



# COOK HEALTHY

EAT WELL



A flexible toolkit to help you  
cook healthier and eat  
better for less



**This toolkit belongs to**

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# Welcome to Cook Healthy, Eat Well

## Hi there!

We're so glad you've chosen to try this toolkit! This toolkit is here to support you in cooking and eating healthier meals, in a way that works for you. Whether you're on a budget, short on time or equipment, or just looking for fresh ideas, you'll find simple, practical tools inside to help.

It's designed to be flexible. You can pick and choose the parts most useful to you and build it up over time. You don't need to be a "perfect" cook, just start where you are. This is a customisable booklet with slot-in, slot-out pages. You can add or remove pages depending on your needs.

Inside, you'll find things like advice on eating healthier, budget-friendly recipes for you and your family, meal planners and shopping lists to save money and reduce waste, easy guides for preparing vegetables and tools for budgeting, reducing food waste, and planning ahead

Cooking and eating well doesn't have to mean spending more. It can mean:

- Having more energy
- Staying healthy
- Making the most of the food and money you already have
- Helping children grow, learn, and thrive
- Feeling proud of what you can create in your kitchen, big or small

**Small changes can make a big difference. This toolkit will help you take the first step.**

This toolkit has been created by Abigail Stephen, a team of researchers at the University of Aberdeen and with the support of some amazing organisations across Aberdeen City.





## How to use this toolkit

**Now you have your toolkit, you need to fill it with tools.** You can now choose what you need to help you eat better on a budget.

It's not about making big changes all at once, just small, manageable steps that fit your routine.

Take a look through the available sections and choose the ones that you think will be most useful for you. You can do this alone or someone can help you (just ask!)

## Sections of the toolkit

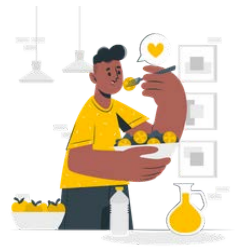
These are the 7 sections:

- 1 – Why healthy eating matters
- 2 – How to eat well on a budget
- 3 – Recipe ideas and meal planning
- 4 – How to... (prepare foods)
- 5 – Having healthier snacks
- 6 – Some tools to help you eat healthier
- 7 – Where to find additional support in Aberdeen

# Wanting to cook healthier meals but not sure where to start?

You might want to change the meals that you cook and eat, but you don't know where to start. We've put together 5 top tips on how to motivate yourself to eat and cook healthier meals.

**1. Think about the good things that will happen if you eat better.** You could have more energy, spend less, feel happier, get sick less often and inspire your friends and family to eat better too. Thinking about the consequences of cooking healthier meals can motivate you to do so.



**2. Keep a track of your progress by** writing down what you do eat, even just once a day. **Celebrate all of your small wins** - each time you cook at home or try a new healthy meal, that's a win.

**3. Make healthier meals the easier option** by keeping healthier foods where you'll see them. Keep fruit on the counter, veggies at eye-level in the fridge, and leave your pots and pans within easy reach. You could even leave sticky notes on the fridge to remind you to defrost something in the morning. Little nudges encourage change.



**4. Watch, learn and practice basic cooking skills.** Watching free online videos by confident cooks or attending local workshops can help you learn how to make affordable healthy meals. You can practice these yourself - practice means progress.

**5. Keep a go-to list of healthy meals you can afford and enjoy.** Having a list of 3 or 4 of your favourite, low cost, healthy meals means that if you're stressed or tired, you don't have to think too much about what to make for dinner.



## Where to find out more?

There's a lot of information out there about healthy eating and cooking – but not all of it is reliable.

This toolkit was developed using trusted sources including Food Standards Scotland, the NHS website, Diabetes UK, the British Heart Foundation, and the British Nutrition Foundation.

For more guidance or information, we recommend visiting these websites for up-to-date, evidence-based advice.

**Diabetes UK**  
KNOW DIABETES. FIGHT DIABETES.

 British  
**Nutrition**  
Foundation

**Food Standards Scotland**

**NHS**  
nhs.uk

 **British Heart Foundation**



## With thanks to...

This toolkit has been brought to you by a team of researchers at the University of Aberdeen, with support from the Scottish Government and funded by the Rural and Environment Science and Analytical Services (RESAS).

**RESAS**  
Rural & Environment Science  
and Analytical Services

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 **Scottish Government**  
Riaghaltas na h-Alba



# Why Healthy Eating Matters?

# Why eat healthy?

A healthy diet is just about eating a mix of foods that help your body feel good, give you energy, and keep you strong. You don't need fancy foods or expensive ingredients. Small changes can make a big difference.

## Eating well helps your body:



Maintain a healthy weight



Keep your bones and muscles strong



Having more energy



Keep your heart healthy



Make you feel better



Reduce the risk of illnesses

Eating too much of certain foods, like those high in sugar, salt, or fat, or eating very little of important foods like fruits, vegetables, and protein, can make it harder to stay healthy. Being overweight or regularly eating poorly can make your body work harder, increase your risk of long-term health problems, and affect how you feel day-to-day.



## A healthy diet means:

- Eating different types of food – not the same thing every day
- Having a bit of everything – fruit, vegetables, starchy foods (like pasta or rice), and some protein (like beans, meat, fish, or eggs)
- Drinking plenty of water – about 6–8 cups a day
- Not too much sugar, salt, or fat – you don't need to cut them out completely, just have less



## Easy tips for eating better:

- Add one extra vegetable to your dinner
- Have water instead of juice or fizzy drinks. If you really want a fizzy drink, choose a sugar-free option
- Use tinned or frozen vegetables – they're just as good as fresh and often cheaper
- Cook at least one homemade meal a week if you usually rely on ready meals
- Don't worry if it's not perfect – small changes add up over time

**Cooking and eating healthier meals can also reduce food waste, help you spend less money and encourage you to eat with others**

If you're part of a family, eating together can be a really important part of the day. Try eating together at the table and turning the TV off. Sharing meals is not only good for your health but can also be fun and help everyone enjoy the food more.

## Summary of "Why eat healthy?"

### **Variety and veggies**

- Eat a variety of foods each day, including fruit, vegetables, starchy foods (like rice or pasta), and protein (beans, meat, fish, or eggs).
- Include extra vegetables wherever you can; tinned or frozen options are just as good as fresh.

### **Water and staying hydrated**

- Drink plenty of water and limit sugary, salty, or fatty foods and drinks
- Aim for 2 litres of liquid per day (roughly 8 glasses)

### **Get busy in the kitchen**

- Aim to cook at least one homemade meal per week, even more if possible
- Try to eat with others if you can

### **Cutting back on fatty, sugary, salty foods**

- Aim to reduce the amount of fatty, sugary and salty foods in your diet like takeaways, instant noodles and crisps

### **Small and steady changes**

- Small changes add up – healthy eating is about balance over time, not perfection.
- Eating well helps your body feel good, gives energy, and reduces the risk of long-term health problems.



# How to eat well on a budget

# How to eat well on a budget (and with limited supplies)



Eating healthily can feel difficult when money is tight. Healthier food is often seen as more expensive, and rising food and energy costs can make home cooking feel out of reach. You might be:

- Trying to feed a family on a small budget
- Only able to get to local shops with limited choice
- Dealing with a small kitchen, limited storage or no proper cooker
- Feeling too tired or stressed to plan or prep meals
- Unsure what “healthy eating” really means

These are real barriers and you’re not alone in facing them. But healthy eating doesn’t have to be perfect. It’s about doing what’s possible, with what you’ve got. We’ve included some tools on navigating supermarkets on a budget that you can take along with you.

In the next few pages, you’ll find some tools. Take these with you when you go shopping and see if they help you.

# Unit price checker

## What is unit price?

Unit pricing tells you the cost of a product per standard unit, like per gram, per kilogram, per litre, or per item. It makes it easier to compare products of different sizes or brands.



Example of unit pricing

## Why it helps save you money?

- 01** Shows which product gives you the most for your money.
- 02** Helps compare brands and sizes.
- 03** Avoids being misled by promotions or bigger packs that aren't actually cheaper.

## For example:

- 500g branded pasta costs £1.50 = 30p per 100 gram
- 1kg pasta supermarket own costs £2.80 = 28p per 100 gram

Even though the 1kg pack costs more overall, it's cheaper per gram. Buying the larger pack saves money in the long run.

### Trolley.co.uk

Trolley.co.uk is a free website that lets you compare supermarkets to find the cheapest options



# Unit price checker

When you're shopping, use this table to compare prices for everyday foods. Write down the price and check the unit price (cost per 100g or 100ml – usually shown on the shelf label). This shows you which item gives you the most for your money and means you can keep a track of where to buy the cheapest option. We've filled the first one out for you, using the example from the previous page.

**Remember:** bigger packs can work out cheaper per 100g, but they aren't always the best choice if money or storage space is tight, or if the food might go off before you can use it. Choose the size that's best value for you.

Food Item	Full price	Unit price (per 100g or per 100ml)	Best brand/shop to buy from
Tea Bags	£3.30	£1.32	

## Top Tip!

When making a meal, it might be cheaper to make double then freeze the extra portions or pop them in the fridge for the following night. This can be useful if a bigger pack of meat, for example, works out cheaper.

# Low cost swaps



Sometimes, swapping one ingredient or product for a cheaper alternative can help stretch your food budget and still make tasty, healthy meals. For example, using tinned tomatoes instead of fresh, frozen veg instead of fresh, or beans and lentils instead of some of the meat in a recipe. These swaps can save money, last longer in your cupboard or freezer, and still give you the nutrients your body needs. Small changes like this can add up over time and help you get more meals from the same budget.








## Tips

- Check labels – cheaper products often have similar nutrition and similar ingredients
- Try mixing cheaper ingredients with more expensive ones to save money (e.g., half beef mince + half lentils).
- Use frozen or tinned veg when fresh isn't on offer or is expensive.
- Buying fruit or vegetables when they're in season means they're fresher, tastier, and usually much cheaper.
- When you buy things out of season, like strawberries in winter, they often cost more because they have to be imported or grown in expensive conditions.
- Don't be afraid to try supermarket value ranges. Often, supermarkets will put expensive brands at eye level so make sure to look below to get the more affordable options.

### Pasta is pasta

Lots of recipes can be changed to suit what you have in your cupboards. For example, if you don't have any spaghetti, any other dried pasta will work.

# Low cost swaps

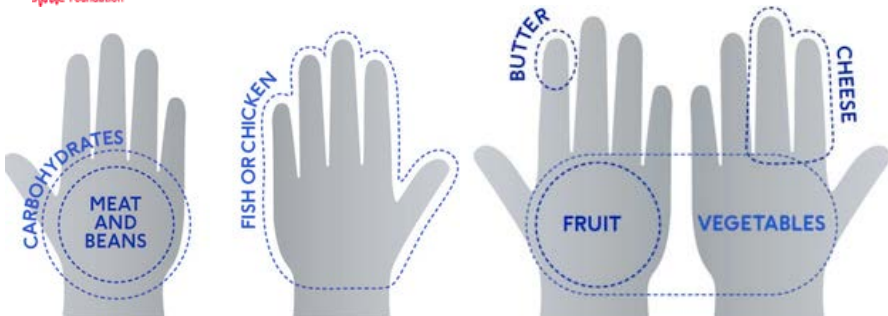
	Instead of...	Try...	Why?
	<b>Chicken breast</b>	Chicken thighs, or frozen chicken breast or thighs	Cheaper and often just as nutritious
	<b>Fresh herbs</b>	Dried mixed herbs	Last longer and easier to store
	<b>Beef mince</b>	Frozen mince <b>OR</b> Tinned lentils or mixed veg + half the mince	Lower cost and adds fibre
	<b>Brand-name cereals</b>	Own-brand cereals or oats	Usually same quality for less money
	<b>Fresh vegetables</b>	Frozen or tinned (in water, no salt added)	Often cheaper, lasts longer, still healthy
	<b>Fresh fruit</b>	Tinned fruit in juice (not syrup)	Longer shelf life and good nutrition
	<b>Butter or cream</b>	Vegetable oil or margarine	Cheaper and healthier fats

# Food Portions

Eating the right amount of food is as important as eating the right types. Eating the right amount can be tricky - too much or too little can leave you feeling tired or hungry.

