

I can

Cook it!

fun, fast food for less



How to cook healthy recipes in easy steps

Notes for helpers or carers

Before making these recipes, please read this page of notes.

Recipes

All the recipes are listed in alphabetical order and have been coded with 1 to 3 chef's hats to show the level of difficulty.

 = very straight-forward recipe using basic food preparation skills;

  = recipes requiring slightly more developed food preparation skills;

   = more complicated recipes and/or requiring a high level of food preparation skills or involving many more steps.

- | | | | | |
|--|---------------------------------|------------------------------------|--------------------------------------|------------------------------------|
| • Apple crumble | • Cheesy garlic bread | • Ham salad sandwich | • Rainbow rice | • Strawberry yogurt shake |
| • Baked potatoes with a spicy mushroom filling | • Chicken curry | • Healthy fish and chips with peas | • Scones | • Summer fruit fool |
| • Bread and apple pudding | • Chicken drumsticks with bacon | • Homemade burger | • Smoked mackerel pâté | • Ulster style pizza |
| • Bruschetta | • Fish pie | • Macaroni cheese | • Spaghetti Bolognese | • Vegetable soup with a difference |
| | • Fresh fruit salad | • Pancakes | • Stewed apple with yogurt and honey | • Vegetable tortilla |

Measurements

Quantities for ingredients are shown in metric (grammes - g; litres - l).

When using tins of food (like beans or tuna), please note that tin sizes may vary slightly between manufacturers – the recipes will still work even with slightly larger or slightly smaller tin sizes.

Where possible, handy measures for ingredients have also been included. Where a cup measure is indicated this refers to a standard teacup, which contains approximately 225ml. Where dry ingredients are measured using a cup, the cup should be loosely filled and level. Where spoonfuls have been indicated, these are always level:

- 1 tablespoon = 15ml
- 1 dessertspoon = 10ml
- 1 teaspoon = 5ml



Ingredients

Vegetable oil

Recipes may list 'vegetable oil' as an ingredient but we recommend you use an unsaturated oil, such as rapeseed oil, corn oil or sunflower oil.



Eggs

Unless the recipe states otherwise, we recommend you use large eggs.



Salt

Try to reduce your salt intake by using only small amounts of salt in cooking. If you want to add extra flavour in a recipe, try to use garlic, pepper, herbs, spices, lemon or lime juice rather than salt.



Pepper

Freshly ground black pepper has been used in all savoury recipes; this will give the best results, but you can use a small amount of pre-prepared ground pepper. Do take care and use only a little as it can be a strong flavour.



Bread

Recipes using bread have been tested using medium sliced family sized loaves of bread. Recipes will work with either white or wholemeal bread but the wholemeal has more fibre.



Equipment

A list of equipment with a photograph of each item has been included for each recipe. Try to collect all the items before you start cooking.

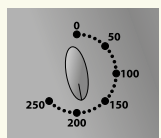
Oven gloves

It's good to have oven gloves available in the kitchen at all times. Where they are essential (eg for removing hot trays from a grill or oven) we have shown them in the list of equipment, however you may also want to use them for other jobs, like draining saucepans.



Ovens

Ovens should be preheated to the temperature shown. This will take about 15 minutes for an electric oven and 10–15 minutes for a gas oven.



Serves: 4
Cooking time: 70-80mins



Put on apron



Tie up hair



Clean work surfaces and wash hands

Apple crumble



Ingredients

Vegetable oil to grease dish
675g (1½ lb) cooking apples
50ml (¼ cup) water
1 teaspoon mixed spice
100g (8 tablespoons) caster sugar
75g (10 tablespoons) plain wholemeal flour
50g unsaturated margarine
25g (4 tablespoons) porridge oats

Equipment



Pastry brush



Ovenproof pie dish



Apple corer



Peeler



Sharp knives



Chopping board



Medium saucepan



Cup or measuring jug



Teaspoon



Tablespoon



Silicone spoon



Sieve



Bowl

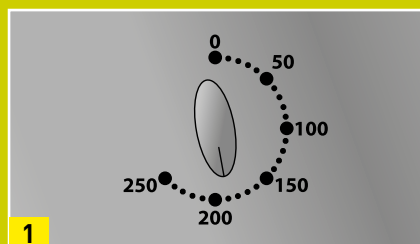


Scales



Oven gloves

Method



1 Pre-heat oven 190°C or gas mark 5 and grease dish



2 Wash apples



3 Core cooking apples



4 Peel



5 Slice



6 Place the apples in saucepan and add water



7 Add mixed spice



8 Add 4 tablespoons of sugar



9 Stir



10 Cover and cook gently



11 Measure wholemeal flour



12 Sift the flour



13 Tip bran from sieve into bowl



14 Weigh margarine



15 Rub margarine into flour



16 Add porridge oats



17 Add the rest of the sugar



18 Stir crumble



19 Place apples in greased ovenproof dish



20 Sprinkle crumble on top - do not press down



21 Bake in oven: 15 mins. Then reduce heat to 180°C or gas mark 4 and cook another 45 minutes until golden brown
Caution! Hot!



