



# Lentil Curry

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## ingredients

- 150g dried red or yellow lentils
- 1 onion chopped
- 1 tin tomatoes chopped or crushed
- 2 tsp curry powder

Serves: 4



### In a hurry!

Swap dried for canned if you want something quick.  
Be sure to rinse and drain well first.

## directions

- 1.Wash, then soak the lentils in cold water for 1 hour
- 2.Heat the oil in a saucepan on a medium heat, add the onions and cook until just starting to colour.
- 3.Add the curry powder and stir in, add the tomatoes, a mug of water and the lentils.
- 4.Bring to the boil and cook until the lentils are soft, around 30-40 minutes.
- 5.Serve with flat breads - recipe on overleaf



# Spaghetti Bolognese

## directions

### ingredients

- 2 tbsp olive oil
- 400g/14oz beef mince
- 1 onion, diced
- 2 garlic cloves, chopped
- 100g/3½oz carrot, grated
- 2 x 400g tin chopped tomatoes
- 400ml/14fl oz stock  
(made from stock cube.  
Ideally beef, but any will  
do)
- 400g/14oz dried spaghetti
- salt and pepper

1. Heat a large saucepan over a medium heat. Add a tablespoon of olive oil and once hot add the beef mince and a pinch of salt and pepper. Cook the mince until well browned over a medium-high heat.
2. Add another tablespoon of oil to the saucepan you browned the mince in and turn the heat to medium. Add the onions and a pinch of salt and fry gently for 5-6 minutes, or until softened and translucent. Add the garlic and cook for another 2 minutes. Add the grated carrot then pour the mince and any juices in the bowl back into the saucepan.
3. Add the tomatoes to the pan and stir well to mix. Pour in the stock, bring to a simmer and then reduce the temperature to simmer gently for 45 minutes, or until the sauce is thick and rich. Taste and adjust the seasoning as necessary.
5. When ready to cook the spaghetti, heat a large saucepan of water and add a pinch of salt. Cook according to the packet instructions. Once the spaghetti is cooked through, drain and add to the pan with the bolognese sauce. Mix well and serve.

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# Sausage Casserole

## directions

### ingredients

- 4 large potatoes
- 4 carrots
- 8 sausages
- 2 tbsp olive oil
- 1 onion, chopped
- 1 garlic clove, crushed
- 1 tsp paprika
- 400g can chopped tomatoes
- 400ml vegetable stock (we like Knorr)
- 1-2 bay leaves

- 1.Turn the oven to 180°C/fan160°C/gas 4. Peel the potatoes and carefully cut them in half, then into quarters. Peel the carrots and cut each carrot into about 4 or 5 even pieces.
- 2.Prick the sausages all over with a fork – this helps the fat to run out of the sausages, so that they don't split open as they cook. Heat the olive oil in a heavy-based casserole and fry the sausages, turning often, until lightly golden all over – this should take about 10 minutes. Remove the sausages from the pan and put them on a plate.
- 3.Add the chopped onion to the casserole and continue to cook over a low heat for 5-10 minutes, until the onion is slightly soft. Add the garlic and paprika and cook for another minute.
- 4.Add the chopped potatoes and carrots and stir everything around in the casserole so that the vegetables are coated with the oil.
- 5.Add the tomatoes and stock and the bay leaves. Bring to a simmer (so it's just bubbling gently). Return the sausages to the casserole.

Using your oven gloves, carefully put the casserole into the oven. Cook for 45 minutes, until the potatoes are cooked through, and serve.

  
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# Lamb Burgers

## ingredients

- 250g minced lamb (lean)
- 1/2 onion chopped
- 1/2 egg
- 1/2 tsp garlic powder
- 1/4 tsp dried mixed herbs
- 1/4 tsp ground coriander
- 1/4 tsp ground cumin
- 1 pinch black pepper
- White breadcrumbs (1 slice)

## directions

- 1.Preheat the oven to 180oc/350OF/gas mark 4
- 2.Finely dice the onion.
- 3.Whisk the egg and use it to combine all the ingredients in a large bowl.
- 4.Flatten the mixture on to a work surface and divide into balls.
- 5.Roll and flatten each burger.
- 6.Place on a baking tray and bake in the oven for 20 mins or until thoroughly cooked.