## How to check your portion size:

You can use your hand as a guide for portion sizes when making a meal



British Heart Foundation (2025)

**Carbohydrates:** Roughly the palm of your hand is one portion, and adults should aim to have 8 (women) to 10 (men) portions per day

**Meat and beans:** Just less than the palm of your hand is a portion of beans or red meats, and your entire hand is a portion of fish or chicken, and adults should aim to have 4 (women) to 5 (men) portions per day

**Fruit and vegetables:** A portion of fruit is about one palm, and a portion of vegetables is both palms. All adults should aim to eat at least 5 portions of fruit and vegetables every day.

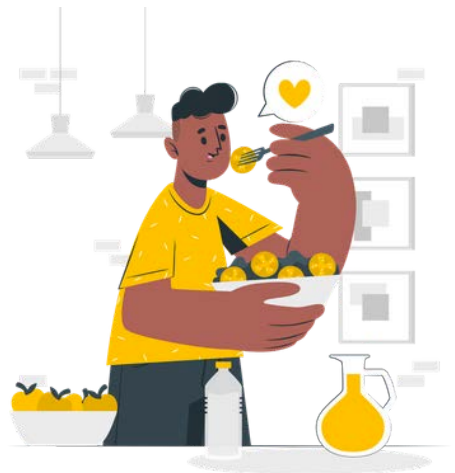
**Dairy:** Portion sizes do vary for dairy, but one portion of cheese is about 2 fingers and milk is about a glass (200ml). Adults should aim to have 3 (women) to 4 (men) portions of dairy per day.

**Fats:** The top part of your finger is about one portion of butter, and a portion of oil is about 1 tsp. Adults should aim to have no more than 4 portions of fats per day.

# Food Portions

## Some tips for staying in control of your portion sizes:

- Eat slowly and stop when you feel comfortable, not stuffed.
- Use smaller plates or bowls – it makes portions look bigger!
- Fill half your plate with vegetables or salad.
- Prepare meals in advance so you can measure portions easily.
- Don't skip meals – it helps prevent overeating later.
- Check the recommended portion sizes on labels, many products like crisps are packaged for sharing so might contain multiple portions



# Understanding food labels

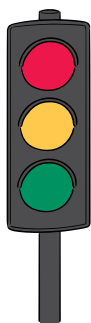
Food labels give you important information about what's inside the food you buy. Understanding them helps you pick healthier options and get the most for your money.

## What's on a food label?

Label Part	What It Means	What to Aim For
<b>Serving Size</b>	The amount the nutrition info is based on	Check if it matches how much you eat
<b>Calories (kcal)</b>	Energy the food gives you	Try to stay within your daily goal (about 2000 for women and 2200 for men)
<b>Fat &amp; Saturates</b>	Total fat and saturated fat content	Choose foods lower in saturated fat
<b>Sugars</b>	Total sugar (natural + added)	Try to limit foods high in added sugar
<b>Salt (Sodium)</b>	Amount of salt	Keep it low for a healthy heart
<b>Fibre</b>	Fibre helps digestion and fullness	Aim for higher fibre

# Understanding food labels

Here's an example of a food label. Some labels in the UK now use a traffic light system to help you to understand if a food is high/low in fat, sugar and salt. For example, this product is low in fat but high in sugar and has a medium amount of salt.



Red = high

Amber = medium

Green = low

Each serving (150g) contains


Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	<b>3.0g</b> LOW	<b>1.3g</b> LOW	<b>34g</b> HIGH	<b>0.9g</b> MED
13%	<b>4%</b>	<b>7%</b>	<b>38%</b>	<b>15%</b>

of an adult's reference intake  
Typical values (as sold) per 100g: 697kJ / 167kcal

This does not mean you can't eat this food, but because it's high in sugar you should limit how often you eat it.

## Tips for making food labels work for you:

- Compare per 100g or 100ml values to get a fair comparison between products.
- Watch out for words like "added sugars," "syrup," or "honey" on ingredient lists.
- Remember, natural sugars (like in fruit) are different from added sugars.
- Use portion sizes as a guide so you don't eat more than you intend.
- Choose products with less salt, sugar, and saturated fat for a healthier diet.



## Summary of “How to eat well on a budget”

The tools in this section have been made to make it easier to eat well without spending more, helping you save money, cut waste, and choose healthier options every day

### **Unit Price checker**

Helps you spot the cheapest option by comparing prices fairly, so you get more food for your money.

### **Low cost food swaps**

Shows how to swap expensive items for cheaper alternatives without losing taste or nutrition.

### **Food portion sizing**

Helps you understand how much food you really need, reducing waste and stretching your budget further.

### **Understanding food labelling**

Makes it easier to pick healthier options by checking sugar, salt, and fat at a glance.

### **Top Tip!**

When you head to the shops, you'll notice that branded goods and unhealthy snacks are often at eye level. Look above or below to find cheaper (and maybe healthier) options.



# Recipe ideas and meal planning

# Let's get cooking: Recipe ideas and meal planning



Here you'll find lots of simple, low-cost recipes to give you some inspiration. You can pick and choose the ones you like or follow the meal planner and shopping lists if you'd prefer everything laid out for you (this is at the back of this section)

Most recipes are flexible – you can swap in ingredients you already have or use tinned and frozen versions to save money. In most recipes, you can just use any veggies that you have in your fridge or cupboard. Along the way, we've included some tips on potential substitutes. And if you'd like to boost the flavour, a little all-purpose seasoning works well in almost any dish.

## **Some things to bear in mind:**

- Most recipes will just say oil – use whatever oil you have (fry light, rapeseed, olive etc.). Rapeseed or vegetable oil are often cheaper.
- A lot of the pasta recipes just say 'pasta'. You can use whatever pasta you have or prefer.
- Most recipes can be cooked using one or two pans. You don't need to use fancy woks or specific sized pans. As long as your ingredients fit, it will work!
- A lot of recipes have different herbs. Don't worry if you don't have them all, dried mixed herbs or all purpose seasoning work for almost every recipe.
- All of these recipes serve two people, so you can double up for a family of 4 or if you're cooking for one, eat one portion and pop the other in the fridge for tomorrow.
- Most of these recipes can be frozen, so consider doubling up or batch cooking some meals and keeping them in the freezer.

**Give these recipes a try  
and practice your  
cooking skills. Try to try  
at least one new recipe  
per week.**



## Beef Chilli

**Serves:** 2 people

**Time to cook:** About 20 minutes

**Can be frozen, without rice**

### You will need:

- Chopping board
- Knife
- Tin opener (or tins with ring pulls)
- A pan
- A wooden spoon or spatula



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## Beef Chilli

**This recipe is for a basic beef chilli. This recipe is just for the chilli, but you could serve it with rice or nachos. You can find packets of chilli spice mix in the supermarkets which you may prefer to use.**



- 1** Heat oil in a pan and brown the mince over medium heat.
- 2** Add onion, red pepper, garlic, chilli powder, and mixed herbs. Cook until vegetables are soft.
- 3** Stir in chopped tomatoes and baked beans, bring to a gentle simmer.
- 4** Cook for 15 minutes, stirring occasionally, until the sauce has thickened slightly.
- 5** Serve with rice or nachos, and optionally top with cheese, guacamole, or soured cream.

### Ingredients

- 250g beef mince
- 1/2 onion (chopped)
- 1/2 red pepper (chopped)
- 1 tsp chilli powder (add more if you like it spicier)
- 1/2 tin chopped tomatoes
- 1 garlic clove (chopped)
- 1/2 tsp mixed herbs
- 1/2 tin baked beans
- 1/2 tbsp oil



# Chicken Fajitas

**Serves:** 2 people

**Time to cook:** About 20 minutes

**Can be frozen, without wraps**

## You will need:

- Chopping board
- Knife
- Tin opener (or tins with ring pulls)
- A pan
- A wooden spoon or spatula



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# Chicken Fajitas



Usually served in wraps, this recipe is for chicken fajitas. You could try serving it with rice or salad instead.

- 1** Heat oil in a pan and cook chicken until browned on all sides.
- 2** Add onion, pepper, garlic, and cajun seasoning. Cook 5–7 minutes until vegetables are soft and chicken is cooked through.
- 3** Warm the tortilla wraps in the oven or microwave.
- 4** Spoon the chicken and vegetable mixture onto wraps.
- 5** Serve with optional toppings like cheese, guacamole, or soured cream.

## Ingredients

- 150g chicken breast (chopped)
- 1/2 tsp cajun seasoning
- 1 garlic clove (chopped)
- 1/2 onion (chopped)
- 1 pepper (chopped)
- 2–4 tortilla wraps
- 1/2 tbsp oil



## Chicken Fried Rice

**Serves:** 2 people

**Time to cook:** 15 minutes

**Can be frozen**

### **You will need:**

- Chopping board
- Knife
- A pan
- A wooden spoon or spatula



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## Chicken Fried Rice



**This recipe is for a simple chicken fried rice. Please note the rice needs to be cooked before adding to the dish - follow the instructions on the back of the pack!**

- 1** Heat oil in a pan and cook chicken, onion, and celery until the chicken is browned and onion is soft.
- 2** Push mixture to the side of the pan, add the beaten egg, and cook until set.
- 3** Stir in the cooked rice and frozen peas, mixing well.
- 4** Add soy sauce and stir to combine all ingredients.
- 5** Serve hot as a complete meal.

### Ingredients

- 1/2 tbsp oil
- 1/2 onion (chopped)
- 1 celery stick (chopped)
- 1 egg (beaten)
- 100g long grain rice (cooked)
- 150g chicken (chopped)
- 50g frozen peas
- 1/2 tbsp soy sauce



# Chicken and Potato Hash

**Serves:** 2 people

**Time to cook:** 25 minutes

**Can be frozen**

## You will need:

- Chopping board
- Knife
- Potato masher (or a wooden spoon)
- A large pan
- A wooden spoon or spatula



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# Chicken and Potato Hash



**This is for a chicken and potato hash which is both healthy and filling. It can be served with extra veggies or even a poached egg.**

- 1** Boil potatoes until soft, drain, mash, and set aside.
- 2** Heat oil in a pan and cook chicken, onion, and leek until chicken is browned and onion is soft.
- 3** Add potatoes and stock mixture to the pan. Cook 10 minutes until most liquid has absorbed.
- 4** Use a spoon or masher to combine chicken and potatoes evenly.
- 5** Stir in peas, heat through, and serve hot.

## Ingredients

- 1/2 tbsp oil
- 1 onion (chopped)
- 2 potatoes (peeled and chopped)
- 125g chicken (chopped)
- 1 leek (chopped)
- 1 stock cube (dissolved in 1 tbsp boiling water)
- 100g peas or mixed frozen veg



## Corned Beef Hash

**Serves:** 2 people

**Time to cook:** 25 minutes

**Can be frozen**

### You will need:

- Chopping board
- Knife
- A pan
- A wooden spoon or spatula



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## Corned Beef Hash

Like the chicken and potato hash, this recipe can be enjoyed alone or served with some extra veggies.



- 1** Boil potatoes until soft, drain, mash, and set aside.
- 2** Heat oil in a pan and cook onion until soft.
- 3** Add corned beef and cook 2–3 minutes until slightly browned.
- 4** Mix in mashed potatoes until combined.
- 5** Serve hot, topped with spring onions.

