



Your Very Own



The Super Yummy Kitchen

 Chartwells
EAT LEARN LIVE

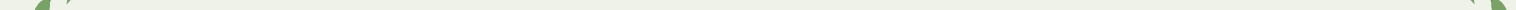
 Chartwells
INDEPENDENT

Recipe Book!

A note from Charlie:

“ We are so grateful for all of The Super Yummy Kitchen support this year, so this is our thank you to you. ”

❖ Merry Christmas! ❖



 Chartwells
EAT LEARN LIVE





Today I'm cooking.....

Veggie

- Big Bean Little Bean BBQ Stew **3**
- Patatas Bravas with Eggs **4**
- Stringy Courgette Pesto Pasta **5**
- Tomato Beany Burgers **6**
- Very Veggie Burrito **7**

Chicken

- Hot Squashy Chicken Caesar Salad **8**
- Quick Chicken Biryani **9**
- Sesame Chicken Nuggets **10**
- Totally Tasty Chicken Tikka **11**

Fish

- Salmon and Summer Veg Cous Cous **12**
- Flatbread with Tuna & Sweetcorn **13**
- Soda Bread & Smoked Mackerel Pâté **14**
- Crunchy Fish Fillets **15**

Beef

- All-In-One Cottage Pie **16**
- Ultimate 5-layer Lasagne **17**

- Fun Food Facts **18 - 21**
- Your Own Recipe & Cooking Notes! **22 - 24**



Big Bean Little Bean BBQ Stew





What keeps us healthy?

Did you know that

beans & pulses

count towards 1 of your

5 a day?

Beans (baked & butter) also contain

protein, fibre & iron

and are naturally lower in

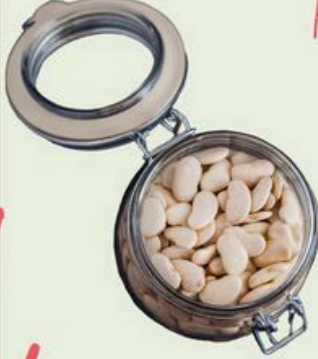
fat than animal sources of protein!

Most types of beans are also

inexpensive – making them a great

addition of **plant based protein** and

other nutrients to any dish!







recipe

Ingredients

Serves 4-6

- 1 tbsp rapeseed oil
- 2 onions, diced
- 1 leek, diced
- 2 peppers, diced
- 2 carrots, in ribbons
- 1 tsp smoked paprika
- 1 tsp chilli powder or flakes
- 1 tin of chopped tomatoes
- 1 tin of butter beans
- 1 tin of baked beans
- 1 tsp honey
- 150ml vegetable stock
- 2 tbsp tomato purée

To serve

- Natural yoghurt
- Freshly chopped parsley
- Baked Jacket or Sweet Potato





recipe

Method

Pre-heat the oven to 200°C

Pierce your jacket or sweet potato a few times with a fork and place in middle shelf of oven for 45 mins – 1 hour, until fluffy on the inside and crispy on the outside! If you're time-pressed, pop your potato in the microwave for 5 mins to soften it up, then finish in the oven for 35–40 mins.

Heat oil in a pan and add the onions, leeks, peppers and carrots. Keep the veg moving around in the pan, cooking for about 10 minutes until soft.

Stir in the smoked paprika and chilli flakes/powder. Then add the chopped tomatoes, both types of beans, tomato purée, honey and vegetable stock!

Stir, pop the lid on and simmer on a lower heat for about 10 minutes.

Serve the bean stew into your baked potato and top with some natural yoghurt, fresh parsley and chilli flakes (if you like)!





Patatas Bravas with Baked Eggs



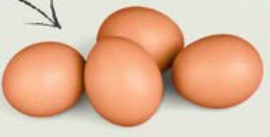


What keeps us healthy?

Potatoes and tomatoes are great sources of **vitamin C** which can help to **reduce tiredness** and **give us more energy**, as well as supporting the function of our **immune systems**!



Eggs can provide us with **vitamin D** which helps us to maintain **healthy bones** and help **support our immune system**!







Ingredients

Serves 4

2 large white potatoes, chopped into bite sized pieces
2 large sweet potatoes, chopped into bite sized pieces
2 tbsp rapeseed oil

Chef Andrew's Tomato Sauce:
2 onions, chopped
4 garlic cloves, roughly chopped
2 tbsp tomato purée
2 tins of chopped tomatoes
½ tsp oregano
2 tsp honey
+ 1 tsp smoked paprika (sweet or hot, depending on your preference!)

8 eggs
Chopped parsley
Pepper (to taste)







Method

Pre-heat the oven to 200°C / Fan 180°C / Gas Mark 6

Place both kinds of potato chunks into a bowl and rub in 1 tbsp of oil to lightly coat them. Line a baking tray with foil and spread the potatoes out. Bake for 25–30 mins, turning half way through, until they turn crispy on the outside and soft in the middle!

Whilst the potatoes are cooking, make the tomato sauce. Fry the onion in 1 tbsp oil until soft, then add the garlic. Next add the chopped tomatoes, tomato purée, oregano, honey and paprika.

Transfer the potatoes into an oven proof dish and add the tomato sauce on top. Make 8 wells and crack an egg into each one, taking care not to break the yolk!

Cover with foil and put back in the oven for 10 mins, taking the foil off half way through. The egg whites should be set, but the yolks still runny!

Sprinkle with chopped parsley and tuck in!













Stringy Courgette Pesto Pasta





What keeps us healthy?

Green pesto often contains basil, hard cheese, garlic and **pine nuts**. Pine nuts are a great source of **vitamin E**

Vitamin E helps us to maintain healthy **eyes and skin**, as well as supporting the function of our **immune systems!**

Did you know?
any excess vitamin E we get from our diet gets stored up for future use!