22

Why not try other fillings?

- apple and rhubarb
- plum and cherry
- apple and blackberry

Serve



Put on apron



Tie up hair



Clean work surfaces and wash hands

Baked potatoes with a spicy mushroom filling



Ingredients

- 2 large potatoes
- 1 dessertspoon vegetable oil
- 100g button mushrooms
- 4 tablespoons natural yogurt
- 1 dessertspoon tomato purée
- 1 teaspoon curry powder
- Pepper

Equipment



Fork



Baking Sheet



Oven gloves



Sharp knife



Chopping board



Non-stick frying pan



Dessertspoon



Silicone spoon

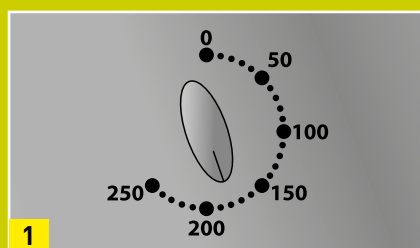


Tablespoon



Teaspoon

Method



1 Pre-heat oven to 180°C or gas mark 4



2 Scrub potatoes (do not peel).



3 Prick all over with fork



4 Bake in pre-heated oven until soft inside (check after 60 minutes)



5 Wash mushrooms



6 Chop



7 Heat oil in frying pan



8 Add mushrooms and cook 3-4 minutes until soft



9 Remove frying pan from heat, cool, then add yogurt



10 Add tomato purée



11 Add curry powder



12 Season with pepper



13 Stir



14 Remove cooked potato from oven **Caution! Hot!**



15 Cut potatoes in half



16 Add filling



17 Serve

Serves: 4
Cooking time: 25–30 minutes
Soaking time about 30 minutes



Put on apron



Tie up hair



Clean work surfaces and wash hands

Bread and apple pudding



Ingredients

4 large egg yolks
50g (4 tablespoons) caster sugar
PLUS
Extra 25g (2 tablespoons) caster sugar
600ml semi-skimmed milk
2 cooking apples
50g (3 handfuls) sultanas
½ teaspoon ground cinnamon
4 slices of white or brown bread
Vegetable oil to grease dish

Equipment



2 bowls



Scales (not essential)



Tablespoon



Whisk



Measuring jug



Small saucepan



Silicone spoon



Peeler



Sharp knife



Chopping board



Teaspoon



Bread knife



Pastry brush

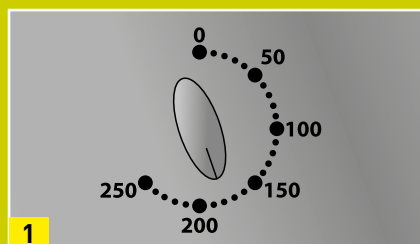


Ovenproof dish



Oven gloves

Method



1 Pre-heat oven to 180°C or gas mark 4



2 Separate egg yolks



3 Add caster sugar



4 Whisk egg yolks and sugar



5 Measure milk



6 Heat milk in saucepan – do not boil



7 Add warmed milk to egg yolks and stir



8 Wash cooking apples



9 Peel



10 Slice and place in a bowl



11 Add sultanas



12 Add caster sugar



13 Add cinnamon



14 Stir



15 Trim crusts from bread



16 Cut into triangles



17 Place half the bread in greased ovenproof dish



18 Sprinkle over apples and sultanas



19 Pour egg and milk custard over apples



20 Overlap bread on top and soak for 30 mins



21 Bake for 20–25 minutes
Caution! Hot!



22

Serve

Serves: 3–4
Cooking time: 8–10 minutes



Put on apron



Tie up hair



Clean work surfaces and wash hands

Bruschetta



Ingredients

1 part baked ciabatta
250g ripe tomatoes
Fresh basil leaves
2 cloves garlic
50g unsaturated margarine