### Ingredients

- 1 tsp sunflower oil
- 1/2 onion (chopped)
- 200g corned beef (chopped)
- 2 potatoes (peeled and chopped)
- 4 spring onions (chopped)



## Cottage Pie

**Serves:** 2 people

**Time to cook:** 40 minutes

**Can be frozen**

### You will need:

- Chopping board
- Knife
- Potato Peeler
- A pan
- A wooden spoon or spatula



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## Cottage Pie

**Cottage pie is an easy, but filling and healthy dinner choice that is packed with veggies and topped with potatoes! You can add sweetcorn or mixed frozen veg to this if you want to pack in more greens.**



- 1** Boil the potatoes in salted water until tender. Drain, mash, and set aside.
- 2** Heat a pan over medium heat, add the minced beef, onion, carrot, and celery. Cook until the beef is browned and vegetables are soft.
- 3** Stir in the frozen peas, tomato puree and gravy granules, cook for 2–3 minutes until heated through. Add a little water if it looks too dry.
- 4** Spoon the meat mixture into an ovenproof dish, spread the mashed potatoes evenly on top.
- 5** Bake in the oven at 180°C for 20 minutes until golden. Serve hot.

### Ingredients

- 250g minced beef
- 1/2 onion (chopped)
- 2 carrots (peeled and chopped)
- 1 celery stick (chopped)
- 150g frozen peas or frozen mixed veg
- 1 tbsp gravy granules
- 4 potatoes (peeled and chopped)
- 30g tomato puree



## Fish Pie

**Serves:** 2 people

**Time to cook:** 40 minutes

**Can be frozen**

### You will need:

- Chopping board
- Knife
- Potato peeler
- A pan
- A wooden spoon or spatula



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## Fish Pie



**This fish pie calls for 300g of fish. You can use any fish you like, but we recommend using basa. It is a white fish, like cod, but it is much cheaper and packed with protein.**

- 1** Boil the potatoes until soft, mash, and set aside.
- 2** Heat a pan and cook onion and fish gently until fish is just cooked.
- 3** Mix milk with cornflour and stir into pan to make a smooth sauce. If you don't have milk or cornflour, try using 30g of cream cheese instead and mixing it until it melts.
- 4** Add peas, broccoli, and parsley; cook 2–3 minutes until vegetables are tender.
- 5** Pour mixture into an ovenproof dish, top with mashed potatoes, bake at 180°C for 15 minutes until golden. Serve hot.

### Ingredients

- 300g fish fillet (chopped)
- 1/2 onion (chopped)
- 1/2 tbsp parsley (chopped)
- 50g frozen peas
- 2 potatoes (peeled and chopped)
- 1/2 broccoli (florets)
- 250ml milk + 1/2 tbsp cornflour (or 30g cream cheese)



## Chicken and Tomato Pasta

**Serves:** 2 people

**Time to cook:** 15 minutes

**Can be frozen**

### **You will need:**

- Chopping board
- Knife
- Tin opener (or tins with ring pulls)
- A pan
- A wooden spoon or spatula
- Cheese grater (or pre-grated cheese\_



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# Chicken and Tomato Pasta

**This recipe is for a simple pasta dish, with chicken and chopped tomatoes. We recommend topping it with grated cheese.**



- 1** Cook pasta per packet instructions, drain, and set aside.
- 2** Heat oil, cook chicken until browned.
- 3** Add onion, garlic, and mixed herbs; cook until onion is soft.
- 4** Stir in tomatoes, sweetcorn, and peas; simmer 5–10 minutes.
- 5** Mix in pasta, sprinkle cheese, and serve immediately.

## Ingredients

- 150g chicken breast (chopped)
- 1/2 tin chopped tomatoes
- 1/2 onion (chopped)
- 1 garlic clove (chopped)
- 1/2 tsp mixed herbs
- 150g pasta
- 100g sweetcorn
- 50g frozen peas or frozen mixed veg
- 30g grated cheese
- 1/2 tbsp oil



## Pasta Bolognese

**Serves:** 2 people

**Time to cook:** 30 minutes

**Can be frozen**

### You will need:

- Chopping board
- Knife
- Tin opener (or tins with ring pulls)
- A pan
- A wooden spoon or spatula



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# Pasta Bolognese

**Pasta Bolognese is a family favourite! You can serve this with your favourite pasta - we choose fusilli but you might prefer spaghetti.**



- 1** Heat oil in a pan and brown the mince.
- 2** Add onion, garlic, celery, and red pepper; cook until soft.
- 3** Stir in chopped tomatoes, tomato puree and mixed herbs, simmer 10–15 minutes.
- 4** Cook pasta per packet instructions.
- 5** Serve sauce over pasta; optionally sprinkle with cheese.

## Ingredients

- 250g minced beef
- 1/2 onion (chopped)
- 1 garlic clove (chopped)
- 1/2 tin chopped tomatoes
- 1/2 tsp mixed herbs
- 1/2 red pepper (chopped)
- 1 celery stick (chopped)
- 150g pasta
- 1/2 tbsp oil
- 30g tomato puree





# Tomato and Spinach Pasta

**Serves:** 2 people

**Time to cook:** 15 minutes

**Can be frozen**

## You will need:

- Chopping board
- Knife
- Tin opener (or tins with ring pulls)
- A pan
- A wooden spoon or spatula



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# Tomato and Spinach Pasta



**This dish is simple and quick to make. It can be made without the onions if you don't want to chop any vegetables**

- 1** Cook pasta per packet instructions, drain.
- 2** Heat onion in a pan until soft.
- 3** Add tomatoes, milk, and cream cheese; stir until smooth.
- 4** Add spinach, cook until wilted or heated through.
- 5** Mix sauce with pasta and serve hot.

## Ingredients

- 150g pasta
- 1/2 onion (chopped)
- 1/2 tin chopped tomatoes
- 50g cream cheese
- 100g spinach (fresh or frozen)



## Spicy Bean Hotpot

**Serves:** 2 people

**Time to cook:** 20 minutes

**Can be frozen**

### You will need:

- Chopping board
- Knife
- Tin opener (or tins with ring pulls)
- A pan
- A wooden spoon or spatula



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# Spicy Bean Hotpot



**This spicy bean hotpot is really easy to make and only needs one pot. You can make it as spicy as you like, but adding more chilli powder (or leave it out if you don't like spice). Serve with rice or nachos.**

- 1** Heat oil in a pan and cook onion, carrot, celery, and courgette until soft.
- 2** Stir in chopped tomatoes, baked beans, kidney beans, mixed herbs and chilli powder.
- 3** Simmer gently for 10–12 minutes to allow flavours to combine.
- 4** Serve hot, with rice or nachos

## Ingredients

- 1 onion (chopped)
- 1 carrot (chopped)
- 1 courgette (chopped)
- 1/2 tbsp oil
- 1 celery stick (chopped)
- 1/2 tin chopped tomatoes
- 1/2 tin baked beans
- 1/2 tsp chilli powder (or more if you like it spicier)
- 1/2 tsp mixed herbs
- 1/2 tin kidney beans



## Vegetable and Chickpea Stew

**Serves:** 2 people

**Time to cook:** 25 minutes

**Can be frozen**

### You will need:

- Chopping board
- Knife
- Tin opener (or tins with ring pulls)
- A pan
- A wooden spoon or spatula



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# Vegetable and Chickpea Stew



Like the spicy bean hotpot, this stew can be made using only one pot. We recommend serving this with rice, potatoes or even a flat bread/naan bread.

## Recipe 12 - Vegetable and Chickpea Stew

- 1** Heat oil in a pan and cook onion and garlic until soft.
- 2** Add curry powder, courgette and carrot, stir for 1-2 minutes until fragrant.
- 3** Stir in chopped tomatoes and chickpeas, bring to a gentle simmer.
- 4** Cook for 10-12 minutes, stirring occasionally, until the carrot is tender.
- 5** Serve hot with rice, potatoes or flatbread

### Ingredients

- 1/2 tbsp oil
- 1/2 onion (chopped)
- 1/2 courgette
- 1 garlic clove (chopped)
- 1/2 tsp curry powder
- 1 carrot (chopped)
- 1/2 tin chopped tomatoes
- 1/2 tin chickpeas (drained and rinsed)



## Vegetable Curry

**Serves:** 2 people

**Time to cook:** 20 minutes

**Can be frozen**

### You will need:

- Chopping board
- Knife
- Tin opener (or tins with ring pulls)
- A pan
- A wooden spoon or spatula



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## Vegetable Curry



**In this curry, we've used frozen mixed vegetables but you can use any veggies you have sitting in the fridge or cupboard.**

- 1** Heat a pan and cook garlic until fragrant.
- 2** Add curry powder and mixed vegetables, stir for 2–3 minutes.
- 3** Add chickpeas, tomato purée, and stock; bring to a simmer.
- 4** Cook 12–15 minutes, stirring occasionally, until vegetables are tender.
- 5** Serve hot with rice or naan bread.

### Ingredients

- 500g mixed vegetables OR 300g frozen mixed vegetables
- 1/2 tin chickpeas (drained and rinsed)
- 1/2 courgette
- 1 garlic clove (chopped)
- 1/2 tbsp curry powder
- 1 tbsp tomato purée
- 1 stock cube (dissolved in 200ml boiling water)



# Simple Quesadillas

**Serves:** 2 people

**Time to cook:** 30 minutes

**Can be frozen** without the wraps

## You will need:

- Chopping board
- Knife
- A pan
- A frying pan
- A wooden spoon or spatula



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## Simple Quesadillas



**Quesadillas are really fun to make! If you don't have cajun seasoning, you can use fajita or taco seasoning mixes. We love to serve this with potato wedges**

- 1** Heat oil in a pan and cook chicken until lightly browned.
- 2** Add onion, pepper, garlic, cajun spice, and mixed herbs. Cook until vegetables are soft and chicken is fully cooked.
- 3** Place the chicken and vegetable mixture onto half of each tortilla, sprinkle with cheese, fold over.
- 4** Heat a non-stick pan and cook each quesadilla 2–3 minutes per side until golden and cheese melts.
- 5** Serve hot with salsa or sour cream and a side of wedges if desired.

### Ingredients

- 4 tortilla wraps
- 1/2 pepper (chopped)
- 1/2 onion (chopped)
- 100g chicken (chopped)
- 1/2 tsp cajun spice (or fajita seasoning)
- 1/2 tsp mixed herbs
- 1 garlic clove (chopped)
- 50g grated cheese
- 1/2 tbsp oil



## Bacon Carbonara

**Serves:** 2 people

**Time to cook:** 25 minutes

**Can be frozen**

### You will need:

- Chopping board
- Knife
- A cheese grater (or pre grated cheese)
- A pan
- A wooden spoon or spatula



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# Bacon Carbonara

This is a recipe for bacon carbonara, but it doesn't contain eggs or parmesan. We've opted for cream cheese instead.



- 1** Cook pasta per packet instructions, drain, and set aside.
- 2** Heat oil in a pan and cook bacon until slightly crispy.
- 3** Stir in cream cheese, milk, and peas; cook until sauce is smooth and creamy.
- 4** Add cooked pasta to the pan and stir to coat in the sauce.
- 5** Sprinkle with grated cheese and serve hot.

## Ingredients

- 4 x bacon rashers/medallions (chopped)
- 100g peas
- 100g cream cheese
- 150g pasta
- 50g grated cheese
- 50ml milk
- 1/2 tbsp oil
- 1tsp mixed herbs



## Bacon and Leek Pasta

**Serves:** 2 people

**Time to cook:** 15 minutes

**Can be frozen**

### You will need:

- Chopping board
- Knife
- A pan
- A wooden spoon or spatula



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# Bacon and Leek Pasta

You can use any type of bacon in this recipe, but we'd recommend using medallions. This is bacon with the fat cut off, so it's slightly healthier.



- 1** Cook pasta per packet instructions, drain, and set aside.
- 2** Heat oil in a pan, cook bacon until slightly crispy.
- 3** Add leeks and courgette, cook until softened.
- 4** Stir in cream cheese, allowing it to melt into a creamy sauce.
- 5** Toss in pasta, mix well, and serve hot.