Ingredients

Serves 4

- 2-3 courgettes
- 1 tbsp rapeseed oil
- 1 small onion, finely chopped
- 1 vegetable stock cube, finely crushed
- 3 tbsp green pesto (reduced fat if possible)
- 2 tbsp crème fraîche (reduced fat if possible)
- 150g grated mozzarella
- 300g pasta
(spaghetti works best, wholewheat if you can)
- Parmesan and fresh basil (optional)





Method

Start by spiralizing or coarsely grating the courgettes, then peel and finely dice the onion.

Cook the courgette in a little rapeseed oil for 1-2 mins, until softer but still with a bit of crunch! Keep it moving all the time, then remove from the pan and set aside. Next, cook the onion until soft and see through!

Cook the pasta according to packet instructions and reserve a small cup of the starchy water, mixing a couple of tablespoons with the stock cube.

Drain the pasta before putting it back in the pan. Add the pesto, crème fraîche, stock, courgettes, onion, grated mozzarella and the pasta water – gently warm through.

Serve up! If you like, add a sprinkling of grated Parmesan and fresh basil leaves!





What keeps us healthy?

Using plant based proteins like *beans* as an alternative to meat, provides more **fibre**, vitamins, minerals, is often lower in saturated fat, less expensive and more **sustainable** for the *environment!*

Did you also know that beans and pulses count as one of your *5 a day* vegetable portions – any beans will count!



Ingredients

Serves 4-6

- 1 tsp rapeseed oil
- 1 large onion, diced
- ½ tsp chilli flakes (optional)
- 1 tsp tomato purée
- 300g dry mashed potato
- 1 x 420g tin baked beans, drained
- ½ garlic clove, grated or crushed
- 1 vegetable stock cube (reduced salt)
- 50g breadcrumbs (e.g. wholemeal, panko)
- 30g chives or parsley, chopped

A little serving suggestion!

- 4-6 x brioche buns or bread rolls
- Sweet potato wedges
- Lettuce
- Tomato slices
- Cheese and pickle
- Tomato relish

Method

Pre-heat oven to 200°C fan

In a medium non-stick pan over a medium heat, add the rapeseed oil and onions. Cook until soft and see through. Then add the chilli flakes and tomato purée, stir together until the onion is coated, and transfer mixture into a small bowl.

In a separate large bowl, add the dried mashed potato, beans (make sure they are drained), breadcrumbs, onion mix, garlic, chives or parsley, stock cube (crumbled) and stir together! Mix and mash until fully incorporated and smooth.

Using clean hands, divide the mixture into 4-6 smooth round balls, and then flatten each ball into a round patty!

Place your beany burgers onto a lined baking tray, brush the top of each with a little rapeseed oil and place onto the middle shelf of the oven for 30 minutes.

Meanwhile, prepare your burger toppings, buns and sweet potato wedges – or whatever you choose to serve them with, but make sure you get some veggies in!

Remove beany burgers from the oven and serve up!



Very Veggie Burrito



What keeps us healthy?

It's a good idea to try and be a little bit more *plant forward* to help support our planet! So... let's replace some meat with **BEANS!**

You don't need to eat meat to get *protein* in your diet! Beans and pulses are a great alternative, packed with fibre, vitamins, minerals and count as 1 of your 5 A Day!



Ingredients

Serves 4-6

- 4-6 soft flour tortillas
- 1 tbsp rapeseed oil
- 2 red onions, diced
- 2 garlic cloves, crushed or grated
- 200g rice
- Chilli powder (to taste)
- 400ml chicken or vegetable stock (reduced salt)
- 4 tbsp tomato purée
- 400g tin of mixed beans, drained
- 50g fresh coriander (optional)
- Black pepper, to taste

Super Yummy burrito filler ideas!

- Iceberg lettuce
- Soured cream
- Guacamole
- Tomato and red onion salsa
- Sweetcorn
- Grated cheese
- Fresh lime

Method

In a non-stick pan, heat a little oil on a medium heat, and cook the onions until soft and see through! Then mix in the grated/crushed garlic, followed by the chilli powder.

Next, add in the rice and toast for a couple of minutes, mixing with the onion mix! Add in the stock, stir and bring to a gentle simmer. Pop in the tomato purée and combine with the rice – you should have a nice red mixture! Bring to a gentle simmer, turn the heat down, cover with a lid and allow the stock to absorb.

Once the stock has absorbed, check the rice is soft and cooked. Next, add the beans and coriander (if you wish!) – stir all together and remove from the heat!

Heat the wraps (in a microwave or a pan) until warm and soft, and get all of your fillings ready to go!

Time to build, wrap and roll! Remember to use squares of tin-foil for less mess! Watch the [cook-a-long video](#) to learn this step!



Hot Squashy
Chicken Caesar
Salad

What keeps us healthy?

Did you know that butternut squash **skin is edible?**

For extra fibre and nutrients, leave on and roast as normal!



Butternut squash is also a source of carotenoids, which our bodies convert to Vitamin A. This helps to promote **healthy vision** which helps us see in poor light conditions!

It's not just carrots that help us see in the dark!



recipe

Ingredients

Serves 4-6

- 8 chicken thighs, bone in & skin on
- 1 red onion, wedges
- 6 garlic cloves, whole
- 200g crusty bread, torn into chunks
- 1 tbsp rapeseed oil
- ½ butternut squash
- 150g pesto
- 75g Parmesan, grated
- 5 spring onions, sliced
- 1 iceberg lettuce, wedges
- 60-90ml reduced fat caesar dressing
- Fresh flat leaf parsley (optional)



recipe

Method

Pre-heat the oven to 220°C/200°C fan/gas 7

Chop the red onion into wedges and spring onions into slices.

