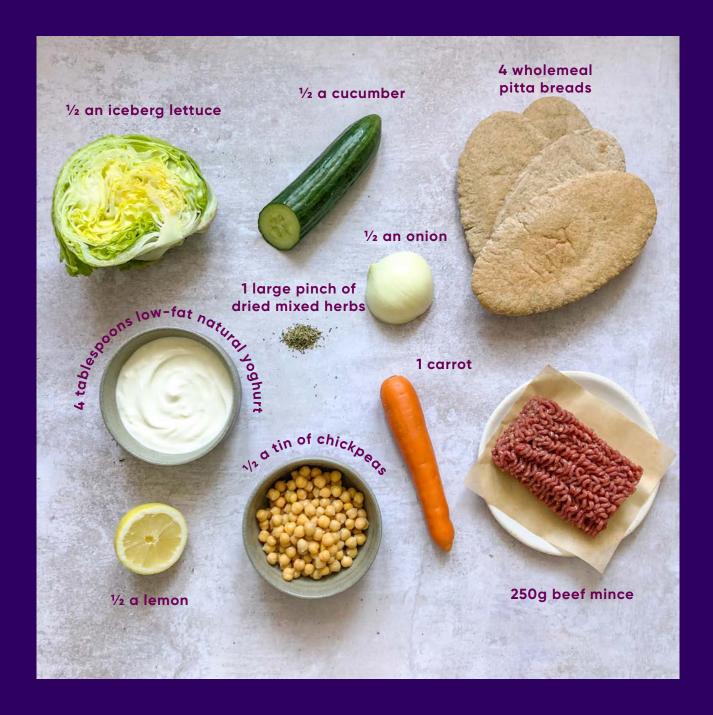
¼ of a head of broccoli (90g)240g wholewheat penne250g beef mince

½ a tin of chickpeas (save the rest of the chickpeas and water in a container in the fridge and use in the Beef koftas on page 67)

½ a red pepper1 large pinch of dried mixed herbs400g tomato passata60g Cheddar cheese

- Trim the tough end off the broccoli stalk, cut
 the florets into small pieces and roughly chop
 the remaining stalk into chunks. Cook the
 florets and stalk in a large pan of boiling water
 with a tiny pinch of salt for 4 minutes, or until
 tender, then use a slotted spoon to transfer to
 a bowl.
- Cook the pasta in a pan of boiling water, according to the packet instructions, then drain, reserving a mugful of starchy cooking water.
- 3. Meanwhile, place a large non-stick frying pan on a medium heat with 1 teaspoon of oil. Add the mince, breaking it up with a wooden spoon, and cook for 5 minutes, until brown and crispy.
- 4. Meanwhile, drain the chickpeas. Deseed and chop the pepper. Tip the chickpeas into the pan. Add the chopped pepper, along with the cooked broccoli stalk and florets. Sprinkle in the dried herbs and a tiny pinch of salt and black pepper. Cook for 5 minutes, or until slightly golden.
- 5. Stir in the passata and turn the heat down to low. Cook for 2 minutes, or until the sauce is thick and delicious. Tip in the cooked pasta and stir through the sauce, loosening with splashes of pasta water, if needed.
- 6. Divide between 4 plates, grate over the cheese and serve.





Beef koftas

With houmous, warm pittas & salad

These easy homemade kebabs are a great one for the kids to make. They could be cooked on a barbecue, too – just keep an eye on them, and make sure adults do the turning.

Watch on YouTube

Serves 4

Total time 20 minutes

Ingredients

1 carrot (100g)

½ an onion
250g beef mince
1 large pinch of dried
mixed herbs

½ a tin of chickpeas

½ a lemon

½ an iceberg lettuce

½ a cucumber4 wholemeal pitta breads

4 tablespoons low-fat natural yoghurt

Serving sizes

Beef mince

11 to 18 year olds:
 80-95g beef mince per portion

Wholemeal pitta

 11 to 18 year olds:
 1 large wholemeal pitta bread per portion

- Wash the carrot and peel the onion. Grate half
 of the carrot into a large bowl, reserving the
 remaining half. Grate the onion into the bowl,
 then add the beef and the dried herbs. Season
 with a tiny pinch of salt and black pepper and
 scrunch everything together well.
- 2. With wet hands, divide the mixture into eight, roll into balls, then shape into 8 small sausage shapes. Cover and place in the fridge.
- 3. Drain the chickpeas in a sieve over a bowl to catch the liquid. Tip the chickpeas into another bowl, then use a fork to mash them to a coarse paste.
- 4. Add 1 tablespoon of oil, 2 tablespoons of the chickpea water, and a good squeeze of lemon juice. Season with a tiny pinch of salt and black pepper, then stir well and set aside.
- 5. Put a large non-stick frying pan on a mediumlow heat with 1 teaspoon of oil. Add the koftas to the pan (you may need to do this in batches) and fry for around 10 minutes, turning regularly until cooked through, golden and crisp all over.
- 6. Meanwhile, wash and roughly chop the lettuce, roughly chop the cucumber and the remaining carrot, then toss together in a bowl with 1 teaspoon of olive oil and a tiny pinch of salt and black pepper to make a salad.
- 7. Toast the pitta breads, then cut in half and open out to create pitta pockets. Fill with the koftas, houmous and salad, then drizzle over 1 tablespoon of yoghurt and a squeeze of lemon juice, to serve.





Easy pitta pizzas

With red pepper & broccoli

Transform simple pitta breads into quick pizzas for an easy veg-packed lunch – great hot or cold.

Serves 2

Watch on YouTube

Total time 20 minutes

Ingredients

¼ of a head of broccoli (88g)
¼ of a red pepper
30g Cheddar cheese
2 wholemeal pitta breads
60g tomato passata
1 large pinch of dried
mixed herbs

Method

- 1. Preheat the oven to 200°C/400°F/gas 6.
- 2. Trim the tough end off the broccoli stalk and cut into small florets, deseed and finely slice the pepper, and grate the cheese.
- Place the pitta breads on a baking tray and spread half of the passata evenly over each pitta.
- 4. Top with the peppers, broccoli and cheese, then sprinkle over the dried herbs.
- 5. Cook in the oven for 15 minutes, or until the cheese is bubbling and golden.

Serving sizes

Wholemeal pitta:

• 11 to 18 year olds: 1 large wholemeal pitta bread per portion



Meal Plan

Monday

Homemade nachos

With salsa, avocado & soured cream

Tuesday

Veggie chilli

With tomatoes, mushrooms & peppers

Wednesday

Veggie fajitas

With avocado & lime

Thursday

Loaded potato skins

With Cheddar, soured cream & chives

Friday

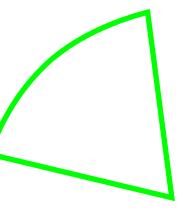
Smoky paprika chicken burgers

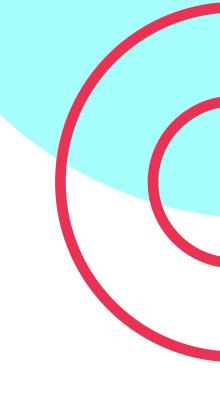
With crisp lettuce & cool yoghurt

Healthy snacks

Fruit (kiwi, banana, orange) with low-fat natural yoghurt is a great snack.