### Top Tip

Try with minced beef or  
pork instead of lamb.



# Basic Flatbread

## directions

### ingredients

- 125g flour
- 100ml warm water
- Pinch salt



Pizza anyone?

Flat bread also makes a great base for a homemade pizza too!

Serves: 4

1. Mix together the flour, salt and water, adding the water little by little until a soft smooth dough is formed. If your dough is dry, add a little more water, if wet, add a little more flour.
2. Knead for a few minutes until soft and smooth. Rest the dough for at least 20 minutes.
3. Roll the dough in to a sausage shape then cut the dough in to 6 equal pieces.
4. Roll in to a ball and dust a surface with a little flour. Rollout the ball until around 1 or 2mm thick.
5. Cook in a dry frying pan on medium heat flipping over when dry spots appear on the surface



# Tuna Pasta Bake

## ingredients

- 300g penne pasta
- 4 large tablespoons of tinned chopped tomatoes or passata
- 1 tin tuna
- 1 small tin of sweetcorn
- 1 pinch seasoning (salt, pepper, pasta/pizza herbs)
- 70g cheese, grated (optional)
- Breadcrumbs (optional)



### Quick Meal

Once the pasta bake has cooled down you could always freeze some for another time.

Serves: 4

This can be used using the food from this parcel

## directions

- 1.Boil pasta in a pan according to instructions
- 2.Drain water from pasta pan once cooked and add the tinned tomatoes, sweetcorn, tuna and seasoning and mix thoroughly
- 3.Pour pasta, tomato and tuna mix into small oven proof dish. Sprinkle with cheese and bread crumbs if using.
- 4.Put in the oven at 200c or under the grill for 10 minutes and serve immediately



## ingredients

- 2 cups of dried pasta
- 1 can of chopped tomatoes or passata
- 2 Tbsp butter
- 2 teaspoons sugar  
(more or less to taste)
- Salt
- Pepper

Serves: 4

Quick Tip you have any  
tinned veg in the  
cupboard add that too

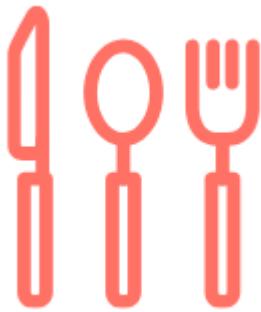


# Tomato Pasta

## directions

1. Cook the pasta: Half fill a pan with water. Add a tablespoon of salt. Bring salted water to boil. Add pasta. Cook until tender but still a little firm.
2. Cook the tomatoes with butter and seasonings: While the pasta water is heating and the pasta is cooking, open the tin of tomatoes and put them in a small saucepan make sure to chop up any big lumps. Add any tomato juice left in the tin to the pan. Add the butter to the pan of tomatoes. Heat to a simmer and stir to melt the butter. Simmer gently while the pasta is cooking. Stir in sugar, salt, and pepper to taste.
3. Drain the pasta, combine with the tomatoes: When the pasta is done, drain it. Stir in the cooked tomatoes and put in a serving bowl.

Serve immediately



# Traffic light omelettes

## directions

1. Heat 1 tsp vegetable oil in a non-stick frying pan. Add the peppers and spring onions, and stir-fry for 3-4 minutes until soft. Tip them out of the pan into a bowl. Wipe out the pan with kitchen paper. Preheat the grill.
2. Beat the eggs and milk together. Heat a few drops of vegetable oil in the non-stick frying pan and pour in one quarter of the egg mixture. Let it flow over the surface and cook for 1-2 minutes to set the base.
3. Sprinkle one quarter of the pepper mixture evenly over the surface, then grill for 1-2 minutes until set. Slide onto a warm plate.
4. Repeat with the remaining mixture to make four omelettes. Serve, seasoned with black pepper.