Peel and deseed the butternut squash (using a peeler) and cut into 5cm slices. Then mix into a large bowl with the chicken thighs, pesto, red onion wedges and garlic cloves.

Arrange the mixture neatly into a shallow roasting dish and place in the oven for 30 minutes.

Tear up the crusty bread into chunks, drizzle over the oil and mix!

Carefully remove from the oven and scatter the bread chunks on top. Return to the oven for a further 10 minutes.

Remove from the oven again, and serve on top of the iceberg wedges.

Drizzle over some caesar dressing and top with spring onions Parmesan and parsley leaves!





Quick Chicken Biryani



 What keeps us healthy?

Using **frozen veg**
still counts towards 5-a-day and because freezing preserves the nutrients, they can often give us more of certain nutrients!



Brown rice provides extra **fibre**
which is an important nutrient for keeping tummies and hearts healthy!





 **Ingredients**

Serves 4

- 2 large onions, diced
- 2 garlic cloves, chopped
- ½ tbsp rapeseed oil
- 4 tsp curry paste or powder
- 1 tsp turmeric
- 300g rice (brown if you can)
- 800ml chicken or vegetable stock
- 4 chicken thighs (boneless & skinless), cooked
- 200g spinach, washed
- 100g frozen peas, defrosted
- ½ bunch coriander (leaves & root), chopped
- Fresh chilli, chopped (optional)



 **Method**

Pre-heat oven to 190°C / Fan 170°C / Gas 5

Place the chicken thighs on a baking tray in the middle shelf of the oven, and cook for around 25–30 minutes (turn half way through cooking) until piping hot and cooked through.

Meanwhile, heat the oil in a heavy bottom pan and gently cook the onions and garlic until see through and soft.

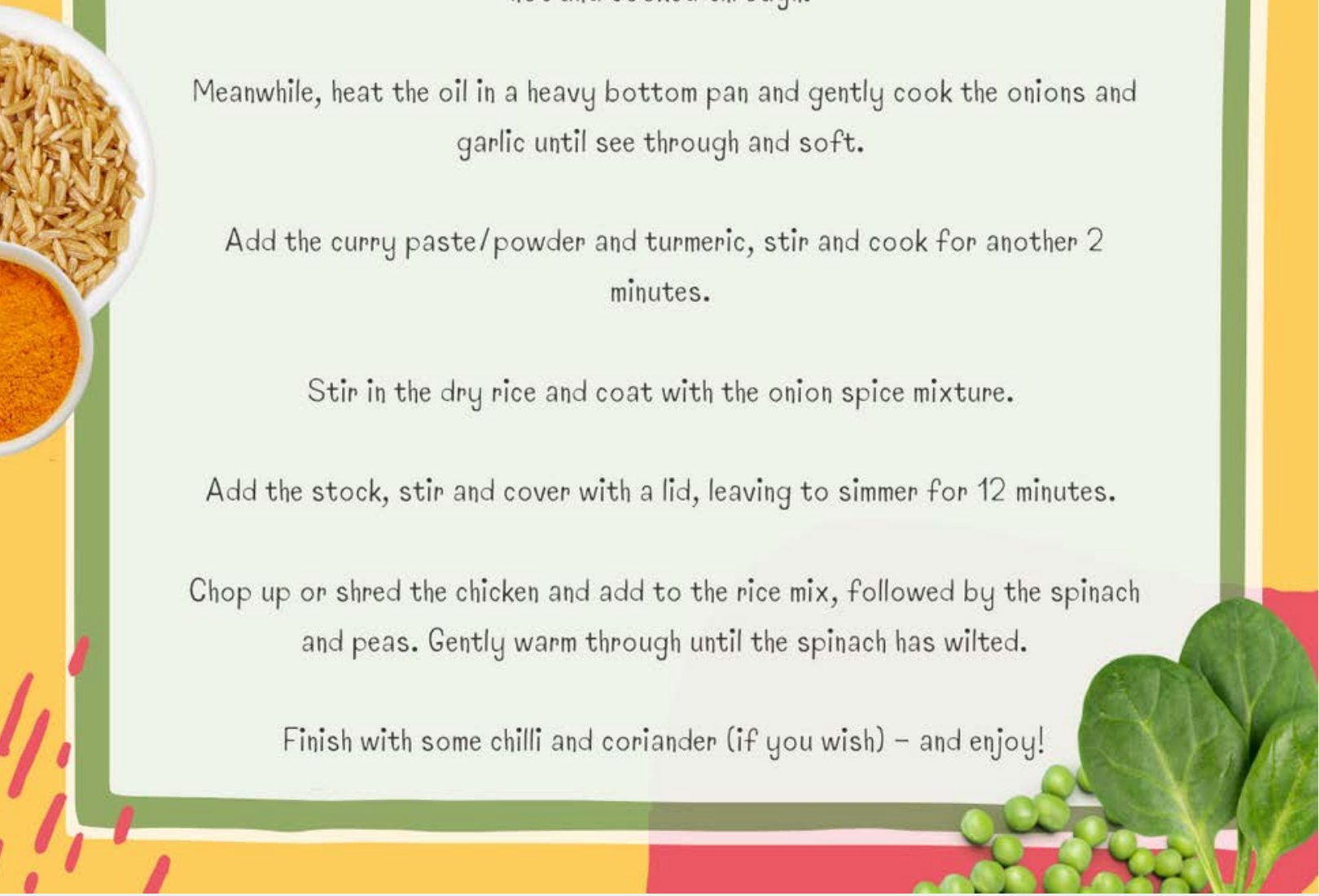
Add the curry paste/powder and turmeric, stir and cook for another 2 minutes.

Stir in the dry rice and coat with the onion spice mixture.

Add the stock, stir and cover with a lid, leaving to simmer for 12 minutes.