Equipment



Bread knife



Sharp knife



Chopping board



Chopping board



Garlic press



Bowl



Scales



Tablespoon



Fork



Dessertspoon



Table knife

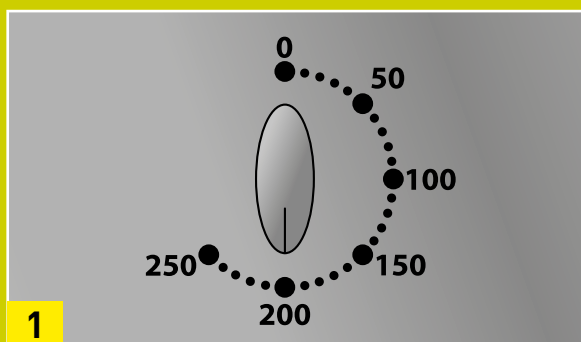


Baking sheet



Oven gloves

Method



1 Pre-heat oven to 200°C or gas mark 6



2 Slice ciabatta into thick slices



3 Wash basil and tomatoes



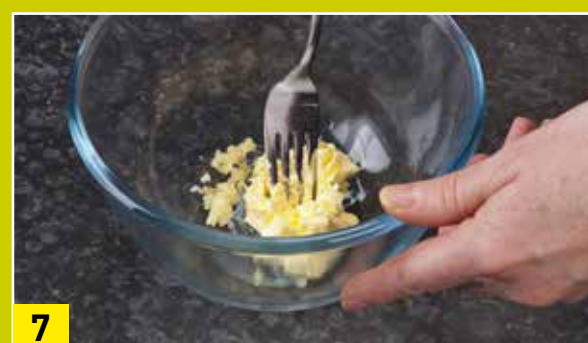
4 Roughly chop basil and tomatoes



5 Crush garlic



6 Weigh margarine



7 Mix garlic and margarine, spread over ciabatta slices



8 Divide tomato and basil over ciabatta slices



9 Cook in oven: 8–10 minutes
Caution! Hot!



10 Serve

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Serves: 4
Cooking time: 2 minutes



Put on apron



Tie up hair



Clean work surfaces and wash hands

Cheesy garlic bread



Ingredients

1 large baguette (or 2 small)
25g unsaturated margarine
1 clove garlic
50g Cheddar cheese

Equipment



Bread knife



Chopping board



Scales



Garlic press



Fork



Bowl



Table knife



Grater

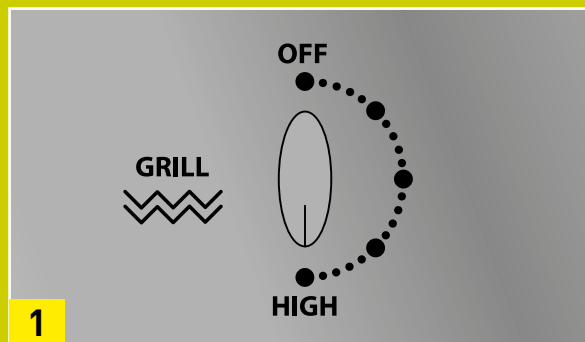


Teaspoon



Oven gloves

Method



1

Heat grill to high



2

Slice baguette thickly



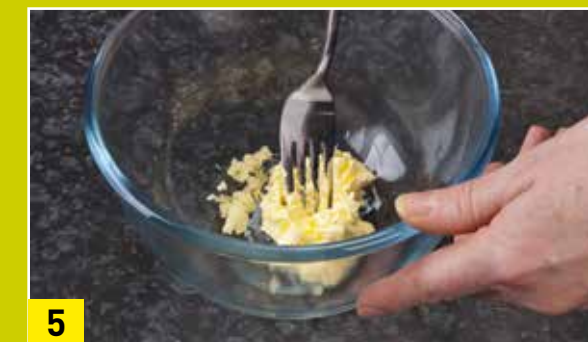
3

Weigh unsaturated margarine



4

Crush garlic



5

Mix margarine and garlic



6

Spread garlic margarine over slices



7

Grating cheese



8

Sprinkle on grated cheese



9

Place slices on grill pan

Caution! Hot!



10

Grill for 2 minutes until cheese has melted

Caution! Hot!



11

Serve

Serves: 4
Cooking time: 60 minutes



Put on apron



Tie up hair



Clean work surfaces and wash hands

Chicken curry



Ingredients

1 red pepper
8 mushrooms
1 green apple
1 onion
1 clove garlic
4 chicken fillets
1 x 220g tin of pineapple chunks in natural juice
3 tablespoons (25g) flour
4 teaspoons curry powder
1 chicken stock cube
1 tablespoon vegetable oil
A handful of sultanas
250–350g (1½–2 cups) uncooked brown or white rice