Serves: 4

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# Leek, Potato and Butter Bean Soup

## directions

### ingredients

- 1 Large Baking Potato
- 1 Small Onion
- 1 Fresh Leek
- 1 1/2 Canned butter beans, no added salt or sugar
- Water 250ml
- Whole Milk 100ml
- Vegetable Oil 1/2 Tablespoon

1. Chop the potato, onion and leeks.
2. Put the potato, onion, leek, butter beans and water into a large pan, and boil until the potato and vegetables are soft.
3. In a food processor, blend half the potatoes and vegetables with the cooking water and all the milk until smooth.
4. Add the remaining potato and vegetable to the blended soup mixture. Put the soup back in the large saucepan and bring to the

Serves: 5

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# Chicken Risotto

## directions

### ingredients

- 1 Small peeled Onion
- 1 Clove of Garlic, peeled
- 1 Small fresh red pepper
- 1/2 Tablespoon Vegetable Oil
- Chicken breast, diced 200g
- White Rice 150g
- Water 300ml
- Frozen Peas 50g
- 3 Springs of fresh parsley

- 1.Chop the onion, garlic and pepper.
- 2.Heat oil in a pan, add the onion and garlic and cook until softened.
- 3.Add the diced chicken and cook for 10 minutes.
- 4.Add the peppers and rice and fry for a few minutes
- 5.Pour over 3/4 of the water and cook until almost all of the water has been absorbed by the rice.
- 6.Add the frozen peas and gradually add the remaining water until the rice is soft and the risotto is creamy.
- 7.Chop the parsley and stir into the risotto before serving.

Serves: 5

  
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# Sausage & Cannellini Bean Casserole

## directions

### ingredients

- 1 tbsp oil
- 8 reduced fat pork sausages
- 1 onion, finely chopped
- 1 celery stick, finely chopped
- 1 carrot, peeled and finely chopped
- 2 garlic cloves, finely chopped
- 400g tin chopped tomatoes
- 400ml chicken stock (made up with half a stock cube)
- 1 tsp smoked paprika
- 400g tin cannellini beans, drained and rinsed
- 100g sliced greens

1. Heat the oil in a large, non stick frying pan over a medium – high heat. Add the sausages and cook for 5 mins, turning frequently, until browned all over. Remove from the pan and set aside on a plate.

2. Add the onion, celery, carrot and garlic to the pan. Cook over a medium-high heat for 10 mins until softened and lightly golden. Return the sausages to the pan along with the tinned tomatoes, stock and smoked paprika. Season lightly and stir. Bring to the boil, then reduce to a simmer for 20 mins until the sauce thickened slightly.

3. Stir in the beans and greens, then cover and simmer for a further 5 mins until the greens have softened. Season with black pepper.

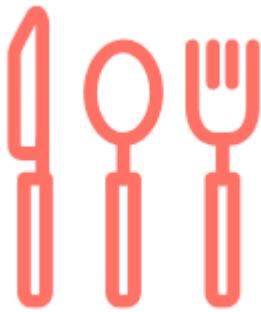
Serves: 4

Quick Meal

Make extra batches and freeze for up to 3 months.

  
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# Beef

# Lasagne

## ingredients

- Onion, peeled 60g (1 small)
- Garlic, peeled 1 clove
- Beef, lean, minced 210g
- Oregano  $\frac{1}{2}$  teaspoon
- Tomato purée 30g (2 tablespoons)
- Canned tomatoes, chopped 100g ( $\frac{1}{2} \times 200\text{g can}$ )
- Water 200ml
- Soft margarine 20g
- Plain flour 20g
- Whole milk 200ml
- Lasagne sheets 90g (5–6 sheets)
- Cheddar cheese, full-fat 30g

## directions

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Chop the onion and garlic.
3. Put a large pan on a medium heat, add the mince and cook until brown. Add the onions, garlic, oregano and tomato purée and cook for 5 minutes until the onion has softened.
4. Add the canned tomatoes and water and leave to simmer for 20 minutes.