4 to 10 year olds: 80-120g yoghurt 11 to 18 year olds: 120-150g yoghurt





Shopping List

MEAT, FRUIT & VEG	
British chicken breast fillets (300g)	£1.80
Cherry tomatoes (250g)	£0.54
2 red onions	£0.42
1 bulb of garlic	£0.16
2 red peppers	£0.90
Baby button mushrooms (200g)	£0.90
1 medium ripe avocado	£0.85
2 little gem lettuce	£0.39
1 baking potato	£0.25
1 bunch of spring onions (100g)	£0.48
1 bunch of fresh chives (20g)	£0.70
1 lime	£0.30
2 kiwi fruits	£0.32
1 large orange	£0.30
2 bananas	£0.26
DAIRY	
Low-fat natural yoghurt (500g)	£0.45
2 pints semi-skimmed milk	£0.80
Soured cream (150ml)	£0.70
Cheddar cheese block (220g)	£1.55
STORE CUPBOARD	
8 mini plain tortilla wraps	£0.70
Tinned plum tomatoes (400g)	£0.28
Tinned red kidney beans (210g)	£0.40
Microwave wholegrain rice (250g pouch)	£0.45
Smoked paprika (20g)	£0.45
Soft wholemeal rolls (pack of 6)	£0.65
TOTAL	£15.00





Homemade nachos

With salsa, avocado & soured cream

Making your own tortilla chips is much easier than you think – why not make a batch and top with the leftover chilli on page 79) for a quick and filling dinner.

Serves 2

Total time 15 minutes

Watch on YouTube

Ingredients

4 mini plain tortilla wraps
1 teaspoon smoked paprika
2 spring onions
80g cherry tomatoes
a few sprigs of chives
½ an avocado
½ a lime
50g Cheddar cheese
2 tablespoons soured cream

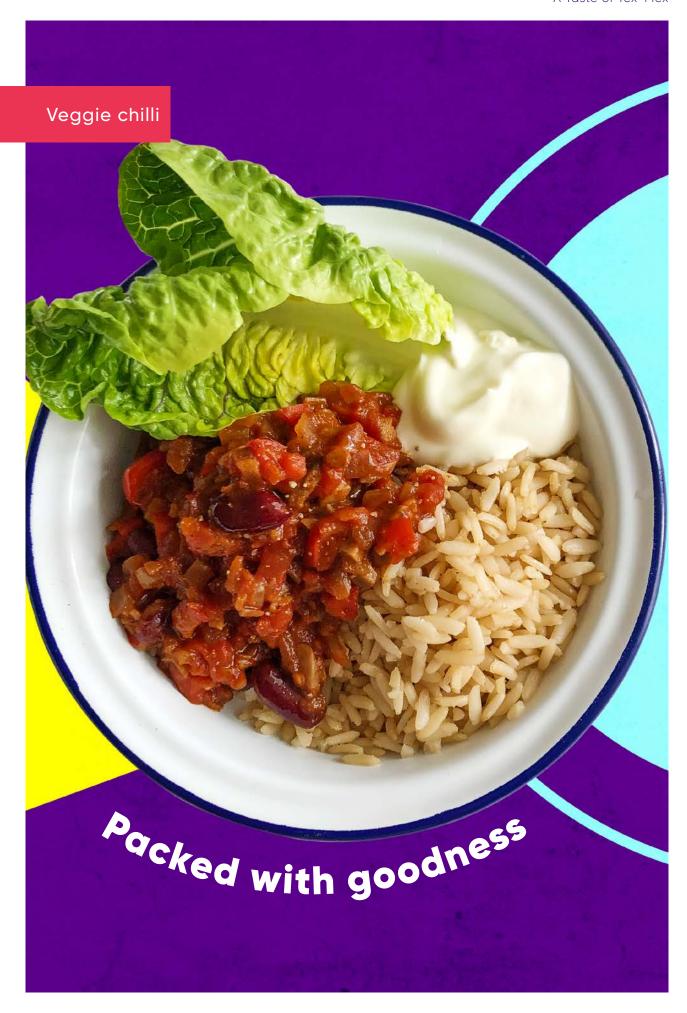
Method

- 1. Preheat the oven to 180°C/350°F/gas 4.
- 2. Cut the wraps into wedges and place in a bowl with 1 tablespoon of olive oil, the smoked paprika and a tiny pinch of salt and black pepper, then toss until fully coated in the spices and oil. Arrange in one layer on a large non-stick baking tray and bake in the oven for 8 minutes, or until lightly golden and crisp.
- 3. Meanwhile, finely chop the spring onions, cherry tomatoes and chives. Place in a bowl with 1 teaspoon olive oil and a tiny pinch of salt and black pepper. Toss together to make a salsa.
- 4. Peel and chop the avocado and place in another bowl. Squeeze over the lime juice and a tiny pinch of salt and black pepper.
- 5. Coarsely grate the cheese onto a board.
- 6. When the nachos are nearly golden, turn them over and sprinkle over the cheese, then pop back in the oven for 2 more minutes, or until the cheese is bubbling and melted.
- 7. Remove from the oven and divide the nachos between 2 plates. Top with the salsa and avocado, dollop over the soured cream, and dig in.

Serving sizes

Wholemeal wrap:

11 to 18 year olds: 1 large wholemeal wrap per portion





Veggie chilli

With tomatoes, mushrooms & peppers

This veggie chilli is packed with goodness and ready in no time. You could use any tinned beans, and switch the mushrooms for extra peppers, if that's all you have.

Serves 4

Watch on YouTube

Total time 35 minutes

Ingredients

1 red onion
2 cloves of garlic
1 red pepper
100g baby button mushrooms
1 teaspoon smoked paprika
1 x 210g tin of red kidney beans
1 x 400g tin of plum tomatoes
1 little gem lettuce
250g wholegrain microwave
rice pouch

4 tablespoons low-fat

natural yoghurt

Method

- 1. Peel and finely chop the onion and garlic.
- 2. Place a medium non-stick pan on a medium heat with 1 tablespoon of oil. Add the onion and garlic and fry for 5 minutes, or until softened, stirring occasionally.
- 3. Meanwhile, deseed the red pepper and finely chop with the mushrooms, then add to the pan and fry for a further 5 minutes, stirring occasionally.
- 4. Sprinkle over the smoked paprika and a tiny pinch of salt and black pepper, then cook for another 1 minute, tossing the veg in the spices to coat.
- 5. Tip in the kidney beans, juice and all, then add the tomatoes, along with half a tin's worth of water, breaking them up with the back of a spoon. Stir and bring to the boil, then reduce the heat to low and simmer with a lid slightly ajar for 20 minutes, or until slightly thickened and reduced, stirring occasionally.
- 6. When the chilli is almost ready, wash the lettuce and click the leaves off into cups. Cook the rice according to the packet instructions.
- 7. Divide the rice between 4 bowls and spoon over the chilli. Dollop over 1 tablespoon of yoghurt and serve with the lettuce cups, for scooping.

Serving sizes 11 to 18 year olds:

Serves 2





Veggie fajitas

With avocado & lime

Big up vibrant veggies in a meat-free version of this family favourite.