Chop up or shred the chicken and add to the rice mix, followed by the spinach and peas. Gently warm through until the spinach has wilted.

Finish with some chilli and coriander (if you wish) – and enjoy!





Sesame Chicken Nuggets

with Hedgehog Potatoes



What keeps us healthy?

Whilst adding colour, flavour and texture, potato skins are also full of fibre!

Fibre is important for a healthy digestive system and can also be found in wholegrain varieties of carbohydrate like bread, rice and pasta!

Fibre helps us to feel fuller for longer and benefits our gut bacteria—another reason to enjoy this recipe!



recipe

Ingredients

Serves 4

For the sesame chicken nuggets

- 150g sesame seeds
- 100g fine wholewheat breadcrumbs
- ½ tsp garlic powder
- ½ tsp smoked paprika
- 1 egg, beaten
- 130ml semi-skimmed milk
- 900g boneless, skinless chicken breasts in 5cm chunks
- 1 tbsp rapeseed oil

For the hedgehog potatoes and veggies

- 1 tsp rapeseed oil
- 12 potatoes (Maris piper work well)
- Sweetcorn & peas (or any veg you like!)



recipe

Method

Pre-heat the oven to 220°C for potatoes, 200°C for chicken

Make the potato stable by cutting a small disc from the bottom. Cut slits along the top of the potatoes about 2mm apart. Don't cut all the way through though!

Brush lightly with oil and bake for 30 mins. As they start to fan out, lightly brush with oil again and cook for another 30 mins.

Combine the breadcrumbs, sesame seeds, garlic powder and paprika into a dry mixture and sprinkle on a baking tray. Mix the egg and milk together with a fork, then dip the chicken in.

Place the chicken on an baking tray with the breadcrumb mix, sprinkling with any leftover dry mix. Make sure the chicken is completely coated!

Place the coated nuggets neatly on a different lightly oiled tray and pop in the oven for 10–15 mins, until crunchy, golden and completely cooked through.

Serve with your potato hedgehogs, peas and sweetcorn, then dig in!





Totally Tasty Chicken Tikka





What keeps us healthy?



Did you know that **tinned tomatoes** are just as good for you as using fresh?

The vitamins and minerals are still intact in **tinned, frozen, and pickled** veggies, so they can count towards our **5-a-day!** They can keep longer than fresh, too!







Ingredients

Serves 4-6

For the chicken marinade

- 800g skinless and boneless chicken thighs, bite size chunks
- 150g plain yogurt
- 1 tbsp curry powder
- 1 tsp turmeric
- 1 tsp ground cumin
- Coriander stalks, chopped
- Chilli powder, to taste (if you like a little spice)

For the tikka sauce

- 1 tbsp rapeseed oil
- 2 large onions, diced
- 1 garlic clove, grated or crushed
- 3 tsp fresh ginger, grated
- 3 tbsp curry powder
- 1 tsp ground coriander (optional)
- 400g tin of chopped tomatoes
- 1 tbsp tomato purée
- 1 chicken stock cube (reduced salt)
- Juice and zest of lemon
- ½ tin evaporated milk
- 50g fresh coriander, chopped (optional)

Basmati rice, tomatoes and red onion to serve



Method

Firstly you need to make the marinade! In a large bowl, mix the yogurt, spices and coriander stalks, then add the chicken chunks. Cover the bowl and marinate in the fridge for **2 hours, or overnight.**

On a high heat, in a large non-stick pan, add a little rapeseed oil and seal the chicken chunks – this means we want to seal and brown the chicken – it won't be fully cooked through at this stage, but don't worry we aren't finished! We want to do this in batches to allow us to brown the chicken in a non-crowded pan!

Clean your pan, put on a medium heat and add a little more rapeseed oil. Add the diced onions and cook until soft and see through, then the garlic and cook for 1 more minute.

Next, mix in the ginger and spices, followed by the tomato purée and chopped tomatoes. Crumble in the stock cube and add a little water and stir! Mix in the chicken and bring to a gentle simmer (add a little more water if it needs more moisture). Turn the heat down and simmer for 15 minutes, until the chicken is cooked through.

Meanwhile, cook some rice as per packet instructions (why not try brown basmati rice!) and mix together some sliced red onion and large tomatoes as a side salad.

Lastly, stir in the lemon juice and zest, evaporated milk and coriander to the curry.

Plate up with the rice and tomato salad – enjoy the fresh flavours of your homemade, totally tasty tikka curry!



Salmon & Summer Veg Couscous

What keeps us healthy?

Although couscous looks like a grain, it's more like a type of pasta!

Couscous is a great source of **carbohydrate** and after carbohydrates are eaten, they are broken down into glucose, which is the body's **main and preferred fuel**, especially for our brain and muscles.

Starchy foods, including couscous, should be consumed daily and make up about **one third** of your daily food intake!



recipe

Ingredients

Serves 4

- 2-3 salmon fillets
- 300g couscous (wholewheat if you can)
- 1 tbsp olive or rapeseed oil
- 700ml vegetable stock
- 80g French beans, chopped
- 80g sugar snap peas
- 80g sweetcorn, drained
- 2 handfuls of cherry tomatoes, halved
- 1 handful of pine nuts and/or pumpkin seeds, toasted
- 1 handful of mint leaves and/or basil, roughly chopped
- Juice of 1 lemon
- 1 tbsp reduced salt soy sauce

recipe

Method

Pre-heat the oven to 180°C fan

Place salmon in a close-fitting tray lined with greaseproof paper. Season with some pepper and bake in the oven for 12 mins.

Pour the couscous into a big bowl, add the oil and stir so that all the grains are coated in the oil. Add the sweetcorn, French bean pieces and sugar snap peas, then pour over the vegetable stock and cover with cling film.