Equipment



Sharp knives



Green chopping board



Garlic press



Red chopping board



Tin opener



Sieve



Tablespoon



Teaspoon



Measuring jug



Kettle



2 Large saucepans



Silicone spoon



Scales



Cup



Colander

Method



1
Wash pepper, mushrooms and apple.



2
Peel onion



3
Chop onion finely



4
Remove seeds



5
Chop



6
Slice mushrooms



7
Crush garlic



8
Chop apple



9
Cut chicken fillets into strips



10
Drain pineapple chunks



11
Measure plain flour



12
Measure curry powder



13
Add boiling water to stock cube



14
Make up to 450 ml and stir



15
Heat oil in saucepan



16
Add chicken strips and cook about 10 minutes until brown



17
Add onion and garlic, cook for 5 minutes



18
Add red peppers and mushrooms, cook until soft



19
Stir in flour and curry powder



20
Add the stock gradually and bring to boil



21
Add sultanas



22
Stir, then cover and simmer for 30 minutes



23
Weigh rice or measure with cup



24
Cook rice until tender



25
Add apple and pineapple, cook for 5 minutes



26
Drain and rinse rice



27
Serve

Serves: 4
Cooking time: 35 minutes



Put on apron



Tie up hair



Clean work surfaces and wash hands

Chicken drumsticks with bacon



Ingredients

8 small chicken drumsticks
8 rashers of lean back bacon

Equipment



Red chopping board



Sharp knife



Baking tray or ovenproof dish

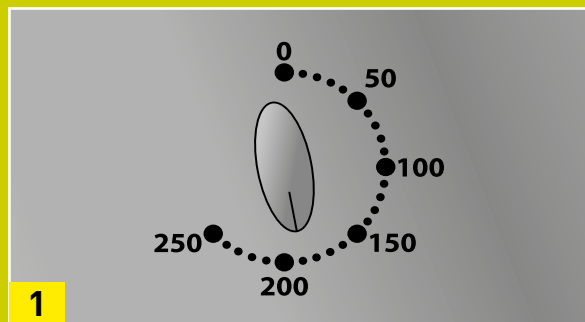


Tinfoil



Oven gloves

Method



1

Pre-heat oven 190°C or gas mark 5



2

Loosen chicken skin



3

Pull skin back



4

Cut off loose skin



5

Stretch bacon rashers



6

Wrap bacon around drumsticks



7

Place on oven tray lined with tinfoil



8

Wrap tinfoil loosely



9

Cook in oven for about 30 minutes **Caution! Hot!**



10

Pull back the foil from drumsticks **Caution! Hot!**



11

Cook in oven for 5 minutes until brown
Caution! Hot!



12

Remove from oven
Caution! Hot! Make sure chicken is cooked



13

Serve

Serves: 4-6
Cooking time: 35 mins



Put on apron



Tie up hair



Clean work surfaces and wash hands

Fish pie



Ingredients

- 2 medium eggs
- 3 medium potatoes
- 1 small turnip
- 50g Cheddar cheese
- 275g smoked fish (haddock)
- 1½ tablespoons cornflour
- 600ml semi-skimmed milk plus extra for mashing
- 75g (¾ cup) frozen peas, defrosted
- 1 x 198g tin sweetcorn
- 1 tablespoon chopped parsley

Equipment



Small saucepan



Colander



Sharp knives



Green chopping board



Potato peeler



Large saucepan



Scales



Grater



Blue chopping board



Tablespoon



Bowl



Measuring jug



Silicone spoon



Cup



Tin opener



Potato masher



Ovenproof pie dish



Fork



Oven gloves

Method



1
Hard boil eggs in water



2
Cool quickly under cold water



3
Remove shells



4
Chop



5
Peel potatoes



6
Cut into dice



7
Peel turnip



8
Cut into dice



9
Cook veg for 15-20 minutes



10
Weigh cheese



11
Grate cheese



12
Remove skin and bones from fish



13
Cut the fish into cubes



14
Place cornflour in bowl



15
Mix to a paste with cold water



16
Measure milk for the sauce



17
Heat milk but do not boil



18
Add some hot milk to paste



19
Add back to hot milk and stir



20
Cook until the sauce thickens



21
Add smoked haddock



22
Add peas



23
Add sweetcorn



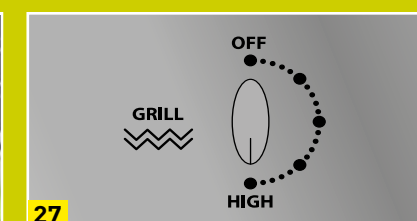
24
Add chopped egg



25
Add chopped parsley



26
Stir and cook 2-5 minutes



27
Heat grill to high



28
Drain potato and turnip



29
Mash well



30
Pour fish mixture into pie dish



31
Spread mash



32
Sprinkle grated cheese over top



33
Cook under grill until cheese melts
Caution! Hot!



34
Serve

Serves: 4



Put on apron



Tie up hair



Clean work surfaces and wash hands

Fresh fruit salad



Ingredients

2 eating apples
10 black grapes
10 green grapes
1 orange
1 medium banana
½ cup (150ml) pure orange juice