Serves 2

Total time 30 minutes

Watch on YouTube

Ingredients

1 red onion
1 clove of garlic
1 red pepper
100g baby button mushrooms
80g cherry tomatoes
1 teaspoon smoked paprika
½ a medium ripe avocado
½ a lime
4 mini plain tortilla wraps
2 tablespoons low-fat natural yoghurt

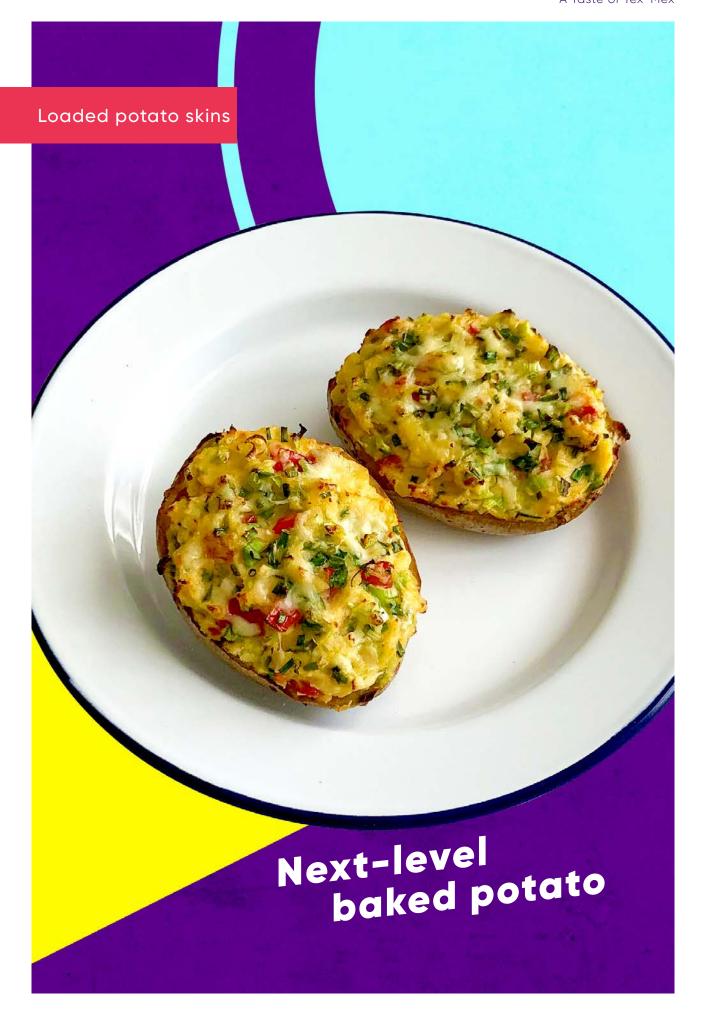
Method

- Peel and finely slice the onion and garlic.
 Deseed and finely slice the red pepper, finely slice the mushrooms, and halve the tomatoes.
- Place a large non-stick frying pan on a high heat with 1 tablespoon of olive oil. Add the onion and pepper and fry for about 5 minutes, or until softened and lightly golden, stirring regularly.
- 3. Add the mushrooms and garlic to the pan and cook for another 5 minutes, or until the mushrooms start to char.
- 4. Add the tomatoes and paprika and cook for 1 to 2 minutes, or until the tomatoes start to soften, tossing occasionally.
- 5. Peel and finely slice the avocado, then squeeze over a little lime juice.
- Place a large non-stick frying pan on a high heat. Warm the tortillas in the pan for 1 minute, turning halfway.
- 7. Divide the wraps between 2 plates, spoon over the charred veg, the sliced avocado and a dollop of yoghurt. Serve with lime wedges, for squeezing over.

Serving sizes

Wholemeal wrap:

• 11 to 18 year olds: 1 large wholemeal wrap per portion





Loaded potato skins

With Cheddar, soured cream & chives

Take the humble baked potato to the next level with cheese, soured cream, spring onions and chives.

Serves 1

Watch on YouTube

Total time 50 minutes

Ingredients

1 baking potato
30g Cheddar cheese
1 tablespoon soured cream
½ a bunch of spring onions
40g cherry tomatoes
½ a bunch of fresh chives