Serves: 5



*Serving suggestion!*  
Serve with garlic bread and seasonal vegetables.

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# Tuna Fishcakes

## ingredients

- 1 Tablespoon of vegetable oil
- 2 1/2 baking potatoes, peeled
- 1 Small onion, peeled
- 1 1/4 Canned tuna in spring water, drained
- 1 Teaspoon mixed herbs, dried
- 2 Medium slices wholemeal bread
- 4 Eggs

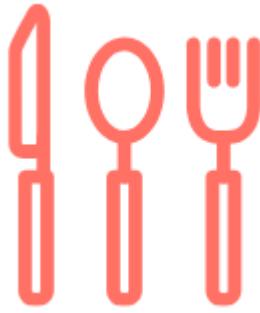
## directions

- 1.Preheat the oven to 200°C/400°F gas mark 6. Grease baking tray with half the oil.
- 2.Chop the potatoes and onions. Put the potatoes in a pan, cover with water and boil for 20 minutes or until soft.
- 3.Drain the potatoes and mash them until smooth.
- 4.Heat half the oil in frying pan, add the onion and fry for 5 minutes or until soft.
- 5.Combine the potatoes, onions, tuna and herbs in a large bowl.
- 6.Make the bread into breadcrumbs and beat the egg in a bowl.
- 7.Roll the potato and tune mixture into balls, coat in egg and breadcrumbs and place on the greased baking tray. Bake the oven for 20-30 minutes

Serves: 5

  
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# Lentil & Tomato soup

## ingredients

- 2 tsp oil
- 1 onion (finely chopped)
- 2 cloves of garlic (finely chopped)
- 60g red lentils
- 400g tin of chopped tomatoes
- 200ml of vegetable stock
- Pinch of paprika (optional)
- Pinch of black pepper

## directions

1. Heat the oil in a saucepan over a medium heat. Add the onion and garlic and cook for 2 – 3 minutes.
2. Add the remaining ingredients, including black pepper to taste, and bring to the boil. Reduce the heat and simmer for 20 minutes.
3. Serve immediately or leave to cool and store in the fridge or freezer.

## Quick Meal

Add a little chili powder if you want a spicy soup.

Make batches of the soup and freeze for up to 3 months.

Serves: 2

  
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# Chicken and Vegetable cou- cous salad

## ingredients

- Couscous 180g
- Water 225ml
- Cooked Chicken 150g
- 1/2 Fresh Pepper
- 1/2 Teaspoon Fresh Coriander
- 1/2 Teaspoon Fresh Parsley
- 60g Cucumber
- 1/2 Tablespoon Olive Oil

## directions

- 1.Boil the water and pour over the Couscous in a bowl. Cover with cling film and leave to stand for 5 minutes or until the water has been absorbed.
- 2.Meanwhile, chop the remaining ingredients.
- 3.When the Couscous is ready, fluff with a fork and stir in the chopped chicken, vegetables, herbs and olive oil. Chill and serve.

Serves: 5



# Carrot & Coriander Soup



## ingredients

- 1 tbsp vegetable oil
- 1 onion sliced
- 450g/1lb carrots, peeled and sliced
- 1 tsp ground coriander
- 1.2 litres/2 pints vegetable stock
- Large bunch fresh coriander, roughly chopped (optional)
- Black pepper

Serves: 4

## directions

1. Heat the oil in a large frying pan and add the onions and carrots. Cook for 3 – 4 minutes until starting to soften.
2. Stir in the ground coriander and season with pepper. Cook for 1 minute.
3. Add the vegetable stock and bring to the boil. Simmer for 10 minutes or until the vegetables are tender
4. Whizz with a hand blender or in a blender until smooth. Reheat in a sauce pan, stir in the fresh coriander if using and serve.