Take the salmon out of the oven and leave to cool. After 5 minutes, take the cling film off and fluff up the couscous with a fork.

Gently flake the salmon (discarding the skin and checking for bones) and stir into the couscous, along with the chopped herbs, tomatoes, most of the pine nuts/pumpkin seeds, lemon juice and soy sauce.

Taste for seasoning (more soy/lemon if you wish) and then serve with rest of the seeds/pine nuts on top!



Homemade Flatbread

with Tuna &
Sweetcorn





What keeps us healthy?

Made up of
97% water

which means it can be a good snack, especially on warmer days, to stay hydrated!

Switching to a
wholemeal flour

for the flatbreads, will help to increase fibre intake, keeping tummies healthy!







recipe

Ingredients

Flatbread (Makes 8)

- 250g plain yoghurt
- 250g self-raising flour
- 1/2 tsp baking powder
- 1 tbsp rapeseed oil

Tuna & Sweetcorn Filling (Serves 4)
Or a filling of your choice!

- 220g tuna, in spring water
- 160g sweetcorn
- 1 tbsp low-fat mayo
- 1/2 cucumber
- 1/2 iceberg lettuce, shredded

Leftover flatbreads can be used at dinner time with dishes like chilli or curry!





recipe

Method

For the flatbreads...

Combine the flour and baking powder in a bowl, followed by the yoghurt and bring to a dough (with spoon or hands).

Turn out onto a floured surface and knead for 10 minutes. Place your dough back in the bowl, cover and set aside for 20 minutes (this allows the ingredients to activate).

Divide the dough into 8 portions and roll into balls. Dust surface with a little flour and roll out flat to the size of a side plate. Lightly brush with oil.

Cook the flatbreads in a hot pan for about 45 seconds on each side. The bread should be dotted with brown circles but be careful not to burn it! Repeat the process until all the flatbreads have been cooked.

For the filling...

Cut your cucumber in half lengthways and chop into 4 large pieces. Carefully, without chopping right to the end, slice thinly, creating your 'fan'!

Drain the tuna and the sweetcorn, and mix together in a bowl with the mayo. With your lettuce, dish up your delicious tuna flatbread!





**Homemade
Soda Bread &
Smoked Mackerel
Pâté**





What keeps us healthy?



Mackerel is an **oily fish** which is an important source of **omega-3** fats that help to support **healthy hearts!**

Omega-3 is an 'essential' fatty acid because our body can't make them - we need them from our diets!

In the UK we are recommended to have 1 portion of oily fish a week

This dish is a great, tasty, fun way to get some oily fish into your **child's** diet!





recipe

Ingredients

Serves 6

For the Soda Bread (makes 1 loaf):

- 150g wholemeal flour
- 150g plain flour
- 50g oats, ½ roughly chopped
- ½ tsp bicarbonate of soda
- ¼ tsp fine salt
- 200ml semi-skimmed milk
- 1 tsp lemon juice or vinegar
- 1 tbsp honey

For the Pâté

- 150g smoked mackerel fillets, skin off
- 100g light cream cheese
- Juice of ½ lemon
- Pepper (to season, if you like)

For the side:

- Cucumber, carrot and pepper sticks





recipe

Method

Pre-heat the oven to 200°C & lightly grease a baking tray

Mix flours, oats, bicarbonate of soda and salt in a big bowl.

In a jug, whisk together the milk and lemon juice for a few seconds, then add the honey.

Make a well in the middle of the dry ingredients and pour the milk mixture in. Hold your hand in a 'claw' shape and bring your mixture together in the bowl, but don't over mix! This shouldn't be a wet dough, but do add a splash more milk if it's too dry and not coming together.

Pat dough into a round ball, mark the top with a big 'X', sit on a greased baking tray and sprinkle on a few more oats. Bake for 30 minutes until nicely browned on top and hollow sounding when tapped on the bottom. Cool on a wire rack.

Put the smoked mackerel into a food processor (or just finely mash it with your fingers) and spin for a minute until the fish has gone fluffy! Mix the cream cheese with most of the lemon juice, and add in the fish. Taste and season to your liking with more lemon and some pepper if you like.

Spread generously onto the soda bread (fresh or toasted) with the cucumber, pepper and carrot sticks on the side!





What keeps us healthy?

Have you ever thought about eating fish *seasonally*?

We think about eating veg seasonally, but we should do the same with fish! Check out our recent post on fish, sustainability and seasonality!

We should be trying to have *2 portions* of sustainably sourced fish a week at least, one of which should be oily!



recipe

Ingredients

Serves 4

- 4 fish fillets, skinned and boneless (chunky white fish fillets work best)
- 1 tbsp rapeseed oil
- 3 slices wholegrain/wholemeal bread
- ½ tsp paprika
- 50g chopped parsley
- 2 large eggs
- 4 tbsp plain flour, plus extra for coating
- 4 tbsp low fat mayonnaise
- Black pepper (to taste)
- 1 lemon, cut into 4 wedges

To serve

Crispy wedges (2 large potatoes, skins on)

Crushy peas (use frozen)

recipe

Method

Pre-heat oven to 185°C fan

First you need to cook those potato wedges! Wash your potatoes, keep the skins on and slice into thick wedges. Lightly brush each wedge with rapeseed oil, place on a baking tray and bake in the oven for 45 minutes, until SUPER crispy!

Meanwhile, in a large non-stick pan, heat up the rapeseed oil and toast the breadcrumbs until browned and a bit crispy – add the paprika and parsley half way through, and transfer to a bowl.

In a large bowl, mix the eggs, mayonnaise, flour and black pepper – then transfer to another smaller bowl.

Time to 'pane' the fish – dip each fish fillet (both sides) in flour, then the egg mix, then the breadcrumbs!