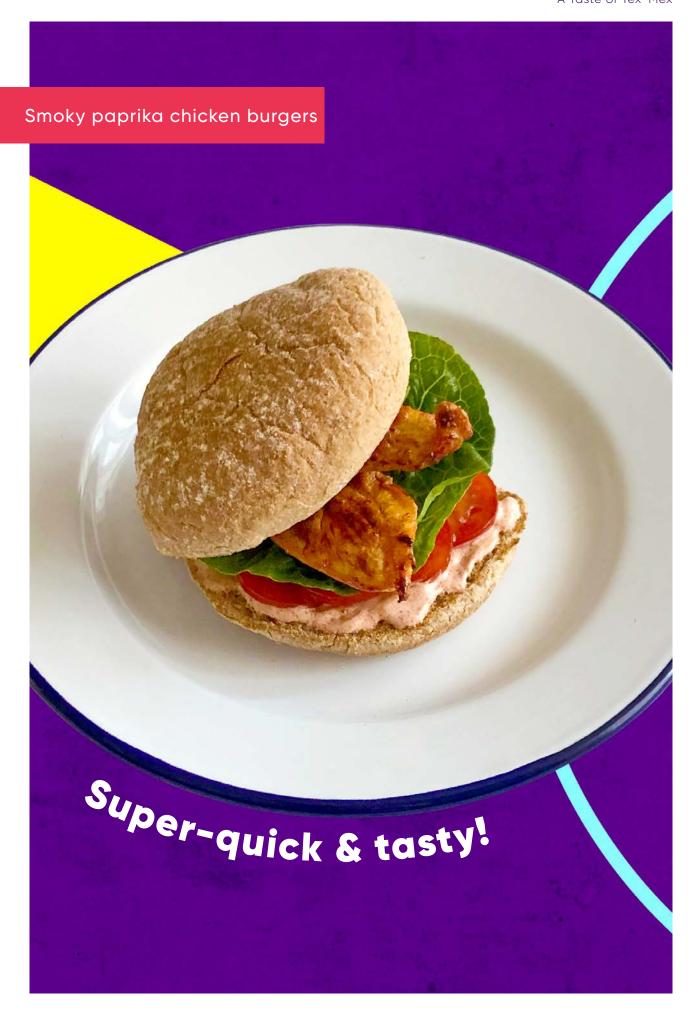
Method

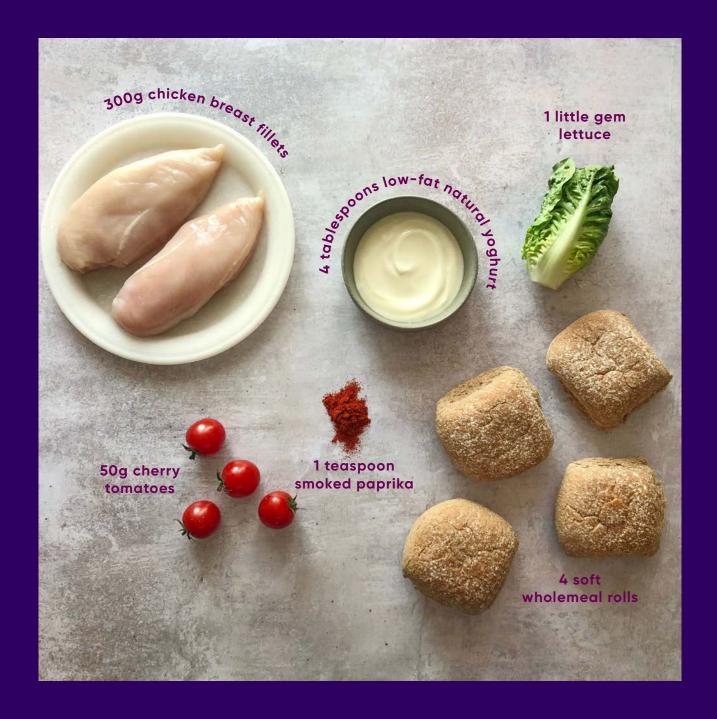
- 1. Preheat the oven to 200°C/400°F/gas 6.
- 2. Scrub the potato, prick with a fork and cook in a microwave on high for 5 minutes. Carefully rub the hot potato with 1 teaspoon of olive oil and a tiny pinch of salt and pepper before placing it on a baking tray and finishing it off in the hot oven for 30 minutes. (If you don't have a microwave, cook the potato in the oven for 1 hour, turning halfway.)
- 3. Coarsely grate the cheese into a bowl, putting a couple of pinches aside to top the potatoes later. Add the soured cream to the bowl, along with a tiny pinch of salt and black pepper.
- 4. Finely chop the spring onion and the tomatoes, finely slice the chives, then add all of the veg to the bowl.
- 5. Remove the potato from the oven. Carefully halve the potato lengthways and scoop the centre into the bowl leave a bit of potato around the edges so the baked potato keeps its shape. Mash the potato with a fork and mix everything together.
- 6. Spoon the filling back into the potato skins and sprinkle the remaining cheese on top. Return to the oven on the baking tray for 10 minutes, or until golden and bubbling.

Serving sizes

Baking potato:

11 to 18 year olds: 1 large baking potato per portion (200-250g)





Smoky paprika chicken burgers

With crisp lettuce & cool yoghurt

These chicken burgers are super-quick to make and taste amazing. Store any leftover chicken in the fridge, and mix with lettuce, cucumber and tomato for an easy chicken salad on another day.

Watch on YouTube

Serves 4

Total time 15 minutes

Ingredients

300g chicken breast fillets
4 tablespoons low-fat
natural yoghurt
1 teaspoon smoked paprika
50g cherry tomatoes
1 little gem lettuce
4 soft wholemeal rolls

Method

- 1. Carefully cut the chicken breasts lengthways into strips about 2cm wide (you should get about 8 pieces).
- 2. Put the yoghurt into a bowl with the paprika and a tiny pinch of salt and black pepper. Put half aside for later. Add the chicken and toss in the marinade until evenly coated, then cover and place in the fridge.
- 3. Wash your hands, the board and the knife.
- **4.** Slice the tomatoes. Wash the lettuce and click off the leaves.
- 5. Remove the chicken from the marinade, leaving any excess behind.
- 6. Put a large non-stick frying pan on a medium heat with 1 tablespoon of oil. Add the chicken and fry for 5 minutes, or the chicken is cooked through and golden, turning occasionally.
- 7. Quickly and carefully wipe out the frying pan with a piece of kitchen paper, then halve the eo and lightly toast in the clean pan.
- 8. To assemble the burgers, spoon 1 teaspoon of the reserved paprika yoghurt onto each roll base, layer up the tomatoes and lettuce, then sit the chicken on top. Pop the bun lids on top, and tuck in!

Serving sizes Chicken breast:

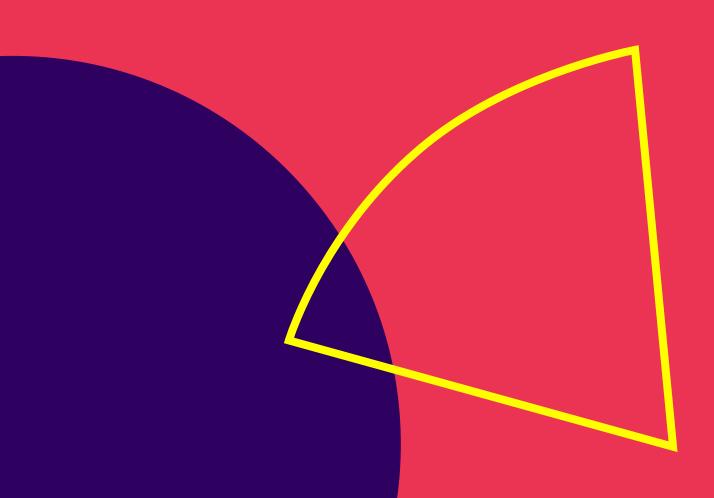
11 to 18 year olds:
 85-125g chicken per portion

Wholemeal roll:

11 to 18 year olds:

1 large wholemeal roll per portion





Meal Plan

Monday

Spanish-style eggs

With homemade flatbreads

Tuesday

Spanish-style rice

With chicken thighs, tomatoes & peas

Wednesday

Greek-style chicken

With tzatziki, salad & homemade tortillas

Thursday

Tomato & basil pasta

With sardines & easy garlic bread

Friday

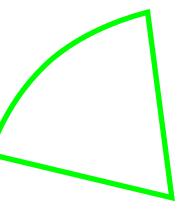
Beautiful bruschetta

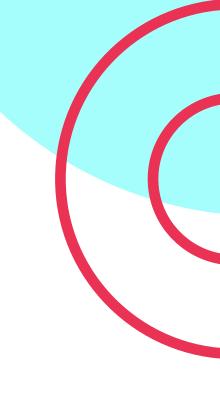
With tomato, smashed peas & mozzarella

Healthy snacks

Fruit (kiwi, banana, orange) with low-fat natural yoghurt is a great snack.

4 to 10 year olds: 80-120g yoghurt 11 to 18 year olds: 120-150g yoghurt





Shopping List

TOTAL	£14.48
Frozen peas (900g)	£0.61
 Part-baked baguettes (2 pack)	£0.42
 Self-raising flour (500g)	£0.45
 Sweet paprika (20g)	£0.45
 Dried oregano (20g)	£0.70
 Medium free-range eggs (box of 6)	£0.89
Tinned sardines in sunflower oil (120g)	£0.40
Tinned chopped tomatoes (800g)	£0.56
Tinned chickpeas in water (400g)	£0.40
Microwave wholegrain rice pouch (250g)	£0.45
Dried wholewheat spaghetti (500g)	£0.53
STORE CUPBOARD	
 1 large ball of mozzarella (210g)	£0.45
Low-fat natural yoghurt (500g)	£0.45
2 pints semi-skimmed milk	£0.80
DAIRY	
1 large orange	£0.30
 2 large kiwi fruits	£0.32
 3 bananas	£0.39
 1 bunch of fresh basil (30g)	£0.70
 1 lemon	£0.30
 ½ a cucumber	£0.40
 1 soft round lettuce	£0.52
Salad tomatoes (pack of 6)	£0.75
1 bulb of garlic	£0.16
1 carrot (100g)	£0.05
2 brown onions	£0.20
2 red peppers	£0.90
British chicken thighs (900g)	£1.88
MEAT, FRUIT & VEG	





Spanish-style eggs

With homemade flatbreads

Eggs are a brilliant source of protein, and a cheap and easy way to get it into your kids diet. You could skip the homemade flatbreads and serve with buttered toast cut into soldiers for dipping.