# Fish Pie

## directions

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Chop the potato into 2cm cubes. Boil in water for 15 minutes or until soft.
3. Meanwhile put the salmon, haddock and smoked haddock in a large pan, cover with the milk (reserving some for the mashed potato) and simmer for 20 minutes or until the fish is cooked. Remove the fish, check for bones and set aside. Reserve the milk.
4. Drain the potatoes and then mash with enough margarine and milk to make a smooth consistency.
5. Prepare a roux white sauce: melt the remaining margarine in a pan on a low heat. Once the margarine has melted, add the flour and mix well. Gradually add the milk used to poach the fish to the margarine and flour mixture, stirring continuously until the sauce is smooth and thick.
6. Flake the fish into the white sauce, taking care to remove all bones.
7. Pour the fish mixture into a large ovenproof dish and top with the mashed potato.
8. Bake in the oven for 30 minutes or until piping hot throughout

## Quick Meal

Tip Add chopped fresh herbs to the white sauce to add colour and flavour .

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# Veggie Chilli

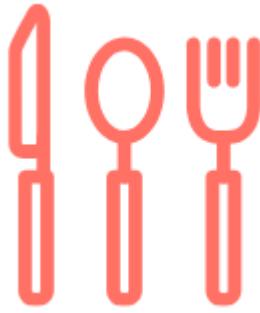
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## directions

### ingredients

- 2 tsp of vegetable oil
- 2 garlic cloves crushed
- 1 red chilli, deseeded and finely chopped
- 300g vegetarian mince
- 1 tin of kidney beans
- 1 tin of chopped tomatoes
- 1 medium onion
- 1 medium carrot
- 2 peppers, any colour, deseeded and chopped
- 2 tsp tomato purée (optional)
- 100ml reduced-salt vegetable or chicken stock (optional)
- 1 pinch ground black pepper (optional)
- 200g of easy cook rice

1. Heat the vegetable oil in a large saucepan and add the onion.
2. Fry gently for 2-3 minutes, then add the carrot, garlic, red chilli and peppers and fry for 2-3 more minutes, stirring often.
3. Add the frozen mince, beans, tomatoes, tomato puree and stock.
4. Bring to the boil, then reduce the heat and simmer, partially covered, for 25-30 minutes. At the same time, put the rice on to cook in plenty of gently boiling water – it will take 25-30 minutes.
5. Season the chilli with pepper, then serve in warm bowls with the cooked, drained rice.



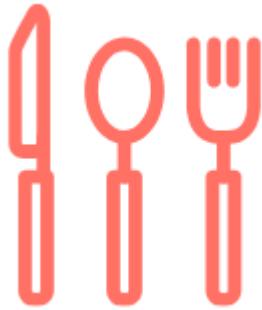
# Turkey & vegetable stir fry

## directions

### ingredients

- 125g dried egg noodles, medium or fine
- 1 small orange, juiced
- 1 tbsp reduced-salt soy sauce
- 1 tbsp cornflour
- 1 tbsp vegetable oil
- 350g skinless turkey breast, cut into strips
- 5 spring onions, thinly sliced
- 1 pepper, any colour, deseeded and thinly sliced
- 1 carrot, cut into thin strips
- 2 celery sticks, thinly sliced
- 1 handfuls mushrooms (cup or button), sliced
- 1 pinch ground black pepper

- 1.Put the noodles into a heatproof bowl and cover with boiling water. Soak for 6 minutes, or follow the instructions on the packet.
- 2.Next, mix together the orange juice, soy sauce and cornflour until smooth. Set to one side. Heat the oil in a wok or very large frying pan.
- 3.Add the turkey and stir-fry briskly for 3-4 minutes. Add the spring onions, pepper, carrot, celery and mushrooms. Stir-fry over a high heat for another 3-4 minutes, until the turkey is cooked. The vegetables should remain crisp and crunchy.
- 4.Give the orange juice mixture a good stir, then add it to the stir-fry and cook for a few moments until thickened. Drain the noodles well, then add them to the turkey mixture. Serve at once.