## Ingredients

- 100g bacon (chopped)
- 1/2 courgette (chopped)
- 1 leek (sliced)
- 100g cream cheese
- 150g pasta
- 1/2 tbsp oil





## Creamy Fish and Spinach Pasta

**Serves:** 2 people

**Time to cook:** 20 minutes

**Can be frozen**

### **You will need:**

- Chopping board
- Knife
- A pan
- A wooden spoon or spatula



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# Creamy Fish and Spinach Pasta



**This creamy fish pasta uses one fillet of fish. We recommend using basa as it's cheap and packed with protein but you can use any fish you like.**

- 1** Cook pasta per packet instructions, drain, and set aside.
- 2** Heat oil in a pan and cook fish and leeks until just cooked.
- 3** Add spinach and cook until wilted (if using fresh) or heated through (if frozen).
- 4** Stir in cream cheese until smooth.
- 5** Mix pasta into the sauce and serve hot.

## Ingredients

- 1 fish fillet, boneless and skinless (chopped)
- 1 leek (chopped)
- 100g spinach (fresh or frozen)
- 100g cream cheese
- 150g pasta
- 1/2 tbsp oil



## Baked Vegetable Risotto

**Serves:** 2 people

**Time to cook:** 30 minutes

**Can be frozen**

### You will need:

- Chopping board
- Knife
- A pan
- A wooden spoon or spatula
- Oven proof dish



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# Baked Vegetable Risotto

Risotto can be a very filling and healthy meal. In this recipe, we've suggested you use risotto rice (sometimes called arborio). We appreciate this can be more expensive, so you can use long grain rice if you have some in the cupboard.



## Recipe 18 – Baked Vegetable Risotto

- 1** Preheat oven to 180°C.  
Heat oil in an ovenproof pan, cook onion and garlic until soft.
- 2**
- 3** Stir in rice, mixed vegetables, chopped tomatoes, and stock.
- 4** Cover with foil and bake 25–30 minutes until rice is tender.
- 5** Stir well before serving hot.

### Ingredients

- 1/2 tbsp oil
- 1/2 onion (chopped)
- 1 garlic clove (chopped)
- 1 stock cube (dissolved in 150ml boiling water)
- 150g risotto rice
- 100g mixed vegetables (chopped)
- 1/2 tin chopped tomatoes



# Tuna and Tomato Pasta

**Serves:** 2 people

**Time to cook:** 15 minutes

**Can be frozen**

## You will need:

- Chopping board
- Knife
- Tin opener (or tins with ring pulls)
- A pan
- A wooden spoon or spatula



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# Tuna and Tomato Pasta

**Tinned tuna is great, because it can be stored in the cupboard and has a long shelf life. It can be used in meals like this to pack in the protein.**



- 1** Cook pasta per packet instructions, drain, and set aside.
- 2** Heat oil in a pan, cook onion and garlic until soft.
- 3** Stir in tuna, chopped tomatoes, tomato purée, oregano, and mixed herbs. Simmer 5–7 minutes.
- 4** Add pasta and stir to coat in the sauce.
- 5** Mix well. Serve hot.

## Ingredients

- 1/2 tbsp oil
- 1 tin tuna (drained)
- 150g pasta
- 1/2 tin chopped tomatoes
- 1/2 onion (chopped)
- 1 garlic clove (chopped)
- 1 tsp tomato purée
- 1 tsp dried oregano
- 1 tsp dried mixed herbs



## Vegetable Bean Chili

**Serves:** 2 people

**Time to cook:** 30 minutes

**Can be frozen**

### You will need:

- Chopping board
- Knife
- Tin opener (or tins with ring pulls)
- A pan
- A wooden spoon or spatula



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## Vegetable Bean Chili

**This is a great meat free alternative to a traditional beef chilli. This one uses baked beans as they're quite often sitting in our cupboards!**



- 1** Heat oil in a pan and cook onion and garlic until soft.
- 2** Stir in kidney beans, baked beans, chopped tomatoes, tomato purée, and spices.
- 3** Simmer 12–15 minutes, stirring occasionally until thickened. Mix well
- 4** Serve with nachos, rice or with a flatbread.

### Ingredients

- 1/2 tbsp oil
- 1/2 can kidney beans (drained)
- 1/2 can baked beans
- 1/2 can chopped tomatoes
- 1 tbsp tomato purée
- 1/2 onion (chopped)
- 1 garlic clove (chopped)
- 1/2 tsp chilli powder
- 1 tsp cumin
- 1 tsp mixed herbs



## Baked Oaty Fish

**Serves:** 2 people

**Time to cook:** 30 minutes

**Can be frozen**

### **You will need:**

- Chopping board
- Knife
- Tin opener (or tins with ring pulls)
- A pan
- A wooden spoon or spatula



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## Baked Oaty Fish

**This recipe can be made using any type of fish. We prefer basa as it is cheap and packed with good nutrients.**



- 1** Preheat oven to 180°C.
- 2** Heat oil in a pan and cook onion, garlic, and leeks until soft.
- 3** Stir in chopped tomatoes, tomato purée, broccoli, and oregano. Cook 2–3 minutes.
- 4** Place fish in an ovenproof dish, pour vegetable mixture on top, sprinkle with oats.
- 5** Bake 15–20 minutes until fish is cooked and topping is golden. Serve hot.

### Ingredients

- 30g oats
- 20g leeks (chopped)
- 1 fish fillet (chopped)
- 75g broccoli (florets)
- 1/2 tbsp oil
- 1 garlic clove (chopped)
- 1/2 onion (chopped)
- 1 tsp tomato purée
- 1/2 tin chopped tomatoes
- 1/2 tsp dried oregano



## Fish Cakes

**Serves:** 2 people

**Time to cook:** 45 minutes

**Can not be frozen**

### You will need:

- Chopping board
- Knife
- A pan
- Some spare plates
- A wooden spoon or spatula



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## Fish Cakes

**Like the other fish dishes in this book, we suggest using basa as it's cheap and healthy. You could also combine two different types of fish (1/2 a fillet of each), like salmon and cod.**



- 1** Boil potatoes until soft, mash, and set aside.
- 2** Cook fish and leek in a pan until fish is cooked through.
- 3** Combine fish, leek, mashed potatoes, and mixed herbs.
- 4** Form mixture into cakes, dip in beaten egg, coat with oats.
- 5** Cook in a lightly oiled pan 4–5 minutes per side until golden and crisp. Serve hot.

### Ingredients

- 4 potatoes (peeled and chopped)
- 1 fish fillet (chopped)
- 1 leek (chopped)
- 1 tbsp mixed herbs
- 1 egg (beaten)
- 25g oats



## Homemade Pizza

**Serves:** 2 people

**Time to cook:** 15 minutes

**Can not be frozen**

### You will need:

- Chopping board
- Knife
- Oven
- Oven tray



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## Homemade Pizza

**Pizza is usually a family favourite. Making pizza can be fun and let's you choose your own toppings. Think of cheese, pepperoni or even pineapple. For this recipe, you can use a wrap, pitta bread or pre-made pizza base.**



- 1** Preheat oven to 200°C.
  - 2** Lay out your base on a flat surface. This could be a wrap, a pitta bread or a pre-made pizza base,
  - 3** Spread your passata over the base.
  - 4** Add your chosen toppings.
  - 5** Cook in the oven for 15-20 minutes or until your topping is golden.
- 2 x Pre-made pizza base (or wraps or pitta breads)
  - 100g Tomato passata
  - Your toppings. Here's some ideas:
    - Grated cheese
    - Mozzarella
    - Pepperoni
    - Pineapple
    - Mushrooms
    - Tinned tuna
    - Cooked chicken



## Pesto Pasta

**Serves:** 2 people

**Time to cook:** 10-15 minutes

**Can be frozen**

### You will need:

- A pan
- A colander/sieve
- A wooden spoon or spatula



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## Pesto Pasta



**Pesto pasta is a quick and easy dinner. In this recipe, we've added some cream cheese but if you fancy you can add grated cheddar or parmesan!**

- 1** Cook pasta in a pan of boiling salted water according to packet instructions, then drain.
- 2** In a small bowl, mix together pesto, yogurt, and lemon juice until smooth.
- 3** Return pasta to the pan and stir in the pesto mixture until coated evenly.
- 4** Sprinkle with basil (optional). Serve warm.

### Ingredients

- 150g dried pasta
- 50g reduced-fat pesto
- 50g low fat cream cheese
- 1/2 tbsp lemon juice
- 1 tbsp dried basil (optional)



## Macaroni Cheese

**Serves:** 2 people

**Time to cook:** 20 minutes

**Can be frozen**

### You will need:

- Chopping board
- Knife
- A colander
- A pan
- A wooden spoon or spatula



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# Macaroni Cheese



**Macaroni cheese is a family favourite, but it can take a long time to make. In this simple macaroni cheese, we've cut out the faff but kept the flavour.**

- 1** Cook macaroni according to packet instructions, drain, and set aside.
- 2** Heat olive oil in a pan, add onion and garlic, and cook until soft.
- 3** Stir in flour for 1 minute, then gradually add milk, stirring until thickened.
- 4** Remove sauce from heat, stir in cheese, mustard, and black pepper.
- 5** Mix with macaroni and serve warm. If you like a crunchy top, you can transfer the macaroni cheese to an ovenproof dish, and bake 15–20 minutes until golden on top.

## Ingredients

- 150g dried pasta
- 1/2 tbsp oil
- 1/2 onion (finely chopped)
- 1 garlic clove (crushed)
- 1/2 tbsp plain flour
- 150ml skimmed milk
- 50g reduced-fat cheddar cheese (grated)
- 3g Dijon mustard (optional)
- Freshly ground black pepper



## Pasta with Leek and Mushrooms

**Serves:** 2 people

**Time to cook:** 20 minutes

**Can be frozen**

### **You will need:**

- Chopping board
- Knife
- A pan
- A wooden spoon or spatula



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# Pasta with Leek and Mushrooms



**This recipe is good for a simple but healthy family dinner. You don't need to use fresh leeks and mushrooms - you could try frozen sliced leeks or tinned mushrooms!**

- 1** Cook pasta according to packet instructions, drain, and set aside.
- 2** Heat oil in a pan, cook leek and mushrooms until softened.
- 3** Add garlic and thyme, cook 1 more minute until fragrant.
- 4** Toss cooked linguine with the vegetables.
- 5** Stir in lemon juice and parsley, season with black pepper, and serve hot.