Serves 4

Total time 25 minutes

Ingredients

1 onion
½ a red pepper
1 carrot (100g)
1 large pinch of dried oregano
1 large pinch of sweet paprika
1 x 400g tin of chopped tomatoes
1 x 400g tin of chickpeas
4 medium free-range eggs

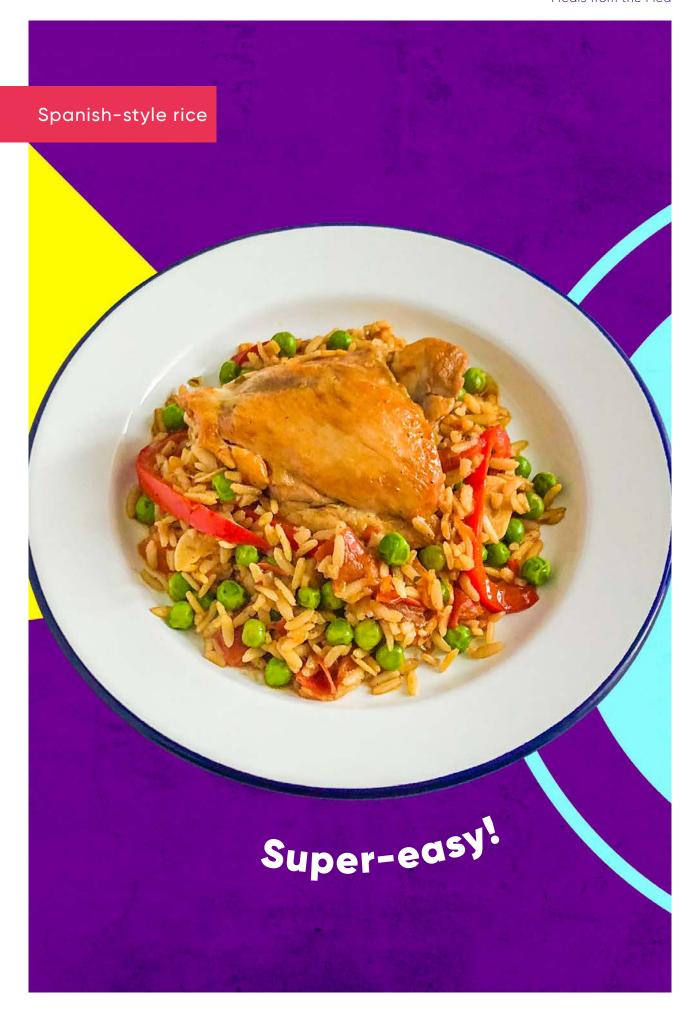
Flatbreads

200g self-raising flour, plus extra for dusting 180g low-fat natural yoghurt

Watch on YouTube

Method

- Peel and finely slice the onion. Deseed and finely slice the pepper. Wash, trim and chop the carrot into 1.5cm chunks (there's no need to peel it).
- Put a medium non-stick frying pan on a medium heat with 1 tablespoon of oil. Add the onion, pepper and carrot and cook for 8 to 10 minutes, or until softened and lightly golden, stirring regularly.
- 3. Meanwhile, pile the flour into a bowl with a tiny pinch of salt, the yoghurt, and 1 tablespoon of oil, then mix into a dough. Divide into four, then roll out each piece on a flour-dusted surface until just under ½cm thick.
- 4. Sprinkle the oregano and paprika into the veg pan, then add the tomatoes, breaking them up with the back of a spoon. Tip in the chickpeas (juice and all), mix well, and simmer for 5 minutes.
- 5. Put a large non-stick frying pan on a medium-high heat alongside. Cook the flatbreads for 2 to 3 minutes, or until golden, turning halfway (you may need to do this one at a time). Stack the flatbreads in a tea towel as you go to keep them warm.
- 6. Make 4 wells in the tomato sauce and crack an egg into each, then cover the pan and cook for 4 to 5 minutes so the whites are set and the yolks are still runny, or until cooked to your liking.
- 7. Divide the coddled eggs and tomato sauce between 4 plates, then serve with the warm flatbreads, for dunking.





Spanish-style rice

With chicken thighs, tomatoes & peas

This one-pan chicken and rice dish is easy to make and full of flavour – one you'll make again and again.

Serves 2

Watch on YouTube

Total time 35 minutes

Ingredients

2 chicken thighs, skin on, bone in

2 cloves of garlic

 $\frac{1}{2}$ an onion

½ a red pepper

3 salad tomatoes

1 large pinch of dried oregano

½ teaspoon sweet paprika

1 x 250g microwave wholegrain rice pouch

160g frozen peas

Method

- Carefully remove the skin from the chicken thighs and discard. Wash your hands, the board and the knife.
- 2. Peel and finely slice the garlic, peel and finely chop the onion. Deseed and finely slice the pepper. Roughly chop the tomatoes.
- 3. Place a medium shallow casserole pan on a medium heat with 1 tablespoon of oil. Add the chicken to the pan and cook for 5 minutes, or until browned all over, turning occasionally.
- 4. Add the oregano, paprika, garlic, onion and pepper and cook for 5 more minutes, or until softened, stirring regularly.
- 5. Pour in 350ml of boiling kettle water, stir in the tomatoes and cook for another 20 minutes with a lid on. Remove the lid for the final 3 minutes and stir in the rice and peas.
- 6. Season with a tiny pinch of salt and black pepper, then divide between 2 plates, to serve.

Serving sizes

Dried rice

• 11 to 18 year olds: 55-65g dried rice per portion





Greek-style chicken

With tzatziki, salad & homemade tortillas

Embrace the flavours of Greek souvlaki in these delicious chicken wraps – perfect for a sunny day.

Serves 4

Watch on YouTube

Total time 40 minutes

Ingredients

- 4 chicken thighs, skin on, bone in
- 2 cloves of garlic
- 1 red pepper
- 1 heaped teaspoon dried oregano
- 1 lemon
- ½ a cucumber
- 2 tablespoons low-fat natural yoghurt
- ½ a soft round lettuce

Tortillas

250g self-raising flour, plus extra for dusting

Method

- Carefully remove the skin from the chicken and discard. Wash your hands, the board and the knife.
- Put a medium shallow casserole pan on a medium-high heat with 1 tablespoon of oil. Add the chicken to the pan and cook for 5 minutes, or until lightly golden, turning halfway.
- 3. Meanwhile, peel and finely chop the garlic, and halve, deseed and slice the pepper, then add both to the chicken pan. Sprinkle over the oregano, finely grate over the lemon zest, season with salt and black pepper, and toss until everything is coated. Cover, reduce the heat to low, and cook for 30 minutes, turning the chicken regularly.
- 4. Meanwhile, pile the flour into a large bowl with a tiny pinch of salt and make a well in the middle. Add 1 tablespoon of oil and 150ml of water to the well, then use a fork to mix until you have a dough. Knead on a flour-dusted surface until smooth, then divide into 4 balls. Roll each ball of dough into a circle, as thin as you can, turning as you go and dusting with a little extra flour, if needed.
- 5. Put a medium non-stick frying pan on a medium heat. Cook the tortillas for 2 minutes on each side, or until golden brown and cooked through (you may need to do this in batches). Stack the tortillas in a tea towel as you go to keep them warm.