# Quorn and Vegetable cou- cou salad

## ingredients

- Couscous 180g
- Water 225ml
- Quorn Pieces, Cooked 170g
- Fresh Peppers Cored 60g
- 1 Fresh tomato
- 1/2 Teaspoon Fresh Coriander
- 1/2 Teaspoon Fresh Parsley
- 60g Cucumber
- 1/2 Tablespoon Olive Oil

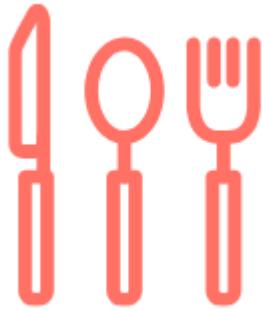
## directions

- 1.Boil the water and pour over the Couscous in a bowl. Cover with cling film and leave to stand for 5 minutes or until the water has been absorbed.
- 2.Meanwhile, chop the remaining ingredients.
- 3.When the Couscous is ready, fluff with a fork and stir in the chopped chicken, vegetables, herbs and olive oil. Chill and serve.

Serves: 5

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# Chickpea and sweetcorn wholemeal pasta salad

## ingredients

- Wholemeal Pasta—175g
- Canned Sweetcorn, Drained—  
1/2 can
- Canned Chickpeas, No added  
sugar or salt, drained—2/3 x  
410g can
- Mayonnaise, full fat, 1 heaped  
teaspoon—40g
- Plain yoghurt, full fat—40g
- 1/2 Tablespoon Olive Oil

## directions

- 1.Boil the pasta until tender,  
according to the instructions on  
the packet
- 2.Drain the pasta and rinse under  
cold water. Mix the pasta with the  
sweetcorn, chickpeas,  
mayonnaise and yoghurt.
- 3.Cover and chill before serving.

Serves: 5

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# Salmon and Broccoli Pasta

## directions

### ingredients

- Salmon, fresh or canned
- Onion, peeled 30g (1/2 small)
- Broccoli— 75g
- Pasta, dried shapes— 210g
- Soft margarine—15g
- Plain Flour—15g
- Whole Milk—300ml
- Cheddar cheese, full fat—30g
- Parsley, dried 1/4 teaspoon

1. Either cook the fresh salmon or prepare the canned salmon by removing all bones and skin. Finely chop the onion and cut the broccoli into small florets.
2. Boil the pasta according to the instructions on the packed then drain.
3. Cook the broccoli and onion in boiling water until just tender, for approximately 10 minutes.
4. Make the cheese sauce: heat the margarine in a saucepan and stir in the flour. Remove from the heat and add the milk gradually and whisk until smooth. Bring the sauce to a gentle simmer, stirring all the time until it thickens. Add the grated cheese and stir until melted.
5. Combine the cheese sauce, pasta and broccoli then fold in the cooked, cooled salmon and parsley.

Serves: 5

  
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# Tofu Risotto



## directions

### ingredients

- Onion, peeled—60g
- Garlic, peeled—1 clove
- Fresh red pepper, cored—100g
- Vegetable oil—1/2 tablespoon
- Tofu, diced—175g
- White rice—150-g
- Water 300ml
- Frozen Peas—50g
- Parsley—3 springs

- 1.Chop the onion, garlic and pepper.
- 2.Heat the oil in a pan, add the onion and garlic and cook until softened.
- 3.Add the diced tofu and cook for 10minutes.
- 4.Add the pepper and rice and continue to cook for a few minutes.
- 5.Pour over 3/4 of the water and cook until almost all the water has been absorbed by the rice.
- 6.Add the frozen peas and gradually add the remaining water until the rice is soft and the risotto is creamy.
- 7.Chop the parsley and stir into the risotto before stirring.