## Ingredients

- 150g dried pasta
- 1/2 tbsp oil
- 1 leek (sliced)
- 100g mushrooms (sliced)
- 1 garlic clove (crushed)
- 1 tbsp dried mixed herbs
- 1 tsp lemon juice
- Freshly ground black pepper



## Chicken and Leek Crumble

**Serves:** 2 people

**Time to cook:** 60 minutes

**Can not be frozen**

### You will need:

- Chopping board
- Knife
- Cheese grater
- A pan
- A wooden spoon or spatula
- Potato peeler



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## Chicken and Leek Crumble



**This dinner is a bit trickier but it is worth the time and effort.**

### Ingredients

- 1** Preheat oven to 180°C/160°C fan/gas 4.
  - 2** Heat oil in a pan and cook chicken until lightly browned.
  - 3** Add onion, leek, and garlic; cook until softened.
  - 4** Stir in flour, gradually add stock, and simmer to make a thick sauce.
  - 5** Add peas and herbs, season with black pepper, pour into an ovenproof dish.
  - 6** Boil potato until tender, mash slightly, spread over the top, sprinkle with cheese, and bake 25–30 minutes until golden.
- 200g chicken breast (diced)
  - 1 leek (sliced)
  - 1/2 onion (chopped)
  - 1 garlic clove (crushed)
  - 1/2 tbsp oil
  - 5g plain flour
  - 150ml reduced-salt chicken stock
  - 50g frozen peas
  - 1/2 tsp dried mixed herbs
  - 1 medium potato (peeled and diced)
  - 30g reduced-fat cheddar cheese (grated)
  - Freshly ground black pepper



## Beef and Bean Burritos

**Serves:** 2 people

**Time to cook:** 30 minutes

**Can not be frozen**

### You will need:

- Chopping board
- Knife
- Tin opener (or tins with ring pulls)
- A pan
- A wooden spoon or spatula



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## Beef and Bean Burritos



**Burritos are tex-mex inspired and full of flavour. This recipe is packed with beans and veggies meaning they are healthy and filling.**

### Ingredients

- 1** Heat a pan and cook minced beef until browned.
  - 2** Add onion, garlic, and red pepper; cook until softened.
  - 3** Stir in cumin, paprika, chopped tomatoes, and kidney beans; simmer 10–15 minutes.
  - 4** Warm tortilla wraps in the oven or microwave.
  - 5** Spoon mixture into wraps, add sour cream and coriander if desired, roll up, and serve hot.
- 125g lean minced beef
  - 1/2 onion (chopped)
  - 1/2 garlic clove (crushed)
  - 1/2 red pepper (chopped)
  - 1/2 tsp ground cumin
  - 1/2 tsp ground paprika
  - 1/2 tin chopped tomatoes
  - 1/2 tin red kidney beans (drained)
  - 2 wholemeal tortilla wraps
  - 1 tbsp reduced-fat sour cream (optional)
  - Fresh coriander leaves (optional)



# Slow Cooked Beef Pie

**Serves:** 2 people

**Time to cook:** 2.5 hours

**Can not be frozen**

## You will need:

- Chopping board
- Knife
- A slow cooker
- A pan
- A wooden spoon or spatula



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## Slow Cooked Beef Pie

**This beef pie requires a slow cooker. Be sure not to leave your slow cooker unattended.**



- 1** Preheat oven to 180°C/160°C fan/gas 4.
- 2** Toss beef in flour, brown in a hot pan.
- 3** Add onion, carrot, celery, and garlic; cook 5 minutes.
- 4** Pour in stock, add herbs, and simmer 1–2 hours until beef is tender.
- 5** Transfer mixture to an ovenproof dish, cover with puff pastry, brush with beaten egg.
- 6** Bake 25–30 minutes until golden and serve hot.

### Ingredients

- 250g lean stewing beef (diced)
- 1 onion (chopped)
- 1 carrot (sliced)
- 1 celery stick (chopped)
- 1 garlic clove (crushed)
- 1 tbsp plain flour
- 150ml reduced-salt beef stock
- 1 tsp dried mixed herbs
- 1/2 sheet reduced-fat puff pastry
- 1/2 egg (beaten)
- Freshly ground black pepper



## Turkey, Leek and Bean Bake

**Serves:** 2 people

**Time to cook:** 30 minutes

**Can be frozen**

### You will need:

- Chopping board
- Knife
- Tin opener (or tins with ring pulls)
- A pan
- Oven dish
- A wooden spoon or spatula
- Grater for cheese



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# Turkey, Leek and Bean Bake



**This bake is made with turkey breast which is affordable and full of protein. If you prefer chicken, you can use it instead.**

## Ingredients

- 150g skinless turkey breast (diced)
- 1 leek (sliced)
- 1/2 onion (chopped)
- 1 garlic clove (crushed)
- 1/2 tin cannellini beans (drained)
- 1/2 tin chopped tomatoes
- 1/2 tbsp tomato purée
- 1/2 tsp dried mixed herbs
- 1 medium potato (peeled and diced)
- 30g reduced-fat cheddar cheese (grated)
- Freshly ground black pepper

- 1** Preheat oven to 180°C/160°C fan/gas 4.
- 2** Heat a pan and cook turkey until lightly browned.
- 3** Add leek, onion, and garlic; cook until softened.
- 4** Stir in beans, chopped tomatoes, tomato purée, and herbs; simmer 5–10 minutes.
- 5** Transfer to an ovenproof dish, top with diced potato, sprinkle cheese, and bake 30–35 minutes until golden.



## Chicken and Broccoli Risotto

**Serves:** 2 people

**Time to cook:** 20 minutes

**Can be frozen**

### You will need:

- Chopping board
- Knife
- A pan
- A wooden spoon or spatula



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# Chicken and Broccoli Risotto



**Risotto is a healthy and filling meal and can be cooked with lots of different meats and veggies. Here we have used chicken and broccoli.**

## Ingredients

- 1** Heat oil in a pan and cook chicken until lightly browned.
  - 2** Add onion and garlic; cook until soft. Stir in rice and cook for 1–2 minutes.
  - 3** Gradually add stock, stirring continuously until creamy.
  - 4** Add broccoli and cook 5 minutes.
  - 5** Remove from heat, stir in cream cheese and parsley, season, and serve hot.
- 200g skinless chicken breast (diced)
  - 1/2 onion (chopped)
  - 1 garlic clove (crushed)
  - 1/2 tbsp oil
  - 100g risotto rice
  - 250ml reduced-salt chicken stock
  - 100g broccoli florets
  - 30g reduced-fat cream cheese
  - 1 tbsp dried parsley
  - Freshly ground black pepper



## One Pot Chicken and Cannellini Bean Curry and Rice

**Serves:** 2 people

**Time to cook:** 30 minutes

**Can not be frozen**

### **You will need:**

- Chopping board
- Knife
- Tin opener (or tins with ring pulls)
- A pan
- A wooden spoon or spatula



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# One Pot Chicken and Cannellini Bean Curry and Rice



**This recipe is great because you can cook it all using just one pan. You add the rice into the pan raw rather than having to pre-cook it**

## Ingredients

- 1** Heat oil in a pan. Add oil and onion; cook 5 minutes until browned.
  - 2** Add garlic, ginger, chillies, and chicken; cook 2–3 minutes.
  - 3** Stir in spices, lemon juice, chopped tomatoes, and 250ml water.
  - 4** Add cannellini beans and rice, and cook another 15–20 minutes until rice and chicken are cooked through. Serve hot.
- 1 tsp oil
  - 1 onion (thinly sliced)
  - 2 garlic cloves (thinly sliced)
  - 1.5 cm fresh ginger (finely chopped)
  - 1/2 tsp chilli flakes (or more if you like it spicier)
  - 200g chicken breast (chopped)
  - 0.25 tsp chilli powder
  - 1/2 tsp garam masala or curry powder
  - Juice of 1/2 lemon
  - 1/2 tin chopped tomatoes
  - 1/2 can cannellini bins

**Recipe 32 –  
One Pot  
Chicken and  
Cannellini  
Bean Curry  
and Rice**



## Chicken Noodles

**Serves:** 2 people

**Time to cook:** 20 minutes

**Can be frozen**

### You will need:

- Chopping board
- Knife
- Tin opener (or tins with ring pulls)
- A pan
- A wooden spoon or spatula



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# Chicken Noodles

**This recipe is a little bit like a stir fry or a chow mein. It is very simple and tasty. If you feel creative, you can chuck in some different vegetables.**



- 1** Cook noodles according to packet instructions, drain, and set aside.
  - 2** Add oil and chicken to a pan until chicken is browned. Add stock, soy sauce, peas, sweetcorn and cook for 5 minute.
  - 3** Mix cornflour with 2 tbsp cold water in a separate cup. Add this to the pan and cook 1 minute until slightly thickened.
  - 4** Add noodles to the pan and stir gently until the noodles and chicken are mixed. Serve hot.
- 150g dried egg noodles (2 x nests)
  - 1/2 reduced-salt chicken stock cube (dissolved in 250ml water)
  - 25ml reduced-salt dark soy sauce
  - 50g frozen peas
  - 75g sweetcorn
  - 200g chicken breast (chopped)
  - 1 tsp cornflour



## Vegetable Chow Mein

**Serves:** 2 people

**Time to cook:** 15 minutes

**Can be frozen**

### You will need:

- Chopping board
- Knife
- A pan
- A wooden spoon or spatula



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## Vegetable Chow Mein

**This chow mein recipe is packed with different veggies. You can use fresh or frozen (or even tinned) veggies for this recipe. You can also add some meat if you prefer, like chicken.**



- 1** Cook noodles according to packet instructions, drain, and rinse in cold water.
- 2** Heat oil in a pan and add all of the vegetables. Cook for 5-10 minutes, then add the soy sauce and/or teriyaki sauce. Mix until the sauce coats all of the vegetables.
- 3** Add the noodles to the pan and mix. Serve hot.

### Ingredients

- 100g dry egg noodles
- 1.5 tsp rapeseed oil
- 1/2 onion (thinly sliced)
- 1/2 red pepper (sliced)
- 60g mushrooms (sliced)
- 1 garlic clove (crushed)
- Pinch of chilli flakes (optional)
- 50g baby corn (chopped)
- 1-2 spring onions (sliced into 2cm pieces)
- 1/2 tomato (chopped)
- 60g beansprouts
- 50ml reduced-salt soy sauce and/or teriyaki sauce





## Turkey in Creamy Broccoli and Parsley Sauce

**Serves:** 2 people

**Time to cook:** 30 minutes

**Can be frozen**

### You will need:

- Chopping board
- Knife
- A pan
- A wooden spoon or spatula



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## Turkey in Creamy Broccoli and Parsley Sauce



**This turkey dish is really versatile, meaning it can be served with lots of different meals. You could have this with rice, pasta or even some potatoes.**

### Ingredients

- 1** Heat oil in a pan and fry turkey 2 minutes each side until lightly browned.
  - 2** Add the broccoli, garlic, black pepper, flour, and mustard; stir well.
  - 3** Gradually stir in 100ml water and cook until heated through.
  - 4** Stir in cream cheese and parsley and serve hot.
- 1 tsp rapeseed oil
  - 100g turkey breast (chopped)
  - 1/2 broccoli head (chopped)
  - 1/2 onion (chopped)
  - 1 garlic cloves (crushed)
  - Pinch of black pepper
  - 1/2 tsp Dijon mustard
  - 1/2 tbsp plain flour
  - 50ml skimmed milk
  - 50g reduced fat cream cheese
  - 1/2 tsp dried parsley

**Recipe 35 -  
Turkey in  
Creamy  
Broccoli and  
Parsley  
Sauce**



## Turkey Burger

**Serves:** 2 people

**Time to cook:** 35 minutes

**Can be frozen**

### You will need:

- Chopping board
- Knife
- A pan
- A wooden spoon or spatula



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## Turkey Burger



Think of this dinner as a fakeaway – a fake takeaway! This turkey burger can be topped with all your favourite burger toppings, like gherkins, ketchup or mustard.

- 1** Crumble bread into beaten egg and mix until absorbed.
- 2** Add turkey mince, carrot, onion, garlic, and black pepper; mix until combined.
- 3** Split mix into two balls and shape to look like burgers. Refrigerate 20–30 minutes.
- 4** Grill burgers 6–8 minutes each side until fully cooked.
- 5** Toast rolls, assemble with lettuce, tomato, sliced onion, and serve hot.

### Ingredients

- 1/2 slice wholemeal bread
- 1/2 beaten egg
- 250g turkey breast mince
- 1/2 onion (finely grated)
- 1 carrot (finely grated)
- 2–3 garlic cloves (crushed)
- Pinch of black pepper
- 2 wholemeal rolls
- 75g lettuce
- 2 tomatoes (sliced)
- 1/2 onion (sliced)



## Turkey and Mushroom Mince

**Serves:** 2 people

**Time to cook:** 30 minutes

**Can be frozen**

### **You will need:**

- Chopping board
- Knife
- A pan
- A wooden spoon or spatula



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# Turkey and Mushroom Mince



**This recipe may be useful if you have left over mince but don't know what to make with it.**

**This recipe is just for the mince but you could serve it with pasta or rice.**

- 1** Heat oil in a pan and cook onion and garlic until softened.
- 2** Add turkey mince and cook until browned.
- 3** Stir in mushrooms, tomato purée, and herbs; cook 5 minutes.
- 4** Pour in stock and simmer 10–15 minutes until sauce thickens.
- 5** Season with black pepper and serve hot.