Place the fish fillets on a baking tray with parchment paper, or on an oiled wire rack, and bake for 10–15 mins until the fish is cooked.

Remember to take your potatoes out of the oven, and cook your frozen peas – make them crushy peas by mashing a little with a fork!

Serve up and add a little squeeze of lemon!



Sweet potatoes and carrots are a source of *beta-carotene* which our bodies convert into *Vitamin A!*

Vitamin A is great for supporting *healthy vision, skin and the immune system.*

You can also get Vitamin A from cheese, milk, yogurt, eggs, oily fish, liver and fortified spreads!



Ingredients

Serves 4-6

- 2 carrots, washed and cubed
- 200g sweet potatoes, peeled and cubed
- 700g red potatoes, peeled and cubed
- 1 tsp rapeseed oil
- 2 onions, diced
- 1 garlic clove, grated or crushed
- 500g lean beef mince
- 100g frozen peas
- 100g frozen sweetcorn
- 1 tbsp tomato purée
- 1 splash of Worcestershire sauce
- 200ml beef stock (reduced salt)
- Black pepper, to taste
- 50ml semi-skimmed milk
- 50g butter or low fat spread
- 50g cheddar cheese

Method

Pre-heat oven to 185°C fan

In a saucepan, boil the carrots and sweet potato cubes until soft. In a separate saucepan, boil the potato cubes until soft too! Drain and mash both saucepans separately, and set aside.

In a large non-stick pan, heat a little oil and cook the onions until soft and see through – add the garlic half way through! Next, add the beef mince and cook until browned – don't forget to keep stirring!

Next, mix in the carrot and sweet potato mash to the mince, as well as the sweetcorn and peas. Then add the beef stock, tomato purée, Worcestershire sauce, black pepper (if you wish), and mix well! Lower the heat and simmer for 5-10 minutes.

Now it's time to build the cottage pie! In an ovenproof dish, add the mince mix first, top with dollops of mashed potato, and finish with a sprinkle of grated cheese! Bake in the oven for 30 minutes until golden and bubbling!

Serve up and dig in!



Ultimate 5-layer Lasagne



What keeps us healthy?

Including sources of **dairy** like semi-skimmed milk or cheese, gives this meal a source of **calcium**.

Calcium supports healthy **bones and teeth** and can also help our absorption of Vitamin D – which we are typically deficient in, in the UK!



recipe

Ingredients

Serves 6

For the ragu

- 500g lean minced beef
- 1 tsp rapeseed oil
- 1 large onion, diced
- 2 garlic cloves, grated or crushed
- 2 medium carrots, diced
- 2 courgettes, diced
- 2 celery sticks, diced
- 1 tsp dried mixed herbs
- 400g tin of chopped tomatoes
- 1 tbsp tomato purée
- 1 tbsp tomato ketchup
- 1 beef stock cube (reduced salt)
- 4 large tomatoes, chopped
- Black pepper (to taste)
- 250g lasagne sheets

For the cheese sauce

- 40g butter or low fat spread
- 1 tbsp plain flour
- 450ml semi-skimmed milk
- 50g mature cheddar cheese
- 1 tsp English or Dijon mustard

recipe

Method

Pre-heat oven to 185°C fan

In a large non-stick pan, heat the oil and cook the mince until browned. Add the onions, grate in the garlic cloves and stir! Next mix in the diced carrots, celery and courgette, followed by the herbs and the chopped tomatoes – add a little bit of water into the chopped tomatoes tin (give it a swirl) and add to the pan!

Now add the tomato ketchup, tomato purée, crumbled stock cube, chopped fresh tomatoes and black pepper – stirring between each ingredient being added! Turn the heat down to low and simmer for 20 minutes with the lid on.

Meanwhile, we can make the cheese sauce! In a small non-stick saucepan, melt the butter. Add a tablespoon of flour and stir until you have a roux (this is another word for a paste)! Add the milk and whisk...and whisk some more...and keep whisking until the sauce turns thick! Turn the heat down, add the mustard, then the cheese, and stir until smooth.