Continued on next page

Greek-style chicken

With tzatziki, salad & homemade tortillas

Method

- 6. To make the tzatziki, halve the cucumber, scrape out and discard the seeds, and finely chop it. In a bowl, mix with the yoghurt, a tiny pinch of salt and half the lemon juice. Cover and place in the fridge.
- 7. Wash and dry the lettuce, then finely slice.
- 8. Use 2 forks to shred the chicken, discarding any bones or wobbly bits, toss through the cooked pepper and squeeze over the remaining half of the lemon juice. Serve with the warm tortillas, shredded lettuce and tzatziki.





Tomato & basil pasta

With sardines & easy garlic bread

Tomato and basil are the perfect match in this simple spaghetti. Seasoned with savoury sardines and served with a cheat's garlic bread, it's sure to be a winner.

Serves 2

Total time 30 minutes

Watch on YouTube

Ingredients

4 cloves of garlic
1 part-baked baguette
130g wholewheat spaghetti
½ a bunch of fresh basil (15g)
½ an onion
1 x 400g tin of chopped tomatoes
1 x 120g tin of sardines in
sunflower oil

Method

- 1. Preheat the oven to 200°C/400°F/gas 6.
- 2. Peel and finely chop 2 cloves of garlic, then mix with 2 tablespoons of oil in a small bowl. Slice the baguette at 2cm intervals, going three-quarters of the way through, then spread the garlic oil all over the bread, rubbing it into the slices. Wrap the baguette in tin foil and bake for 20 minutes, or until golden, opening the foil parcel for the final 5 minutes so the bread crisps up.
- Meanwhile, cook the spaghetti in a pan of boiling salted water according to the packet instructions, then drain, reserving a mugful of starchy cooking water.
- 4. Pick the baby basil leaves and put aside, then tear up the rest and finely chop the stalks. Peel and finely chop the remaining garlic and the onion.
- 5. Put a large non-stick frying pan on a medium heat with 1 tablespoon of oil. Add the basil stalks, garlic and onion to the pan and cook for 3 minutes, or until softened, stirring regularly.
- 6. Add the torn basil leaves, then tip in the tomatoes, breaking them up with the back of your spoon. Season with salt and black pepper and bring to the boil, then leave to simmer on a low heat, stirring regularly.
- 7. Toss the cooked spaghetti in the sauce, loosening with splashes of cooking water, if needed. Drain and add the sardines and toss together so they gently break up in the sauce.
- 8. Divide between 2 plates, top with the baby basil leaves and serve with the warm garlic bread.

Serving sizes Wholewheat spaghetti

 11 to 18 year olds:
 65-80g wholewheat spaghetti per portion





Beautiful bruschetta

With tomato, smashed peas & mozzarella

You can't go wrong with a crispy toasted baguette topped with cheese, peas, tomatoes and basil.

Serves 2

Total time 15 minutes

Ingredients

100g frozen peas1 clove of garlic2 sprigs of fresh basil2 salad tomatoes1 part-baked baguette1 x 210g ball of mozzarella

Watch on YouTube

Method

- Cook the peas in a pan of boiling kettle water for 2 minutes, then drain. Place in a bowl and use a fork to mash well.
- 2. Peel the garlic and finely chop a quarter of the clove (save the rest in the fridge to use another day). Pick and finely chop the basil leaves. Add the garlic and basil to the peas, along with 1 tablespoon of oil and a tiny pinch of salt and black pepper.
- 3. Halve, deseed and finely chop the tomatoes.
- 4. You can toast your baguette in the toaster, under the grill, or in a large non-stick frying pan on a medium-high heat. If using the grill or a pan, get it hot now.
- 5. Carefully slice the baguette at an angle into six 3cm-thick slices and toast until golden on both sides (about 2 minutes) keep an eye on it!
- 6. Use 1 tablespoon of oil to evenly brush one side of each of the toasted slices.
- Evenly brush 1 tablespoon of oil onto one side of the toasted slices.
- 8. Tear the mozzarella over the toasts, then spoon over the smashed garlicky peas, and top with the chopped tomatoes. Sprinkle over a tiny pinch of black pepper, to finish.

Snack ideas

Fruit (kiwi, banana, orange) with natural yoghurt is a great snack.

4 to 10 year olds:

80-120g yoghurt

11 to 18 year olds:

120g-150g yoghurt



Meal Plan

Monday

Quick veggie omelette

With mushrooms, spring onions & peas

Tuesday

Cottage pie

With carrots, mushrooms & broccoli

Wednesday

Broccoli quiche

With Cheddar, spring onions & peas

Thursday

Homemade baked beans on toast

With Cheddar

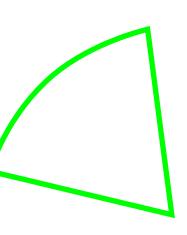
Friday

Easy tuna fish cakes

With peas

Healthy snacks

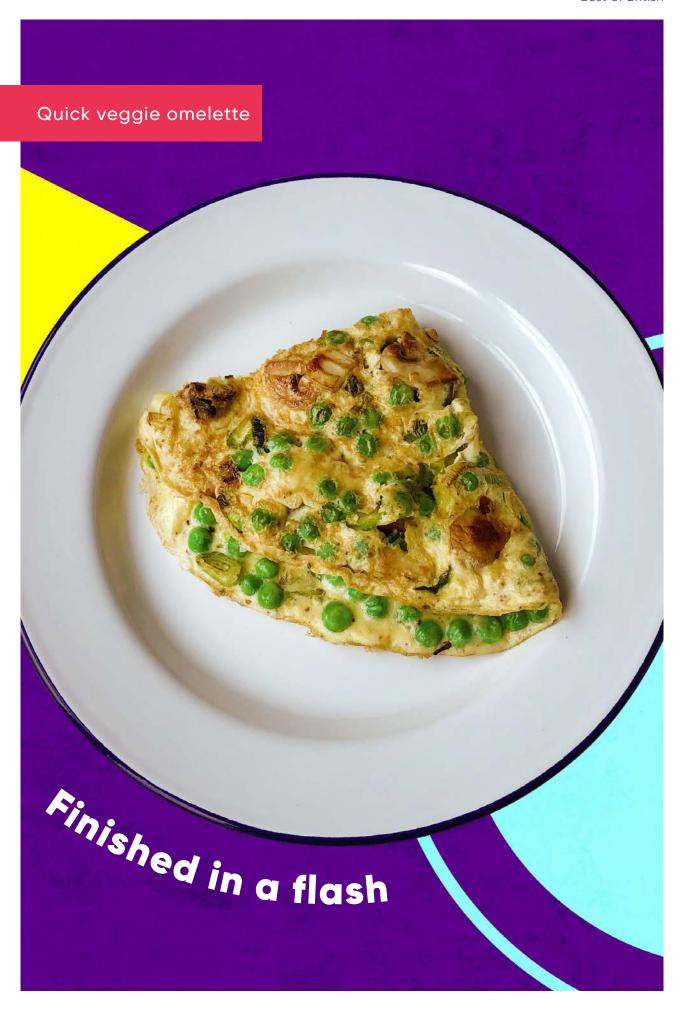
Fruit (kiwi, banana, apple) is a great snack.