Equipment



Sieve



Apple corer



Sharp knives



Chopping board



Large bowl



Cup or measuring jug



Tablespoon

Method



1 Wash apples and grapes



2 Core apples



3 Slice



4 Peel orange



5 Slice segments



6 Cut grapes in half



7 Peel banana



8 Slice



9 Add orange juice



10 Mix



11 Serve

Serves: 1



Put on apron



Tie up hair



Clean work surfaces and wash hands

Ham salad sandwich



Ingredients

- 2 lettuce leaves
- 1 tomato
- 1 scallion (spring onion)
- 1 dessertspoon mayonnaise
- 2 slices wholemeal bread
- 2 thin slices cooked ham

Equipment



Colander



Sharp knife



Chopping board



Chopping board



Dessertspoon



Table knife



Bread knife

Method



1

Wash salad



2

Slice tomato



3

Slice scallion



4

Spread mayonnaise on bread



5

Place lettuce on bread



6

Place ham on lettuce



7

Add tomato



8

Add scallion



9

Top with slice of bread



10

Cut across diagonally



11

Serve

Why not try other fillings?

- tuna and sweetcorn
- cottage cheese and pineapple
- chicken slices with chutney



Put on apron



Tie up hair



Clean work surfaces and wash hands

Healthy fish and chips with peas



Ingredients

- 1 large potato
- 1 dessertspoon vegetable oil
- Black pepper
- 150–175g piece of white fish eg haddock, cod, coley
- Small knob of butter or unsaturated margarine
- Juice of half a lemon
- 1 x 150g tin of marrowfat peas
- 1 tablespoon tartare sauce

Equipment



Peeler



Sharp knife



Chopping board



Dessertspoon



Non-stick baking tray



Pastry brush



Oven gloves



Non-stick baking tray



Tinfoil



Table knife



Lemon squeezer



Tin opener



Small saucepan



Colander



Bowl

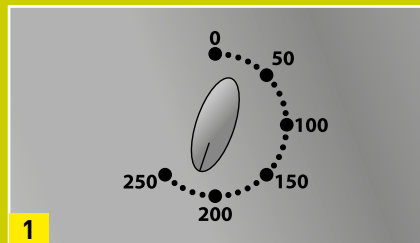


Tablespoon



Potato masher or fork

Method



1 Pre-heat oven 220°C or gas mark 7



2 Peel potato



3 Cut into large chunky chips



4 Brush with oil



5 Season with pepper



6 Cook in oven: 25–35 minutes **Caution! Hot!**



7 Put fish on tray and add small knob butter



8 Squeeze over lemon juice



9 Season with black pepper



10 Cook fish in oven: 8–10 minutes **Caution! Hot!**



11 Heat marrowfat peas for 4–6 minutes



12 Drain peas and place in bowl



13 Add tartare sauce and mash



14 Remove fish from oven **Caution! Hot!**



15 Remove chunky chips from oven **Caution! Hot!**



16 Serve

Serves: 4
Cooking time: 20–25 minutes



Put on apron



Tie up hair



Clean work surfaces and wash hands

Homemade burger



Ingredients

- 1 onion
- 450g (1lb) lean minced meat (beef, pork or lamb)
- 1 teaspoon mixed herbs
- 1 large egg
- 2–3 slices bread
- 2 medium tomatoes
- ½ iceberg lettuce
- 4 burger buns
- 4 slices Cheddar cheese

Equipment



Sharp knives



Chopping board



2 bowls



Teaspoon



Fork



Silicone spoon



Grater



Non-stick baking tray



Oven gloves

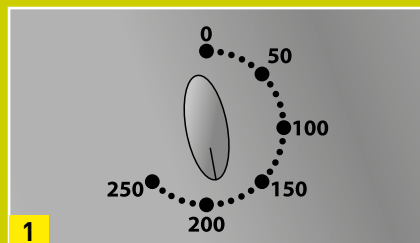


Fish slice



Colander

Method



1 Pre-heat oven to 190°C or gas mark 5



2 Peel onion



3 Chop finely



4 Place mince in bowl, add chopped onion



5 Add mixed herbs



6 Beat egg



7 Add to mince and mix



8 Grate breadcrumbs



9 Add to mince



10 Mix well



11 Form four flat burgers - about 2 cm thick



12 Place burgers on tray
Cook in oven: 20–25 minutes



13 Turn over halfway through cooking **Caution! Hot!**



14 Wash lettuce and tomatoes



15 Slice tomatoes



16 Place lettuce on burger bun



17 Add cooked burger



18 Add cheese slice



19 Add tomato slices



20 Add top of burger bun



21 Serve

Serves: 4
Cooking time: 20–23 mins



Put on apron



Tie up hair



Clean work surfaces and wash hands

Macaroni cheese



Ingredients

100g mature Cheddar cheese
350–450g (4–5 cups) dried macaroni
1½ cups (300ml) semi-skimmed milk
2 teaspoons cornflour
1 x 400g tin of vegetables or 425g of frozen vegetables, eg peas or sweetcorn, defrosted
½ teaspoon mustard
Pepper to taste