## Ingredients

- 1/2 tsp rapeseed oil
- 1/2 onion (chopped)
- 1 garlic clove (crushed)
- 250g turkey breast mince
- 100g mushrooms (chopped)
- 1/2 tbsp tomato purée
- 1/2 tsp dried mixed herbs
- 100ml reduced-salt chicken stock
- Freshly ground black pepper



## Turkey and Chickpea Curry

**Serves:** 2 people

**Time to cook:** 35 minutes

**Can be frozen**

### You will need:

- Chopping board
- Knife
- Tin opener (or tins with ring pulls)
- A pan
- A wooden spoon or spatula



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# Turkey and Chickpea Curry



**Turkey breast is affordable and healthy, and can be used instead of chicken in lots of recipes. In this recipe, we've made a curry. You could serve this with rice or a flatbread.**

- 1** Heat oil in a pan and cook onion and garlic until soft.
- 2** Add turkey and cook until lightly browned.
- 3** Stir in spices, chopped tomatoes, chickpeas, and water; simmer 15–20 minutes.
- 4** This can be served with rice or a flatbread.

## Ingredients

- 1/2 tbsp rapeseed oil
- 1/2 onion (chopped)
- 1 garlic clove (crushed)
- 1/2 tbsp dried ginger
- 150g turkey breast (diced)
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp ground turmeric
- 1/2 tsp ground cinnamon
- 1/2 tsp ground paprika
- 1/2 tin chopped tomatoes
- 1/2 tin chickpeas (drained)
- 50ml water



## Tomato and Red Pepper Risotto

**Serves:** 2 people

**Time to cook:** 30 minutes

**Can be frozen**

### You will need:

- Chopping board
- Knife
- Tin opener (or tins with ring pulls)
- A pan
- A wooden spoon or spatula



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# Tomato and Red Pepper Risotto



**Risotto goes really nicely with cheese, particularly parmesan. Don't worry though if you don't have any, you could use grated cheddar instead.**

- 1** Heat oil in a pan and fry onion for 2–3 minutes until softened.
- 2** Add risotto rice and cook 1 minute, stirring constantly.
- 3** Pour in chopped tomatoes and vegetable stock, bring to a boil, then simmer 15–20 minutes, stirring occasionally, until rice is tender.
- 4** Add sliced red pepper and cook 2 more minutes.
- 5** Stir in Parmesan, season with black pepper, and serve warm.

## Ingredients

- 1 tbsp rapeseed oil
- 1 small onion (finely chopped)
- 100g risotto rice
- 1/2 tin chopped tomatoes
- 150ml low-salt vegetable stock
- 1 tbsp fresh Parmesan cheese (grated)
- 1/2 red pepper (sliced)
- Freshly ground black pepper



# Lemon and Herb Chicken with Chickpeas

**Serves:** 2 people

**Time to cook:** 20 minutes

**Can be frozen**

## **You will need:**

- Chopping board
- Knife
- Tin opener (or tins with ring pulls)
- A pan
- A wooden spoon or spatula



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# Lemon and Herb Chicken with Chickpeas



**Chickpeas are a great way to pack out a meal. In this recipe, we've mixed chicken and chickpeas for a healthy, filling meal. We recommend serving this with rice or pasta.**

## Ingredients

- 200g chicken breasts (chopped)
- 30ml lemon juice
- 1 garlic clove (crushed)
- 1 tsp oil
- 5g Dijon mustard
- 1 tsp cumin
- 4 spring onions (chopped)
- 1/2 tin chickpeas (drained)
- 1 tbsp mixed dried herbs
- 30g reduced fat cream cheese
- Freshly ground black pepper

- 1** Combine lemon juice, garlic, and black pepper in a shallow dish. Add chicken and mix well.
- 2** Heat olive oil in a pan, add mustard and chicken. Cook for 5 minutes.
- 3** Add spring onions and cook for 5 more minutes.
- 4** Stir in chickpeas, herbs, and the cream cheese, and cook for 5 minutes until heated through. Serve warm.

**Recipe 40 –  
Lemon and  
Herb  
Chicken  
with  
Chickpeas**



# Meal plans

On the following pages, you're going to find some meal plans for a week using the recipes in this toolkit. We've also included a shopping list that you can take with you to the shops, that includes all the ingredients you'll need for that week. Remember to check what you already have in the cupboard before heading off to the shops.

These are double sided, with the meal plan on one side with the shopping list on the back. This should make it easier for going to the shops and planning your week.





# Meal plans

## Week 1







Day of the week	Meal	Photo	Recipe card number
Monday	Chicken and broccoli risotto		31
Tuesday	Beef chilli		1
Wednesday	Chicken noodles		33
Thursday	Pasta Bolognese		9
Friday	One pot chicken and cannellini bean curry		32
Saturday	Corned beef hash		5
Sunday	Leftovers/flexible	N/A	N/A

# Shopping list for week 1

- 500g beef mince
- 600g chicken breast
- 200g corned beef
- 1 can cannellini beans
- 1 can baked beans
- 4 onions
- 1 red pepper
- 1 celery stick
- 2 potatoes
- 4 spring onions
- 100g broccoli florets
- 6 garlic cloves
- Fresh ginger (small piece)
- 50g frozen peas
- 75g sweetcorn
- 3 tins chopped tomatoes
- 30g tomato purée
- 1 pack reduced-salt chicken stock cubes
- 150g dried egg noodles (2 nests)
- 100g risotto rice
- 150g pasta
- Chilli powder
- Chilli flakes
- Mixed herbs
- Dried parsley
- Garam masala or curry powder
- Black pepper
- Cornflour
- 1 lemon
- Reduced-salt dark soy sauce
- 30g reduced-fat cream cheese
- Cooking oil (vegetable or sunflower)

# Meal plans

## Week 2

Day of the week	Meal	Photo	Recipe card number
Monday	Turkey and Chickpea Curry		38
Tuesday	Chicken and Tomato Pasta		8
Wednesday	Turkey in Creamy Leek and Parsley Sauce		35
Thursday	Chicken Fajitas		2
Friday	Turkey and Mushroom Mince		37
Saturday	Spicy Bean Hotpot		11
Sunday	Leftovers/flexible	N/A	N/A

## Shopping list for week 2

- 250g turkey breast
- 250g turkey breast mince
- 300g chicken breast
- 3.5 onions
- 5 garlic cloves
- ½ head broccoli
- 1 bell pepper
- 1 carrot
- 1 courgette
- 1 celery stick
- 100g mushrooms
- 1.5 tins chopped tomatoes
- ½ tin chickpeas
- ½ tin baked beans
- ½ tin kidney beans
- 30g grated cheese
- 50ml skimmed milk
- 50g reduced-fat cream cheese
- 150g pasta
- 2–4 tortilla wraps
- 50g frozen peas or mixed veg
- 100g sweetcorn
- 0.5 tbsp dried ginger
- 0.5 tsp ground cumin
- 0.5 tsp ground paprika
- 1.5 tsp mixed herbs
- 0.5 tsp cajun seasoning
- 0.5 tsp chilli powder
- 0.5 tsp dried parsley
- 0.5 tsp Dijon mustard
- 0.5 tbsp tomato purée
- 0.5 tbsp plain flour
- 100ml reduced-salt chicken stock

# Meal plans

## Week 3

Day of the week	Meal	Photo	Recipe card number
Monday	Slow Cooked Beef Pie		29
Tuesday	Baked Oaty Fish		21
Wednesday	Cottage Pie		6
Thursday	Creamy Fish and Spinach Pasta		17
Friday	Beef and Bean Burritos		28
Saturday	Tuna and Tomato Pasta		19
Sunday	Leftovers/flexible	N/A	N/A

## Shopping list for week 3

- 250g lean stewing beef
- 375g minced beef (250g + 125g)
- 2 fish fillets
- 1 tin tuna (drained)
- 3 onions
- 3 carrots
- 2 celery sticks
- 3.5 garlic cloves
- 20g chopped leeks + 1 whole leek
- 75g broccoli florets
- 100g spinach (fresh or frozen)
- 0.5 red pepper
- 4 potatoes
- 30g oats
- 300g pasta (150g + 150g)
- 150g frozen peas or mixed veg
- 1.5 tins chopped tomatoes
- 0.5 tin red kidney beans
- 100g cream cheese
- 0.5 egg (beaten)
- 1 tbsp reduced-fat sour cream (optional)
- 0.5 sheet reduced-fat puff pastry
- 1.5 tbsp oil (0.5 + 0.5 + 0.5)
- 150ml reduced-salt beef stock
- 1 tbsp plain flour
- 1 tbsp gravy granules
- 40g tomato purée (30g + 2 tsp ≈ 10g)
- 2 wholemeal tortilla wraps
- Freshly ground black pepper
- Fresh coriander leaves (optional)

# Meal plans

## Week 4





Day of the week	Meal	Photo	Recipe card number
Monday	Chicken and Broccoli Risotto		31
Tuesday	Turkey, Leek and Bean Bake		30
Wednesday	Chicken Noodles		33
Thursday	Turkey Burger		36
Friday	One Pot Chicken and Cannelini Curry		32
Saturday	Turkey and Chickpea Curry		38
Sunday	Leftovers/flexible	N/A	N/A

## Shopping list for week 4

- 600g chicken breast
- 300g turkey breast (diced)
- 250g turkey breast mince
- 3 onions
- 8 garlic cloves
- 100g risotto rice
- 250ml reduced-salt chicken stock
- 1 reduced-salt chicken stock cube
- 100g broccoli florets
- 30g reduced-fat cream cheese
- 1 tbsp dried parsley
- Freshly ground black pepper
- 1 leek (sliced)
- 1 tin cannellini beans
- 2 tins chopped tomatoes
- 0.5 tbsp tomato purée
- 0.5 tsp dried mixed herbs
- 1 medium potato
- 30g reduced-fat cheddar cheese
- 150g dried egg noodles
- 25ml reduced-salt dark soy sauce
- 50g frozen peas
- 75g sweetcorn
- 1 tsp cornflour
- 0.5 slice wholemeal bread
- 0.5 beaten egg
- 2 wholemeal rolls
- 75g lettuce
- 1 tsp oil
- 0.5 tbsp oil
- 0.5 tbsp rapeseed oil
- 0.5 tin chickpeas (drained)

# Meal plans

## Week 5







Day of the week	Meal	Photo	Recipe card number
Monday	Fish Cakes		22
Tuesday	Chicken and Potato Hash		4
Wednesday	Homemade Pizza		23
Thursday	Baked Vegetable Risotto		18
Friday	Tomato and Spinach pasta		10
Saturday	Vegetable Chow Mein		34
Sunday	Leftovers/flexible	N/A	N/A

## Shopping list for week 5

- 6 potatoes
- 1 fish fillet
- 2 leeks
- 1 tbsp mixed herbs
- 1 egg
- 25g oats
- 1 tbsp oil
- 2.5 onions
- 125g chicken
- 2 stock cubes
- 100g peas or mixed frozen veg
- Tortilla wraps or pizza base
- Passata
- Preferred pizza toppings
- 2 garlic cloves
- 150ml boiling water
- 150g rice
- 100g mixed vegetables
- 1 tin chopped tomatoes
- 150g pasta
- 50g cream cheese
- 100g spinach
- 100g dry egg noodles
- 1.5 tsp rapeseed oil
- 0.5 red pepper
- 60g mushrooms
- Pinch of chilli flakes
- 50g baby corn
- 1-2 spring onions
- 0.5 tomato
- 60g beansprouts
- 50ml reduced-salt soy sauce

# Meal plans

## Week 6

Day of the week	Meal	Photo	Recipe card number
Monday	Macaroni Cheese		25
Tuesday	Linguine with Leeks and Mushrooms		26
Wednesday	Pesto Pasta		24
Thursday	Beef and Bean Burritos		28
Friday	Chicken Fajitas		2
Saturday	Spicy Bean Hotpot		11
Sunday	Leftovers/flexible	N/A	N/A