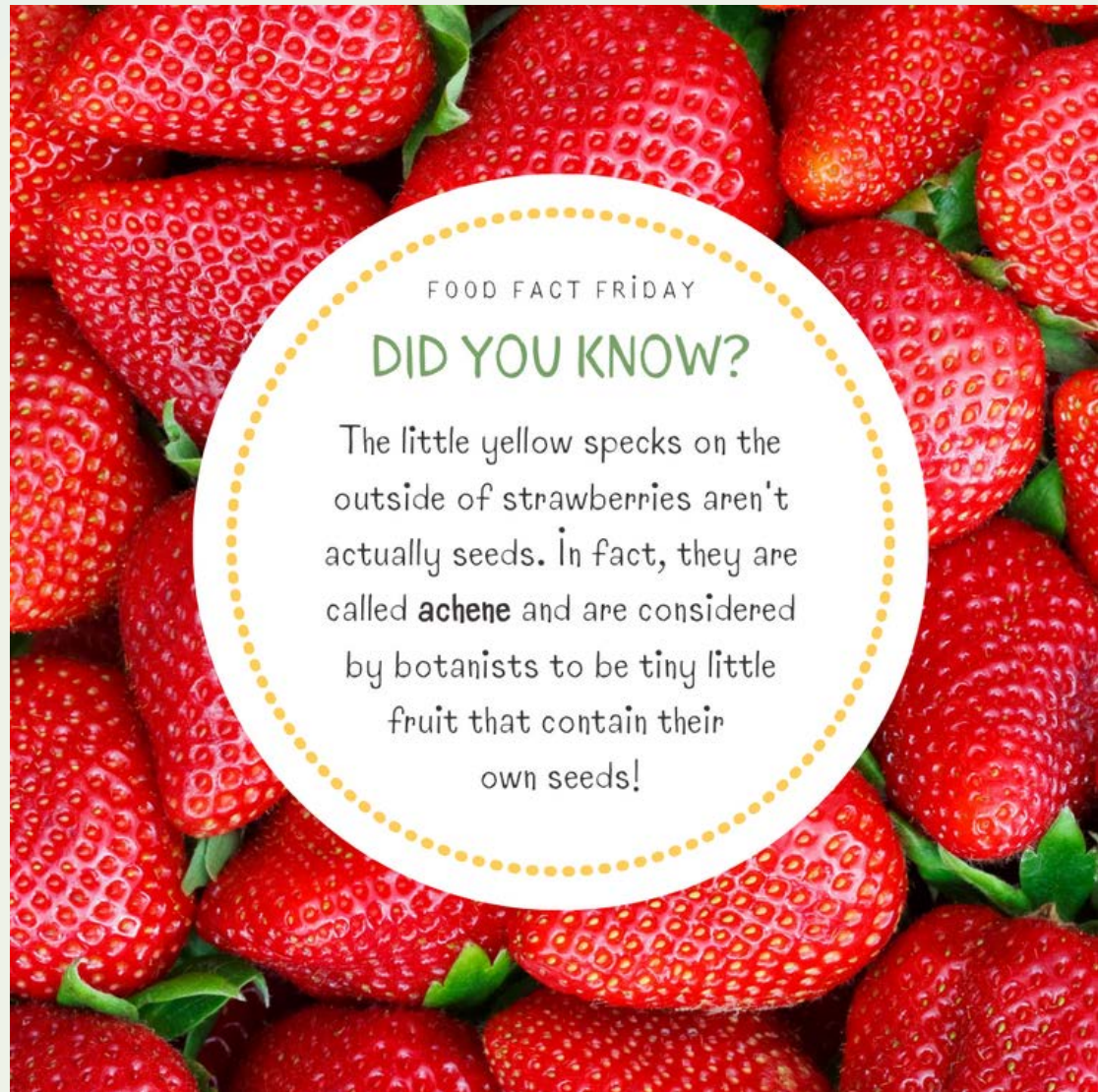
Time to build – mince first, then 3 lasagne sheets, and we are going for **5 layers!** After the final layer, top with the cheese sauce and some extra cheese on top. Bake in the oven for 30 minutes until golden, crispy and bubbling!

Serve with some garlic croutons or garlic bread, and a simple green salad!

Food



Facts!



FOOD FACT FRIDAY

DID YOU KNOW?

The little yellow specks on the outside of strawberries aren't actually seeds. In fact, they are called **achene** and are considered by botanists to be tiny little fruit that contain their own seeds!



FOOD FACT FRIDAY

DID YOU KNOW?

Rhubarb is in fact a **vegetable**, not a **fruit**!



FOOD FACT FRIDAY

DID YOU KNOW?

Although we buy tuna in small tins, the Atlantic bluefin tuna can **weigh up to 2000 pounds**. That's more than a horse!

They can reach up to **10 feet** in length, too!



FOOD FACT FRIDAY

DID YOU KNOW?

There are over **350** different types of pasta and Italy produces over **1,432,990 tons** of pasta every year!



FOOD FACT FRIDAY

DID YOU KNOW?

Peanuts are not **nuts**, they are actually **legumes**!



FOOD FACT FRIDAY

DID YOU KNOW?

Pineapples can take up to **2** years to grow!

Food



Facts!



FOOD FACT FRIDAY

DID YOU KNOW?

An apple contains lots of **air** and is less **dense** than water, so this is what makes them **float**!

Great for a game of apple bobbing!



FOOD FACT FRIDAY

DID YOU KNOW?

You can make a nutritious and delicious **crunchy snack** from **chickpeas**! Simply drain, pat dry, scatter on a baking tray, drizzle with a little rapeseed oil and some spice – paprika or chilli work well! Roast in oven at 190°C for 10–15 mins until crisp and dry!



FOOD FACT FRIDAY

DID YOU KNOW?

Beans can count towards your '**5 a day**'!



FOOD FACT FRIDAY

DID YOU KNOW?

Bananas can help to speed up the ripening process of other fruits and vegetables? This is because bananas release a gas called ethane which causes **ripening**, or **softening**! Got a hard avocado, melon or pear you want to eat? Just put in the fruit bowl with the bananas!



FUN FOOD FACT

DID YOU KNOW?

Water is not only found in drinks but also in food. **Cucumbers** are almost **95–96% water**!



FOOD FACT FRIDAY

DID YOU KNOW?

Honey is the only food we can eat that will **never** **spoil**!

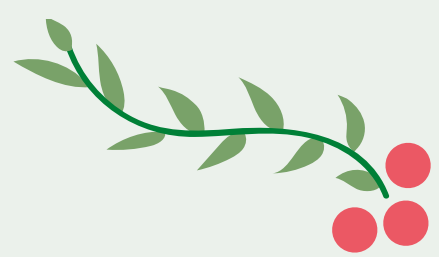


Food



Facts!

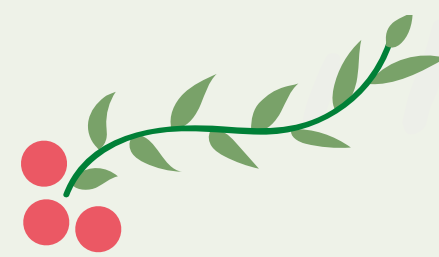




Food



Facts!



FOOD FACT FRIDAY

DID YOU KNOW?

It's a good luck tradition to eat a **mince pie** on each day of the '12 days of Christmas'!



FOOD FACT FRIDAY

DID YOU KNOW?

There is an important reason why **crackers have holes** – they're not just for decoration!
During baking, holes are made in the dough to allow air to escape, meaning the cracker can bake properly, staying flat and crispy!