Equipment



Scales
(not essential)



Grater



Kettle



Large saucepan



Colander



Measuring jug
or cup



Medium
saucepan



Teaspoon



Small bowl



Silicone spoon



Tin opener
(if using tinned
vegetables)

Method



1
Weigh cheese



2
Grate



3
Measure macaroni



4
**Cook in boiling water until
tender**



5
Drain macaroni



6
**Place back in saucepan to
keep warm**



7
**Measure milk and heat... do
not boil**



8
Place cornflour in bowl



9
Blend with cold water



10
Add hot milk and stir



11
**Gradually add back into hot
milk, stir well**



12
**Reheat and stir until sauce
thickens**



13
Add vegetables and stir



14
**Cook for 3–4 minutes until
vegetables are hot**



15
Add grated cheese



16
Add mustard



17
Season with pepper



18
Stir until cheese has melted



19
**Add sauce to cooked
macaroni**



20
Stir



21
Serve

Serves: 4
Cooking time: 30–40 mins



Put on apron



Tie up hair



Clean work surfaces and wash hands

Pancakes



Ingredients

100g plain flour

Pinch of salt

1 medium egg

250ml milk

1 teaspoon vegetable oil

Equipment



Scales



Sieve



Bowl



Silicone spoon



Measuring jug



Whisk



Teaspoon



Pancake pan or frying pan



Tablespoon



Fish slice

Method



1 Weigh plain flour



2 Add a pinch of salt



3 Sieve flour and salt



4 Make a well



5 Break one egg into well



6 Measure 250ml milk and add



7 Whisk



8 Heat oil in frying pan



9 Add 2 tablespoons of batter



10 Cook until bubbles appear



11 Turn



12 Cook until golden brown



13 Repeat steps 9 to 12 until all the mixture is used



14 Serve

Serves: 4
Cooking time: 15–20 mins



Put on apron



Tie up hair



Clean work surfaces and wash hands

Rainbow rice



Ingredients

3 – 4 scallions (spring onions)
10 mushrooms
2 medium carrots
1 red pepper
225g lean cooked ham
350g (2 cups) uncooked, long-grain rice
1 tablespoon vegetable oil
75g (¾ cup) fresh or frozen peas (defrosted)
1 tablespoon light soy sauce
Black pepper

Equipment



Colander



Sharp knives



Chopping board



Peeler



Chopping board



Scales



Kettle



Saucepan



Tablespoon



Wok or large frying pan



Silicone spoon



Teaspoon

Method



1 Wash scallions, mushrooms, carrots and red pepper



2 Slice mushrooms



3 Slice scallions



4 Peel carrots



5 Cut into sticks



6 Remove seeds



7 Cut into strips



8 Cut ham into strips then squares



9 Measure rice



10 Cook rice until tender



11 Add oil to pan and heat



12 Add scallions... stir fry



13 Add mushrooms, carrots, red pepper, peas



14 Add ham and stir fry for 5 minutes



15 Drain rice



16 Add rice to wok



17 Add soy sauce



18 Season with pepper



19 Stir fry for 5 minutes



20 Serve

Makes: 8
Cooking time: 10–15 mins



Put on apron



Tie up hair



Clean work surfaces and wash hands

Scones



Ingredients

225g plain white flour
1 level teaspoon baking powder
40g unsaturated margarine
150ml semi-skimmed milk
Extra milk for brushing

Equipment



Scales



Teaspoon



Sieve



Bowl



Cup or measuring jug



Knife



Rolling pin



Scone cutter (5cm)