## Shopping list for week 6

- 150g chicken breast
- 125g lean minced beef
- 150g dried pasta
- 0.5 tbsp oil
- 1.5 onions
- 2.5 garlic cloves
- 1 leek
- 100g mushrooms
- 1 carrot
- 1 courgette
- 1 celery stick
- 1 pepper
- 0.5 red pepper
- 1 tbsp dried mixed herbs
- 0.5 tbsp plain flour
- 150ml skimmed milk
- 50g reduced-fat cheddar cheese
- 50g low-fat cream cheese
- 3g Dijon mustard
- 1 tsp lemon juice
- 0.5 tbsp lemon juice
- 50g reduced-fat pesto
- 0.5 tsp ground cumin
- 0.5 tsp ground paprika
- 0.5 tin chopped tomatoes
- 0.5 tin red kidney beans
- 0.5 tin baked beans
- 0.5 tsp cajun seasoning
- 0.5 tsp chilli powder
- 0.5 tsp mixed herbs
- 2-4 tortilla wraps
- 2 wholemeal tortilla wraps



# How to prepare your vegetables

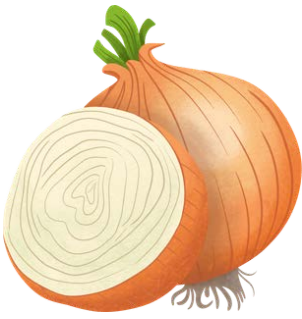
# How to prepare your vegetables

A lot of recipes ask for you to chop onions, garlic and all kinds of recipe. For these you don't need a lot of fancy equipment, just a knife and a chopping board. In this section, we're going to show you how to prepare some vegetables.

On each page, we've included some instructions on how to prepare each vegetable for a recipe, how to store them and a few tips too.

Where possible we've included a QR code that you can scan with your phone, which will take you to a video demonstration. Some of these demonstrations are provided by WikiHow, who provide great instructions on how to prepare different foods.





# How to prepare an onion

Many recipes ask for you to chop up and include onions. For most recipes, you can choose to dice them (small bits) or slice them (bigger bits) depending on your personal preference. Here we will show you how to do both. and then you can decide on what you prefer.

## Dicing an onion



- 1** Cut off the top (pointy end) and the bottom (near the roots)
- 2** Slice the onion in half, from top to bottom
- 3** Peel of the outer layer to remove the skin (dry, flaky bit)
- 4** With each half, cut from top to bottom up to 10 times
- 5** Then cut in the opposite direction, up to 10 times until you are left with small bits of onion. These are your diced onions

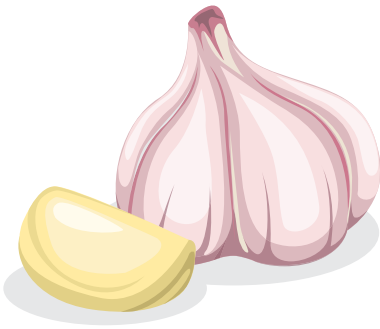
## Slicing an onion



- 1** Cut off the top (pointy end) and the bottom (near the roots)
- 2** Peel of the outer layer to remove the skin (dry, flaky bit)
- 3** Slice the onion in half, from top to bottom
- 4** With each half, make 4-5 cuts from top to bottom. These are you sliced onions

## Storage

Store un-cut onions in a cool dark place (not the fridge) and use within 2 weeks. If you've cut more than you need, you can keep them in a zip-lock bag in the fridge for a couple of days



## How to prepare fresh garlic

Many recipes ask for you to dice or mince garlic. For most recipes, they'll ask you to use a garlic crusher and that's great if you have one. But if you don't, you can just cut them by hand.

### Dicing or mincing a garlic clove



- 1** Using your hands, pull a clove apart from the bulb
- 2** Lay a clove flat on the chopping board and use the back of the knife to push down on the clove, squishing it
- 3** Cut the ends off and then peel away the skin from the garlic clove. This should be easier now that it's been squished and then ends cut off.
- 4** Lay the clove flat again, and now make some cuts from top to bottom. Then make more cuts from side to side so that you have small chunks of garlic.

### Storage

Store fresh garlic in a cool dark place (or the fridge) and use within 4 weeks. If you've peeled too many cloves, you can keep them in a zip lock bag in the fridge to keep them fresh

### Alternatives to fresh garlic

Sometimes you can find pre-crushed garlic in the freezer section, in handy cubes. These work just as well but just take a little longer to cook.



## How to prepare leeks

Leeks add a gentle onion-like flavour to soups, stews and pies. Recipes usually ask you to slice or chop them, and they're easy to prepare once you know how.

### Slicing and chopping a leek



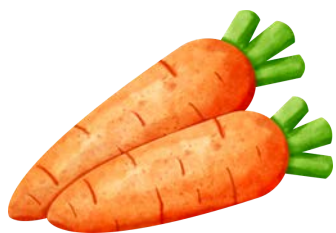
- 1** Cut off the root end and the dark green tops – you'll use the white and pale green parts.
- 2** Lay the leek flat on the chopping board and cut it in half lengthways if you want thinner pieces.
- 3** Slice across into half-moons or thin strips depending on what the recipe calls for.

### Storage

Store whole leeks in the fridge for up to a week. Once sliced, keep them in a sealed container and use within a couple of days.

### Alternatives to fresh leeks

Frozen sliced leeks work just as well in soups and casseroles – just add them straight from the freezer.



## How to prepare carrots

Carrots add colour and sweetness to lots of dishes. Recipes often ask you to slice, dice, or grate them, and they're simple to prepare. For grating, just take the carrot and grate it like you would cheese. Chopping them is a bit harder, so we've explained it below.

### Chopping carrots



- 1** Peel the carrots (optional if you prefer the skin on).
- 2** Trim off both ends (the top and the tail)
- 3** Slice into rounds, sticks or cubes depending on the recipe. The easiest way is to hold the carrot with one hand, and then cut along the shortest side.

### Storage

Keep carrots in the fridge for up to two weeks. If they go a bit soft, soak them in cold water for 30 minutes to make them crisp again.

### Alternatives to fresh carrots

You can buy frozen sliced or diced carrots. They're great for soups and stews but can be softer than fresh when cooked.



# How to prepare broccoli

Broccoli is full of goodness and adds texture and colour to meals. Recipes usually use the florets, which you would need to cut from the main vegetable.

## Preparing broccoli



- 1** Cut the large stem from the base.
- 2** Using your hands, break off the florets (the darker green parts) from the main stem (the thicker green part)
- 3** Break the broccoli florets into smaller florets with your hands or cut with a knife.
- 4** Dispose of the main stem

### Storage

Keep broccoli in the fridge and use within five days for the best taste and crunch. If you prepare too much, you can keep extra florets in a zip lock bag in the fridge, and use within 2 days.

## Alternatives to fresh broccoli

Frozen broccoli florets are an easy swap. They cook quickly and are perfect for stir-fries, pastas and side dishes.



## How to prepare peppers

Peppers bring sweetness, colour and crunch to dishes like salads, stir-fries and fajitas. Recipes often ask you to slice or dice them.

### Slicing peppers



- 1** Cut the pepper in half from top to bottom.
- 2** Pull out the stem, seeds and white centre, and put them in the bin.
- 3** Lay the halves flat and slice into strips from top to bottom.
- 4** If you would like to dice them, cut each strip into smaller parts.

### Storage

Store whole peppers in the fridge for up to a week. Once cut, keep them in a sealed container and use within a few days.

### Alternatives to fresh peppers

Frozen sliced peppers are great for cooked dishes like stir-fries or pasta sauces. They're quick to use but can be softer than fresh ones.

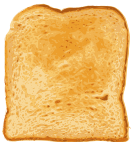


# Having healthier snacks

# Healthier Snacks

It's perfectly normal to crave the occasional snack between meals. Often, snacks are high in sugar, fat and salt which mean they're not very good for us in the long run. But, there are healthier snack options out there.

Here's a few ideas for healthier snacks. Maybe try swapping out one or two of your snacks every week with one of these healthier options and see how it feels.



## Toast

A small slice of toasted bread makes a great snack. Try topping it with bananas or cream cheese as a healthy alternative to butter



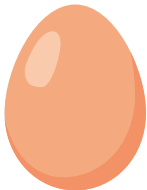
## Popcorn

Plain (unsalted and unsweetened) popcorn is generally a healthier snack option. Try to avoid popcorn covered in butter, toffee or sugar as these are less healthy.



## Yogurt

Plain or Greek yogurt are packed with the good stuff. They can be topped with a portion of fruit as one of your 5 a day.



## Boiled eggs

Surprisingly, a boiled egg is both filling and healthy! Boil an egg in a pan of boiling water for 8 minutes. Let it cool down and peel it before eating.

# Healthier Snacks



## Ingredients

- 1 ripe banana
- 20g raisins
- 20g brown sugar
- 20g fat/olive oil spread
- 1 tsp golden syrup
- 130g oats

## Banana Flapjacks

Try making these simple banana flapjacks at home. Leave the banana and/or raisins out if you're not keen on them.

- 1** Pre heat oven to 200°C Weigh oats and raisins into a mixing bowl
- 2** Gently melt spread, stir in the sugar and syrup, mix well into the oats
- 3** Mash banana and mix well into the above mixture
- 4** Empty the mixture into a small oven proof dish, use a spoon to flatten mixture out
- 5** Bake for 15 minutes. Remove from the oven and cut into 10 pieces, leave to cool before removing from the dish



## Rice or corn cakes

Rice or corn cakes are a healthy snack. You can top these with peanut butter, bananas or cream cheese for a healthy snack.



## Fruit salad

It doesn't have to be fancy, but a fruit salad can be a healthy and quick snack to prepare. You can just mix together any fruits you have.

# Healthier Snacks



## Ingredients

- 1 small tin of chickpeas
- 1 tbs of plain low-fat yoghurt
- 1 garlic clove
- 1 tsp lemon juice
- Carrots and cucumbers

## Hummus and Veggies

Hummus is easier to make than you might think. This recipe uses a blender but if you don't have one, a potato masher will do the job.

- 1 Empty chickpeas into blender or bowl (if using masher). Add the garlic, yogurt, lemon juice and blend or mash. If texture too thick for your liking add some water
- 2 Cut cucumber and carrots into strips/sticks, ready to dunk into the hummus dip

None of these snacks take your fancy? It's absolutely fine to still crave a savoury or sweet treat from time to time, like a packet of crisps or a chocolate bar. These snacks can be enjoyed in small amounts and can still be eaten as part of your balanced diet. Here's some examples of better choices:



**Cadbury's little bars** are smaller chocolate bars



**Walkers 99 calorie mix** is a combo-mix of low calorie crisps



**Some tools to  
help you  
cook and eat  
better**

## Some extra tools

We want to support you as much as possible to cook healthier meals so we have prepared some extra tools to help you! This includes:

### Spice buying planner

A lot of the recipes in this toolkit (and in general) need spices and seasonings. We understand that these can be expensive to buy so we just suggest just buying one or two a week, and then building your collection over time.

### Blank meal planners

Having a plan for the week can make it much easier to prepare and eat healthy meals. We've given you some meal plans in this toolkit using our recipes, but understand you might have some family favourites of your own. You can use these blank meal planners to plan your week

### Blank shopping lists

Cooking healthier meals is easier once you have all the correct ingredients. Taking a shopping list can keep you on track, and make sure you buy all the right things! This stops extra trips to the shop, which can get expensive. Use these blank shopping lists to plan your shop.



### Progress tracker

This tracker will help you see your progress. Use it to keep a record of the recipes you try and the meals you enjoy.

# Spice buying planner

On the opposite side is a list of all the spices needed in this booklet, and a recommendation for when to buy each of the spices. We've included some tick boxes too so you can tick off once you've bought them.