Serves: 5

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# Scrambled egg on toast with mushrooms and tomatoes

## ingredients

- Fresh tomatoes—100g
- Mushrooms, peeled—100g
- Egg—250g (5 eggs)
- Whole milk—40ml
- Soft margarine (for eggs)- 25g
- Wholemeal bread—150g (5 slices)
- Margarine (for bread) - 20g

## directions

- 1.Wash and slice the tomatoes and mushrooms.
- 2.In separate pans add the mushrooms and tomatoes with a little margarine and cook for 10 minutes.
- 3.Beat the eggs and milk in a bowl. Melt the margarine in a large pan, add the eggs and stir continuously over a low heat until the egg is set through.
- 4.Toast the bread, and spread with the margarine. Serve the toast with the scrambled egg, tomatoes and mushrooms.

Serves: 5



# Herby tomato and bean pasta

## ingredients

- White pasta shapes—190g
- Canned sweetcorn, no added salt or sugar—1/2 can drained.
- Frozen peas—080g
- Canned tomatoes—200g
- Canned red kidney beans, no added salt or sugar, 215g
- Mixed herbs, dried—1/2 tea-spoon

## directions

- 1.Boil the pasta in a large pan according to the manufacturers instructions.
- 2.In a separate pan, boil the sweetcorn and peas.
- 3.Drain the pasta and vegetables
- 4.In a large pan, combine the pasta, vegetables, canned tomatoes, kidney beans, herbs, tomato puree and water. Bring to the boil before serving.

Serves: 5



# Potato and Lentil Cakes

## directions

- 1.Preheat the oven to 200°C/400°F/gas mark
- 2.Grease a baking tray with half the oil .
- 3.Chop the potatoes and onions. Put the potatoes in a pan, cover with water and boil for 20 minutes until soft.
- 4.In a separate pan of boiling water add green lentils and boil for 10 minutes. After 10 minutes add the red lentils and boil for a further 20 minutes before draining.
- 5.Drain the potatoes and mash them until soft. Heat half the oil in a frying pan, add the onion and fry for 5 minutes or until soft.
- 6.Combine the potatoes, onions, lentils and herbs in a large bowl.
- 7.Make a bread into breadcrumbs and beat the egg in a bowl.
- 8.Role the potato and lentil mixture into balls, coat in egg and breadcrumbs and place on the greased baking tray.
- 9.Bake in the oven for 20-30 minutes.

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# Beef and vegetable enchiladas

## ingredients

- Onions, peeled—60g (1 small)
- Fresh red pepper—80g (1/2 medium)
- Mushrooms—20g (2mushrooms)
- Vegetable oil—1/2 table-spoon
- Canned tomatoes, chopped (1can)
- Garlic Puree 1/2 teaspoon
- Water 50ml
- Dried mixed herbs 1/4 tea-spoon
- Frying beef steak – 210g
- Tortilla wraps—150g (21/2 large wraps)
- Cheddar cheese (full fat) - 50g

## directions

- 1.Preheat the oven to 220°C/425°F/gas mark 7
- 2.Wash and chop the onion, red pepper and mushrooms.
- 3.Heat the oil in a large pan and add the onions. Cook until soft.
- 4.Add the mushrooms and peppers and cook for a further 10 minutes. When cooked remove the heat and blend the vegetables.
- 5.Put the blended vegetables back into the pan with the canned tomatoes, garlic puree, tomato puree, water and herbs and simmer on a low heat for 30 minutes,
- 6.Meanwhile, slice the beef into thin strips and fry in a separate pan until browned. Add to the tomato and vegetable mixture.
7. In an oven proof dish, layer the sauce and tortilla, repeating to the top. Finish with the sauce and sprinkle the cheese on top.
8. Bake in the oven for around 30 minutes until the cheese has melted and turned golden.