Non-stick baking tray



Pastry brush

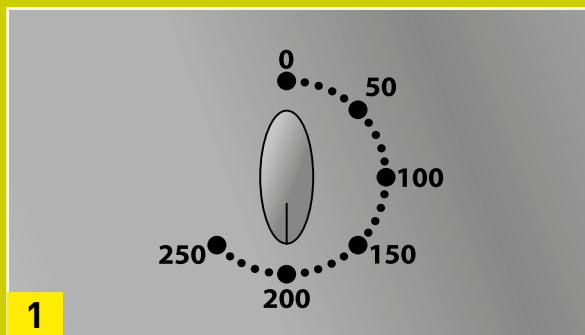


Oven gloves



Wire cooling rack

Method



1 Pre-heat oven 200°C or gas mark 6



2 Weigh flour



3 Add baking powder



4 Sieve



5 Weigh unsaturated margarine



6 Rub margarine into flour



7 Measure milk, add and mix until soft but not sticky



8 Turn on to worktop and roll to 2 cm thick



9 Cut into rounds



10 Place on baking tray and brush with milk



11 Bake in oven: 10–15 minutes
Caution! Hot!



12 Remove when risen and golden
Caution! Hot!



13 Cool



14 Serve

Serves: 4



Put on apron



Tie up hair



Clean work surfaces and wash hands

Smoked mackerel pâté



Ingredients

275g smoked mackerel fillets
2 teaspoons chopped fresh or dried chives
225g low-fat fromage frais
Grated rind and juice of ½ lemon
Freshly ground pepper
Fresh parsley to garnish

Equipment



Plate



Sharp knife



Bowl



Fork



Scales (not essential)



Chopping board



Teaspoon



Tablespoon



Grater



Lemon squeezer

Method



1 Remove skin and bones



2 Mash fish



3 Chop chives



4 Add to mackerel



5 Add fromage frais



6 Add lemon rind and juice



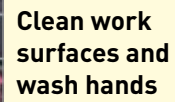
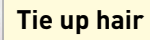
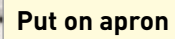
7 Add black pepper



8 Mix



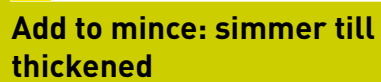
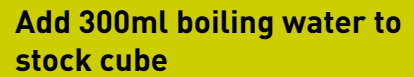
9 Serve



- 1 large onion**
- 2 large carrots**
- 1 clove of garlic**
- 1 beef stock cube**
- 450g lean minced beef**
- 1 x 400g tin chopped tomatoes**
- 2 tablespoons tomato purée**
- 2 teaspoons dried mixed herbs**
- Pepper**
- 1–2 teaspoons cornflour (optional)**
- 350–450g dry spaghetti**

Sharp knives		Chopping board	Peeler	Garlic press
Small bowl	Kettle	Measuring jug or cup	2 large saucepans	Silicone spoon
Tin opener	Tablespoon	Teaspoon	Scales (not essential)	Colander

Method



Serves: 2
Cooking time: 20 minutes



Put on apron



Tie up hair



Clean work surfaces and wash hands

Stewed apple with yogurt and honey



Ingredients

- 1 large cooking apple
- 1 tablespoon brown sugar
- ½ teaspoon ground cinnamon
- 1–2 tablespoons water
- 1 small carton natural yogurt
- 1 teaspoon runny honey

Equipment



Apple corer



Peeler



Sharp knife



Chopping board



Small saucepan



Measuring jug



Tablespoon



Teaspoon



Silicon spoon



Small bowl



2 serving dishes

Method



1

Wash cooking apple



2

Core



3

Peel



4

Slice



5

Place in saucepan



6

Add brown sugar



7

Add cinnamon



8

Add water



9

Cook gently until soft



10

Add honey to yogurt



11

Stir



12

Serve

Serves: 2



Put on apron



Tie up hair



Clean work surfaces and wash hands

Strawberry yogurt shake



Ingredients

6 strawberries

300ml (1½ cups) chilled milk

1 carton low-fat strawberry yogurt

Equipment



Colander



Sharp knife



Chopping board



Blender or food processor



Cup or measuring jug



Dessertspoon



Glass for serving

Method



1

Wash strawberries



2

'Top' strawberries



3

Place in blender



4

Add chilled milk



5

Add strawberry yogurt



6

Place lid securely



7

Blend



8

Serve

Serves: 4



Put on apron



Tie up hair



Clean work surfaces and wash hands

Summer fruit fool



Ingredients

225g mixture of berries or other soft fruit (fresh or defrosted)

1 dessertspoon sugar

1 small tub (about 200ml) low-fat crème fraîche

Equipment



Sieve or colander



Sharp knife



Chopping board



Bowl



Dessertspoon



Fork



Serving dishes

Method



1

Wash berries



2

'Top' strawberries



3

Chop larger berries



4

Add sugar



5

Mash berries and sugar



6

Add low-fat crème fraîche



7

Fold gently



8

Serve

Serves: 4 for snack or 2 for lunch
Cooking time: 9–10 mins



Put on apron



Tie up hair



Clean work surfaces and wash hands

Ulster style pizza



Ingredients

1 x 230g tin of chopped tomatoes

1 dessertspoon tomato purée

½ teaspoon dried mixed herbs

Pepper to taste

50g lean cooked ham

100g Mozzarella or reduced fat Cheddar cheese

2 soda or wheaten farls

Equipment



Tin opener



Sieve



Small saucepan



Dessertspoon



Teaspoon



Silicone spoon



Sharp knife



Scales (not essential)