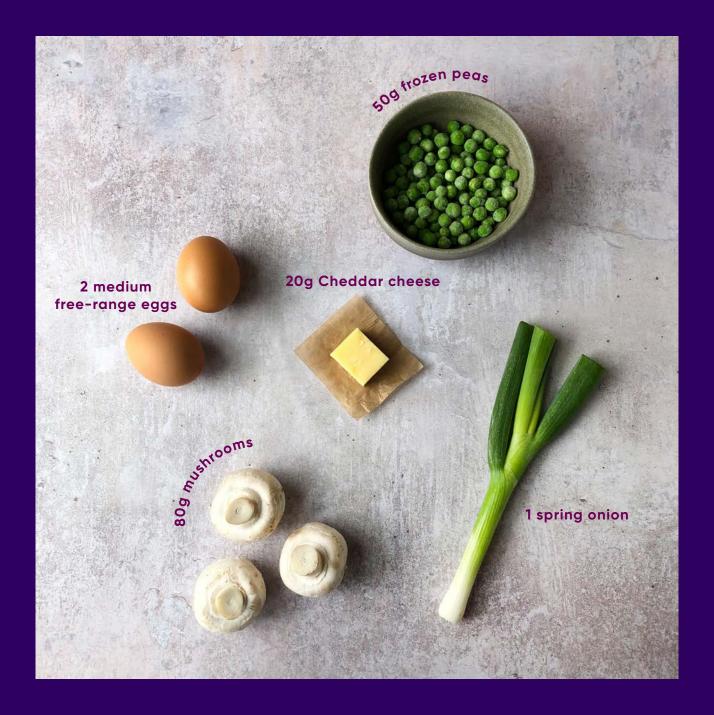




Shopping List

£0.80 £1.79 £1.00 £0.40 £0.59 £0.28 £0.40 £1.69 £0.50 £0.45 £0.61
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£0.39
£0.30
£0.45
£0.55
£0.10
£0.48
£0.10
£0.82
£1.00
£1.55





Quick veggie omelette

With mushrooms, spring onions & peas

When you want a filling lunch in no time, a quick veggie omelette is all you need.

Serves 2

Total time 10 minutes

Watch on YouTube

Ingredients

1 spring onion80g mushrooms20g Cheddar cheese2 medium free-range eggs50g frozen peas

Method

- Wash, trim and finely slice the spring onion.
 Tear the mushrooms into rough pieces and grate the cheese.
- 2. Place a medium non-stick frying pan on a medium heat with 1 teaspoon of oil. Add the mushrooms and fry for 5 minutes, or until golden and softened, stirring regularly and adding the spring onion for the final 2 minutes.
- 3. Meanwhile, beat the eggs in a bowl with a tiny pinch of salt and black pepper.
- 4. Stir the frozen peas into the mushrooms and cook for 1 minute, then pour over the egg mixture, swirling and tilting the pan so the whole base of the pan is covered. Cook for just under 1 minute, or until the omelette begins to set, then sprinkle over the cheese.
- 5. Using a spatula, ease around the edges of the omelette, then fold it over in half.
- 6. Once the omelette is golden brown underneath, remove the pan from the heat and slide the omelette on to a plate, to serve.

Serving sizes
11 to 18 year olds:

Serves 1





Cottage pie

With carrots, mushrooms & broccoli

This British classic is perfect for batch cooking. Simply portion up and stash in the freezer for a quick dinner solution.

Serves 6 to 8

Total time 50 minutes

Watch on YouTube

Ingredients

1.2 kg potatoes

2 carrots (200g)

1 onion

300g mushrooms

500g beef mince

120g Cheddar cheese

50ml semi-skimmed milk

2 beef stock cubes

2 heaped tablespoons plain flour

3/4 of a head of broccoli (around 260a)

Method

- 1. Peel the potatoes, chop into even-sized chunks and cook in a large pan of boiling salted water for 12 to 15 minutes, or until tender.
- 2. Meanwhile, scrub the carrots and peel the onion, then chop both into 1cm dice. Tear up the mushrooms into rough pieces.
- 3. Scrunch the mince into a large casserole pan on a high heat with 1 teaspoon of oil and cook for 5 minutes, or until browned and all the liquid has bubbled away, stirring and breaking it up with a wooden spoon and scraping up any sticky bits. Add the veg to the pan, turn the heat down to medium and cook for a further 10 minutes, or until softened, stirring regularly.
- 4. When the potatoes are ready, drain and leave to steam dry. Return the potatoes to the pan and grate in half of the cheese. Mash well with 1 teaspoon of oil, the milk and a tiny pinch of salt and pepper, then cover and set aside.
- 5. Pour 800ml of boiling kettle water into a large measuring jug, crumble in the stock cubes, then stir until dissolved.
- 6. Preheat the oven to 200°C/400°F/gas 6.
- 7. Stir the flour into the casserole pan and gradually stir in the stock. Keep stirring until thickened, scraping up any sticky bits, then season with a pinch of black pepper and bring to the boil. Simmer for 5 minutes, or until the gravy has reduced and thickened slightly, stirring regularly.

Continued on next page

Serving sizes
11 to 18 year olds:

Serves 4 to 6

Cottage pie

With carrots, mushrooms & broccoli

Method

- 8. Remove the mince pan from the heat and carefully spoon over the mash in little heaps, spread out slightly and sprinkle over the cheese. Place on a baking tray and bake for 25 minutes, or until lightly golden and bubbling at the edges.
- 9. With 10 minutes to go, trim the tough end off the broccoli stalk, break off the florets and slice the stalk, then cook in a pan of boiling water for 8 to 10 minutes, or until tender, then drain.
- **10**. Divide the broccoli and cottage pie between warm plates, and dig in.





Broccoli quiche

With Cheddar, spring onions & peas

Ready-made pastry takes the hassle out of making a quiche from scratch. Keep any leftovers in the fridge – it's great for picnics!

Serves 6 to 8

Watch on YouTube

Total time 30 minutes

Ingredients

¼ of a head of broccoli (around 90g)
3 spring onions
8 medium free-range eggs
50ml semi-skimmed milk
200g frozen peas
60g Cheddar cheese
1 x ready-rolled shortcrust pastry (375g)
3-4 slices of wholemeal

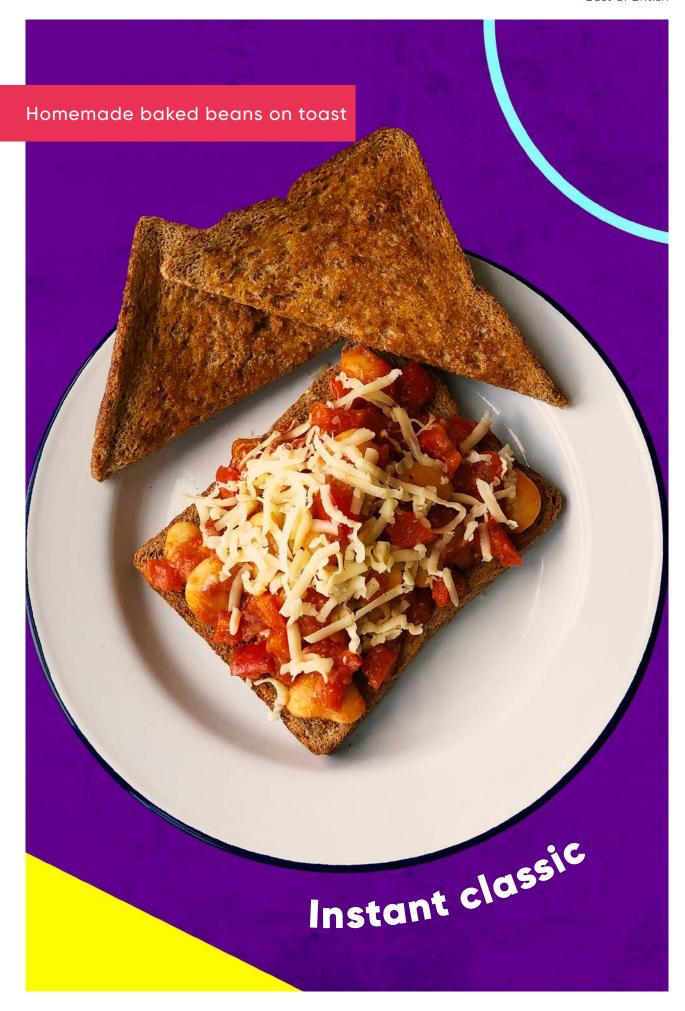
bread (optional)