**Remember, you only use a small amount of spices in each recipe** so once you've bought them, they'll last you for years!



# Spice buying planner

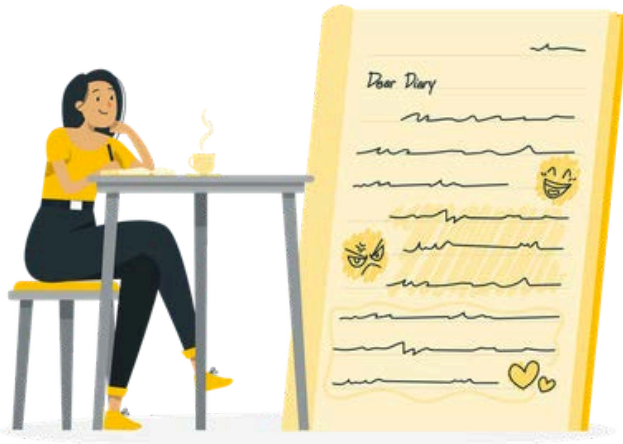
## Top Tip:

Quite often supermarkets have multi-buy offers (like 3 for 2) on spices and dried seasonings. We've suggested buying three per week so you can make the most of these deals.

Week to Buy	Herbs/Spices	Bought?
1	Mixed herbs Chilli powder Black pepper	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
2	Curry powder Ground cumin Ground coriander	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
3	Dried oregano Dried basil Dried Parsley	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
4	Ground paprika Ground turmeric Ground cinnamon	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
5	Cajun seasoning Chilli flakes Garam masala	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
6	Dried thyme Dried coriander Ground ginger	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## Meal planner

On the opposite side is a few blank meal planners that you can use to plan your weeks. If you have a photocopier, you can make some extra copies of these meal plans.



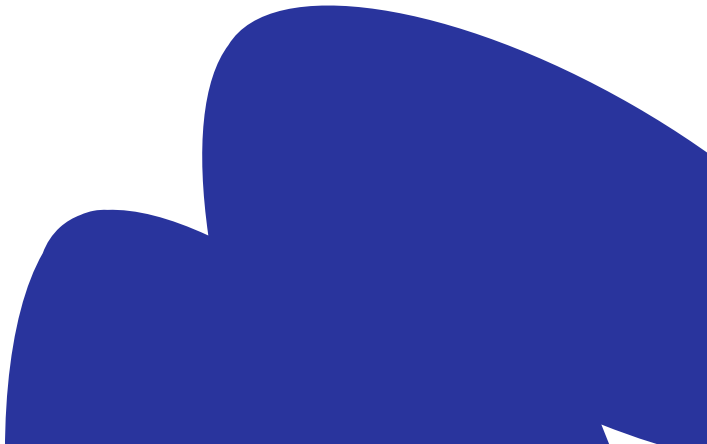
# Meal planner

Day of the week	Meal
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	



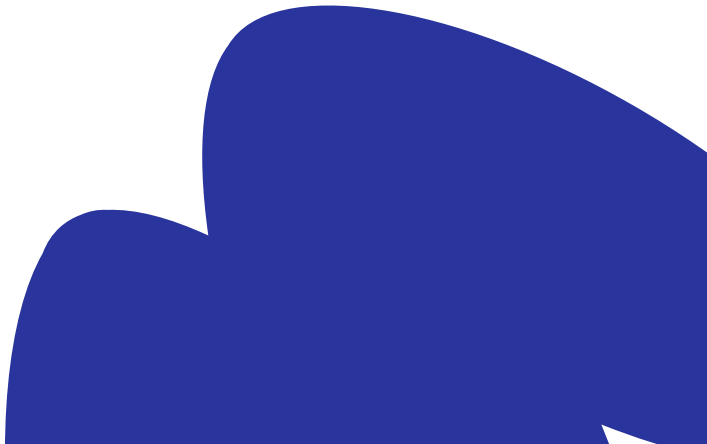
# Meal planner

Day of the week	Meal
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	



# Meal planner

Day of the week	Meal
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	



# Meal planner

Day of the week	Meal
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	



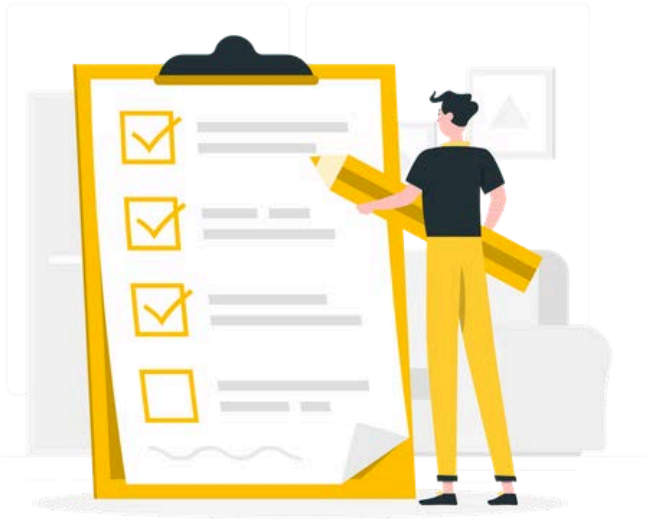
# Meal planner

Day of the week	Meal
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	



# Shopping lists

On the opposite side is some blank shopping lists that you can use to plan your trip to the shops. If you have a photocopier, you can make some extra copies of these meal plans.













# Progress tracker

This is a progress tracker where you can keep a record of your cooking and eating over the course of 6 weeks. Complete the boxes when you've completed it, and use the notes box to keep a note of which recipes you've tried and what you think of them.

Week	Have you tried a new recipe?	Have you cooked a meal from scratch?	Have you followed a meal plan?	How many meals have you cooked this week?	Notes (What did you do? What did you think?)
1					
2					
3					
4					
5					
6					





# Finding additional support in Aberdeen

# Additional support in Aberdeen

We hope you've found this toolkit helpful! In case you think you could benefit from some additional support, please check out the organisations below and how they could help you.



## Home Start

If you're a parent with young children and could use some support with cooking, budgeting, or healthy eating, Home-Start Aberdeen can help. Their Recipe for Life project offers free cooking sessions, food packs, and advice to help families make tasty, affordable meals. They can also link you to local food pantries and family support services.

Visit: [www.homestartaberdeen.org.uk](http://www.homestartaberdeen.org.uk)



## Instant Neighbour

If you're struggling to afford food or household essentials, Instant Neighbour provides emergency food parcels and practical help. They also offer low-cost furniture, white goods, and welfare advice to help you get back on your feet.

Visit: [www.instantneighbour.co.uk](http://www.instantneighbour.co.uk) or call 01224 489955



## Toastie Club (Bethany Christian Trust)

If you're feeling lonely, homeless, or just need a friendly place to eat and chat, the Toastie Club welcomes everyone. Enjoy a free toasted sandwich, company, and access to advice on housing, health, and other support, all in a warm, relaxed environment.

Visit: [www.bethanychristiantrust.com](http://www.bethanychristiantrust.com)



## Lighthouse

If you're in Tillydrone and need food support, the Lighthouse Centre runs a friendly foodbank every Monday from 1–2:30pm. You can collect food parcels and speak with advisers about benefits, debt, or other concerns.

Visit: [www.lighthouse-abdn.org.uk](http://www.lighthouse-abdn.org.uk)

# Additional support in Aberdeen



## CFine

If you need affordable food or are struggling to make ends meet, CFINE offers several ways to help. You can visit their food bank or join a Community Food Pantry to shop for groceries at low cost. They also provide cooking classes, budgeting advice, and welfare support.

Visit: [www.cfine.org](http://www.cfine.org)



## Somebody Cares

If you're in need of food, clothing, or household essentials, Somebody Cares can provide free help and support. Their foodbank offers emergency parcels and care packages, and they can also assist with furniture and home items.

Visit: [www.somebodycaresscotland.org](http://www.somebodycaresscotland.org)

## Tilly Flat

## Tilly Flat

If you live in the Tillydrone area and need emergency food or local support, Tilly Flat is here to help. They provide food parcels, advice, and connections to other services that can assist with benefits, housing, and wellbeing.

Find them here: 3b Alexander Terrace, Tillydrone, AB24 2QT

Services often come and go, and you might find that a service you used to use has now gone. If you're looking for support, we recommend going to Google and using the search terms 'food support Aberdeen'. This should give you up to date information on the available support in the city.



# Finding additional support in Aberdeenshire

# Additional support in Aberdeenshire

We hope you've found this toolkit helpful! In case you think you could benefit from some additional support, please check out the organisations below and how they could help you.



## Citizens Advice Bureau

If you need free, confidential, and impartial advice on benefits, debt, housing, employment, or legal issues, Citizens Advice Bureau (CAB) services are available across Aberdeenshire.

You can contact the Aberdeenshire CAB Helpline on 0800 028 1032 (Monday to Friday, 9:30am–4:30pm) to be directed to your nearest office. Local branches include:

- North West Aberdeenshire CAB in Turriff (01888 562495),
- North East Aberdeenshire CAB in Peterhead (01779 471515),
- South West Aberdeenshire CAB (01224 747714)
- Kincardine & Mearns CAB (01569 766578)



## Aberdeenshire Council Support & Advice Team

If you're a resident of Aberdeenshire and need help with Housing Benefit, Council Tax Reduction, Free School Meals, School Clothing Grants or the Scottish Welfare Fund, you can contact the Support & Advice Team at 03456 08 12 00 or email [asat@aberdeenshire.gov.uk](mailto:asat@aberdeenshire.gov.uk)



## SCARF

If you're worried about your energy bills, living in a cold home or facing fuel debt, SCARF in Aberdeen offers free advice and home visits. You can call them on 01224 213 005 or 0808 129 0888 (Mon-Fri 9am–4:30pm) or email [info@scarf.org.uk](mailto:info@scarf.org.uk)



## Scan me for more information on where to find food support and information.

This map was developed by Jennifer Macrae from Aberdeenshire Council

# Additional support in Aberdeenshire



## Aberdeenshire North Food Bank

If you are experiencing food crisis in north Aberdeenshire, the Aberdeenshire North Foodbank provides emergency food parcels via their network of centres (Inverurie, Ellon, Huntly, Peterhead, Fraserburgh). Contact them at 4 St James's Place, Inverurie AB51 3UB, or by calling 07721 379534 (or the number for your local centre)



## Aberdeenshire South Food Bank

If you're struggling to afford food and live in the south of Aberdeenshire, the Aberdeenshire South Foodbank can provide emergency food parcels and friendly support. The foodbank operates in several locations, including Banchory, Stonehaven, and Portlethen. Contact: 01224 472615 or email [info@aberdeenshiresouth.foodbank.org.uk](mailto:info@aberdeenshiresouth.foodbank.org.uk)



## CFine Mobile Pantries

If you live in a rural or hard-to-reach part of Aberdeenshire and are finding it difficult to access affordable, healthy food, the CFINE "Connecting with Communities" mobile pantry can help. The van visits various villages and small towns. You'll need to complete a simple application, and you can contact them at 01224 596156 or email [pantry@cfine.org](mailto:pantry@cfine.org) for times and locations.



## Welfare Rights Team @ Aberdeenshire Council

If you need welfare rights advice, you can contact Aberdeenshire Council's Money Advice and Welfare Rights Team. They can offer assistance with understanding and accessing various benefits, help with applications and appeals for welfare benefits, guidance on managing financial difficulties, including advice on budgeting and accessing additional support during challenging times. Contact [welfare.rights@aberdeenshire.gov.uk](mailto:welfare.rights@aberdeenshire.gov.uk) or 01467 538555

Services often come and go, and you might find that a service you used to use has now gone. If you're looking for support, we recommend going to Google and using the search terms 'food support Aberdeenshire' (or the name of your village/town). This should give you up to date information on the available support in the city.