Grater



Chopping board

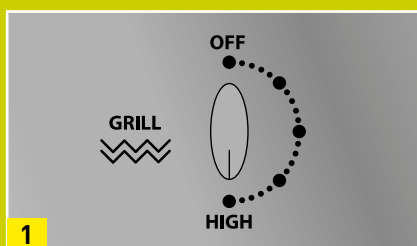


Bread knife



Oven gloves

Method



1 Heat grill



2 Drain tinned tomatoes



3 Pour into saucepan



4 Add tomato purée



5 Add mixed herbs



6 Season with pepper



7 Heat then simmer for 5 minutes, remove from heat



8 Cut ham into strips



9 Grate cheese



10 Slice farls



11 Toast on outside only
Caution! Hot!



12 Turn farls



13 Spread with hot tomato mixture



14 Top with ham



15 Sprinkle grated cheese



16 Grill: 2-3 minutes
Caution! Hot!



17 Remove when cheese is bubbling
Caution! Hot!



18 Serve

I can
Cook it!
fun, fast food for less

Serves: 4
Cooking time: 25–30 mins



Put on apron



Tie up hair



Clean work surfaces and wash hands

Vegetable soup with a difference



Ingredients

1 medium onion
2 medium carrots
1 x 400g tin red kidney beans
2 vegetable stock cubes
1 dessertspoon vegetable oil
1 teaspoon Worcestershire sauce
Pepper to taste

Equipment



Sharp knives



Chopping board



Peeler



Tin opener



Colander or sieve



Kettle



Measuring jug or cup



Dessertspoon



Large saucepan



Silicone spoon



Teaspoon

Method



1

Peel onion



2

Chop finely



3

Peel carrots



4

Chop into dice



5

Drain and rinse kidney beans



6

Add 1.2l boiling water to stock cubes



7

Heat oil



8

Add onions and carrots



9

Stir



10

Cover and cook for 10–15 minutes



11

Add kidney beans



12

Add Worcestershire sauce



13

Add stock and simmer for 10 minutes



14

Add pepper



15

Serve

Serves: 2
Cooking time: 35–40 mins



Put on apron



Tie up hair



Clean work surfaces and wash hands

Vegetable tortilla



Ingredients

- ½ red pepper
- 1 tablespoon chopped parsley
- 1 tomato
- 2 medium sized potatoes
- ½ onion
- 1 garlic clove
- 3 large eggs
- Black pepper to taste
- 1 tablespoon vegetable oil
- 2 tablespoons sweetcorn (tinned or frozen)

Equipment



Colander



Peeler



Small saucepan



Sharp knife



Chopping board



Garlic press



Bowl



Fork



Whisk



Tablespoon



Non-stick frying pan



Silicone spoon



Tin opener (if using tinned sweetcorn)



Fish slice



Oven gloves

Method



1
Wash red pepper, parsley, tomato and potatoes.



2
Peel potatoes



3
Cook in boiling water for 10 minutes



4
Peel onion



5
Chop finely



6
Crush garlic



7
Remove seeds from red pepper



8
Chop



9
Slice tomatoes



10
Drain potatoes and cool



11
Slice thinly **Caution! Hot!**



12
Chop parsley



13
Break eggs into bowl



14
Season with black pepper



15
Add chopped parsley



16
Whisk



17
Heat oil in frying pan



18
Add cooked potato slices



19
Add garlic and chopped onion, cook gently for 5–7 mins



20
Add red pepper



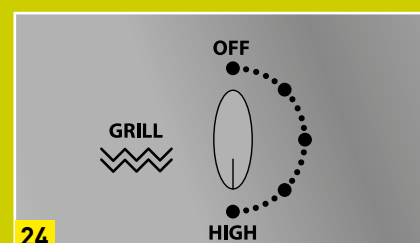
21
Add tomato



22
Add sweetcorn, cook 5–7 minutes



23
Pour whisked eggs and cook for 10–12 minutes



24
Heat grill to high

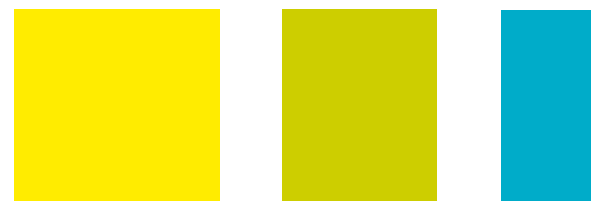


25
Cook under hot grill for 5 minutes until golden brown **Caution! Hot!**



26
Serve

I can
Cook it!
fun, fast food for less



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