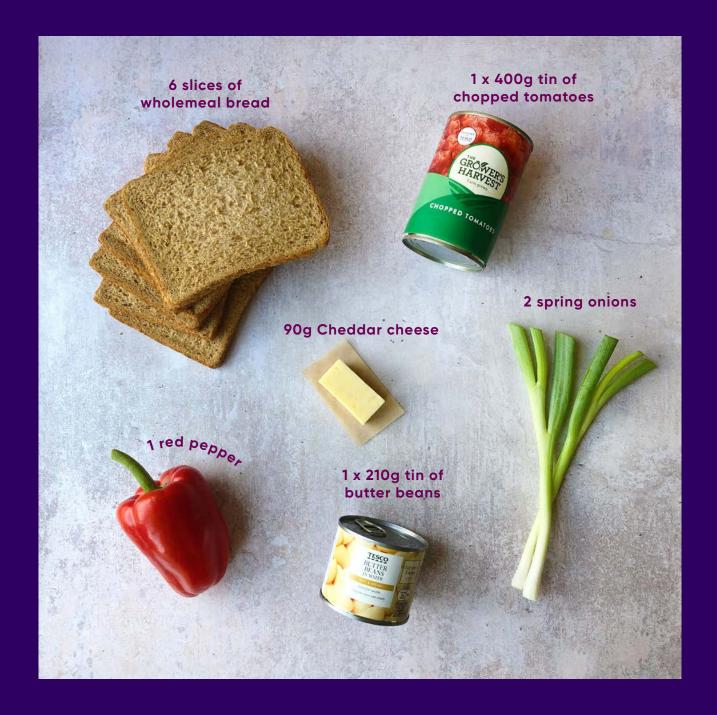
Method

- 1. Preheat the oven to 200°C/400°F/gas 6.
- 2. For the filling, trim the tough end off the broccoli stalk. Coarsely grate the remaining stalk, then cut the florets into small pieces. Trim and finely slice the spring onions.
- 3. Lightly beat the eggs in a large bowl with the milk and a tiny pinch of salt and black pepper, then put 2 tablespoons of the mixture aside for later.
- 4. Add the peas, spring onions, broccoli florets and grated broccoli stalk to the bowl, grate in half of the cheese and mix together.
- 5. Grease a 25cm x 30cm shallow roasting tin with 1½ teaspoons of oil. Line the tin with the pastry, easing and pushing it carefully into the sides and tucking in any overhanging pastry.
- 6. Pour in the filling, gently spreading it out, then grate over the remaining cheese and brush the exposed pastry with the reserved egg wash. Place on a baking tray and cook at the bottom of the oven for 20 minutes, or until beautifully golden and set.
- Let it rest for 5 minutes, slice up, and divide between warm plates. Serve each slice of quiche with half a slice of wholemeal bread, if you like.

Serving sizes 11 to 18 year olds:

Serves 4 to 6





Homemade baked beans on toast

With Cheddar cheese

Baked beans on toast is a British staple – have a go at making your own for something really special.

Serves 3

Watch on YouTube

Total time 25 minutes

Ingredients

2 spring onions
1 red pepper
90g Cheddar cheese
1 x 400g tin of chopped tomatoes
1 x 210g tin of butter beans
6 slices of wholemeal bread

Method

- Trim and finely slice the spring onions. Halve, deseed and chop the pepper into 2cm chunks. Grate the cheese.
- 2. Place a large non-stick pan on a medium heat with 1 teaspoon of olive oil. Add the spring onions and pepper and fry for 5 minutes, or until softened and lightly golden, stirring regularly.
- 3. Tip in the tomatoes, breaking them up with the back of a spoon, then add the butter beans (juice and all), mix well and season with a tiny pinch of salt and black pepper. Stir and bring to the boil, then reduce the heat to low and simmer for 15 minutes, or until thickened and reduced, stirring occasionally.
- 4. With 5 minutes to go, toast the bread (you may need to do this in batches). Stack the toast in a clean tea towel as you go to keep it warm.
- 5. When the beans are ready, remove the pan from the heat and stir in most of the cheese, allowing it to melt.
- 6. Divide the toast between warm plates, spoon over the cheesy beans, and sprinkle over the remaining cheese, to finish.





Easy tuna fish cakes

With peas

These simple fish cakes are super-tasty and a great recipe to get the kids to help out with. It's also delicious using tinned salmon and sweet potato.

Serves 2

Total time 30 minutes

Watch on YouTube

Ingredients

400g potatoes
35g Cheddar cheese
1 lemon
1 splash of semi-skimmed milk
1 x 145g tin of tuna chunks
in water

2 heaped tablespoonsplain flour1 medium free-range ed

1 medium free-range egg 250g frozen peas

Method

- 1. Peel the potatoes, chop into even-sized chunks and cook in a large pan of boiling salted water for 12 to 15 minutes, or until tender, then drain.
- 2. Finely grate in the cheese and the zest of the lemon. Add a small squeeze of lemon juice, the milk, 1 teaspoon of oil and a tiny pinch of salt and black pepper, mash well until smooth, then set aside to cool.
- 3. Drain the tuna and flake into the cooled mash, then add 1 tablespoon of flour. Separate the egg, discarding the white, then beat in the yolk and stir well to combine.
- 4. Evenly spread the remaining flour onto a large plate. With wet hands, divide the mixture into four and shape into 2cm-thick patties, turning the patties in the flour and dusting off any excess onto a clean plate as you go.
- 5. Fry the fishcakes in 1 tablespoon of oil in a large non-stick frying pan on a medium-high heat for 2 to 3 minutes on each side, or until golden and cooked through.
- 6. Meanwhile, cook the peas in a pan of boiling kettle water for 2 minutes, then drain and toss in half the lemon juice.
- Divide the fishcakes and lemony peas between warm plates, and serve with lemon wedges, for squeezing over.

Thank you

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Thank you to the gang at The Jamie Oliver Group for offering their invaluable expertise and time. Huge thanks to the wonderful food team for creating, testing and shooting all the recipes, and to the amazing nutrition team for their vitally important guidance. On design, big thanks to the talented art team, and to the amazing editorial team for those all-important words.

And of course, massive thanks to the brilliant Jack Deane for kindly volunteering 8 weeks of his time to teach the recipes live on YouTube every week day.

Credits

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