FOOD FACT FRIDAY

DID YOU KNOW?

Christmas trees are **edible**!



FOOD FACT FRIDAY

DID YOU KNOW?

Christmas pudding was originally a **soup** made with **raisins** and **wine**!



FOOD FACT FRIDAY

DID YOU KNOW?

Allspice makes everything smell of 'Christmas', with notes of cloves, cinnamon, nutmeg and juniper berries...but in fact is made of just 1 type of small **dried berry**. Interesting!



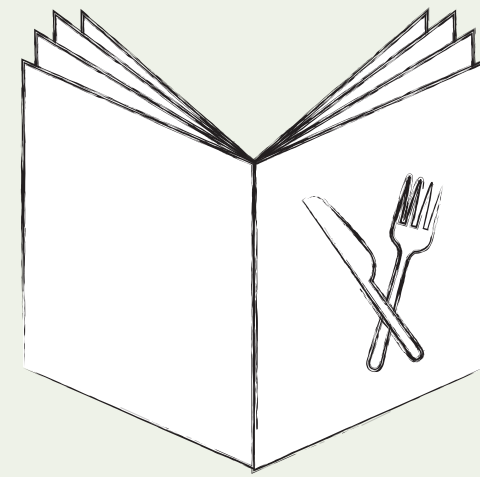
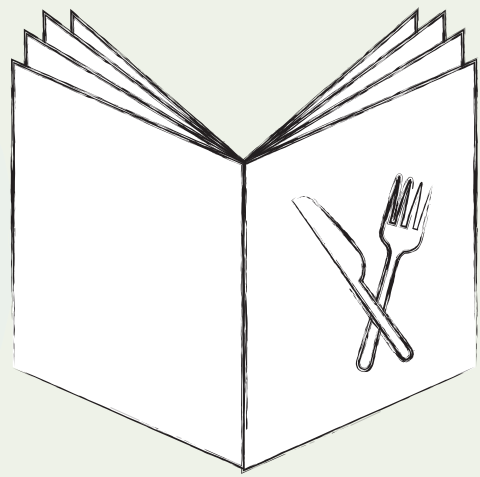
FOOD FACT FRIDAY

DID YOU KNOW?

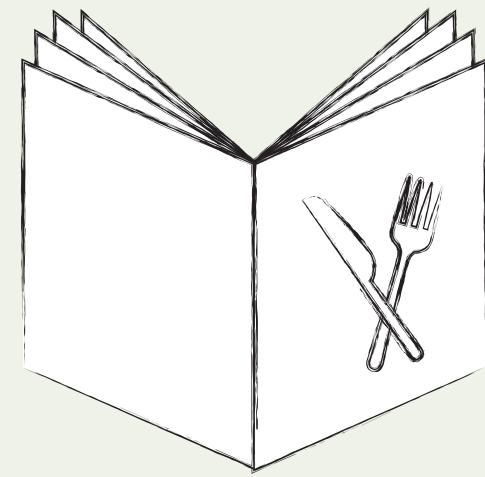
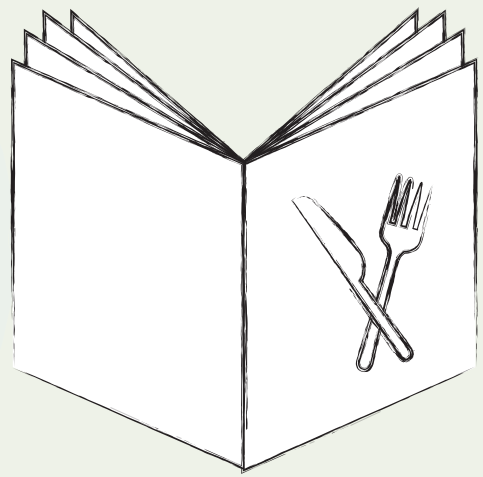
You can make egg free, vegan meringue from tinned chickpea water?

It's called **Aquafaba**!

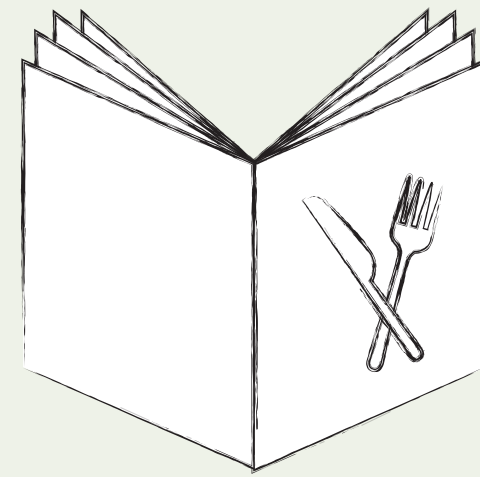
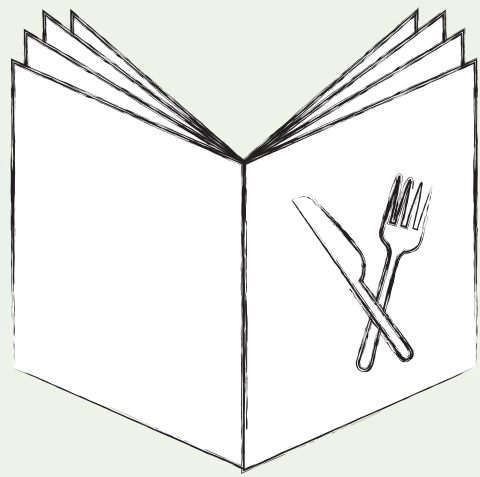




*Add your own recipe and
cooking notes here.....*



*Add your own recipe and
cooking notes here.....*



*Add your own recipe and
cooking notes here.....*