# Lamb Curry



## ingredients

- Onion peeled 75g (1 small)
- Carrot, peeled 30g (1 small)
- Fresh tomatoes 40g (1 small)
- Vegetable oil 1/2 tablespoon
- Tomato puree 1 tablespoon
- Ground Turmeric 1 tablespoon
- Curry powder 1/2 heaped teaspoon
- Chilli powder 1/2 teaspoon
- Water 200ml
- Lamb, lean, diced 250g

## directions

1. Chop the onion, carrot and tomatoes.
2. Heat the oil in a pan, add the diced lamb. Cook until browned.
3. Add the onion, carrots and tomatoes and cook for 5 minutes.
4. Add the tomato puree, turmeric, curry powder, chilli powder, water and chickpeas. Bring to the boil and simmer for 30 minutes or until the vegetables are soft.



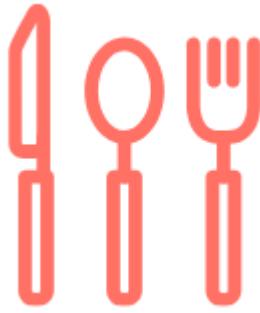
# Mixed bean and root vegetable stew

## ingredients

- Tomato and basil sauce – 250 ml
- 1 small onion, peeled – 60g
- Parsnip, peeled – 45g ( $\frac{1}{2}$  small)
- Carrot, peeled – 60g ( $\frac{1}{2}$  medium)
- Vegetable oil –  $\frac{1}{2}$  tablespoon
- Garlic puree –  $\frac{1}{2}$  teaspoon
- Canned kidney beans, no added salt and sugar, drained –  $\frac{1}{2} \times$  215g can (drained weight 60g)
- Canned haricot beans, no added salt and sugar, drained –  $\frac{1}{2} \times$  215g can (drained weight, 60g)
- Canned butter beans, no added salt and sugar, drained –  $\frac{1}{2} \times$  215g can (drained weight, 60g)
- Water – 100ml

## directions

- 1.Prepare the tomato and basil sauce
- 2.Chop the onion, parsnip and carrot into 2cm cubes
- 3.Heat the oil in a large pan, add the onion and cook for 5 minutes until the onion softens
- 4.Add the garlic puree, parsnips, carrot, beans, water and tomato sauce  
Bring to the boil and leave to simmer for 30-40 minutes until the vegetables are soft



# Vegetable and bean pie

## ingredients

- Sweet potato, peeled – 350g
- White, floury potatoes, peeled – 100g
- Soft margarine – 5g (1 teaspoon)
- Whole Milk – 15ml (1 tablespoon)
- Onion, peeled – 30g ( $\frac{1}{2}$  small)
- 1 Small carrot, peeled – 30g
- Olive Oil –  $\frac{1}{2}$  tablespoon
- Canned tomatoes, chopped – 100g ( $\frac{1}{2} \times 200\text{g can}$ )
- Tomato puree – 15g (1 tablespoon)
- Water – 150ml
- Mixed herbs, dried – 1 teaspoon
- Canned red kidney beans (no added salt or sugar), drained – 1 x 400g can (drained weight, 240g)
- Soft margarine – 20g
- Plain flour – 20g
- Whole milk – 200ml
- Cheddar cheese, full fat – 30g

## directions

- 1.Preheat the oven to 180°C/350°F/gas mark 4
- 2.Chop the potato into 2cm cubes. Boil in water for 15 minutes or until soft
- 3.Drain the potatoes and then mash with the margarine and whole milk until a smooth consistency is formed
- 4.Chop the onion and carrot. Heat the oil in a large saucepan and add the onion. Cook for 5 minutes or until soft
- 5.Add the carrots, canned tomatoes, tomato puree, water, mixed herbs and kidney beans. Bring to the boil
- 6.Pour the mixture into a large ovenproof dish and top with the mashed potato
- 7.Bake in the oven for 30 minutes or until piping hot throughout.  
Grate the cheese and sprinkle on the top. Bake in the oven for 45 minutes or until piping hot throughout and golden on top.



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