



CHICKPEA TRAY BAKE



Equipment

Chopping board, knife, oven proof dish, tin opener.



INGREDIENTS

- 1 tin of chickpeas drained and rinsed
- 1 tablespoon of vegetable oil
- 2 cloves of garlic, peeled and left whole (optional)
- 2 potatoes, peeled and chopped
- 1 red pepper, cut into chunks
- 1 large onion chopped
- 2 parsnips, cut into chunks
- 2 carrots, cut into chunks
- Black pepper to season
- 1 teaspoon of spice (e.g. paprika, chilli) (optional)



Handy Tips

This is great dish to use up your vegetables sitting in your fridge like mushrooms, squash, spring onions, tomatoes, celery, sweet potatoes.



METHOD

1. Add the oil to a large ovenproof dish and place in the oven 200°C gas mark 6.
2. Once the oil is hot, add the chickpeas, vegetables, potatoes optional garlic and spice and coat in the oil, season with black pepper.
3. Cook for 30-40 mins until the potatoes and vegetables are cooked, turning over all the ingredients half-way through cooking.



Serves 2



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LENTIL CURRY



INGREDIENTS

- 150g dry lentils – rinsed in cold water
- 500mls of water
- 1 tablespoon oil
- 1 medium onion – chopped
- 1 tin of chopped tomatoes or
2 medium chopped tomatoes or
3 tablespoons tomato puree
- ½ teaspoon crushed ginger & green chillies
or ¼ teaspoon red chilli powder
- ½ teaspoon crushed garlic
- ¼ teaspoon turmeric
- 1 teaspoon ground cumin or
coriander powder
- ½ teaspoon gharum masala
- Handful of fresh or frozen coriander

Handy Tips

- Freeze fresh herbs into ice-cube trays.
- Add fresh, frozen or tinned vegetables (e.g. cauliflower, peas).



Serves 2



METHOD

1. Heat the oil in a large pan over a low heat, add the onions & fry for 5 minutes.
2. Add the tomatoes and cook for a further 1 minute.
3. Stir in the ginger, garlic, green chillies and the other dry spices and cook for 2 minutes.
4. Add water and stir.
5. Add the lentils and stir well, simmer over a low heat for about 15 minutes or until the lentils are cooked.
6. Add in chopped coriander and serve with rice.



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QUICK PASTA WITH TUNA AND SWEETCORN



INGREDIENTS

- 150g dried pasta
- 2 tablespoons of water
- 1 medium onion, chopped
- 1 pepper, de-seeded and sliced (optional)
- 1 can of tinned tomatoes
- 1 teaspoon of mixed dried herbs (optional)
- 200g tinned sweetcorn or other tinned vegetables (drained)
- 1 tin of tuna (drained)
- 2 tablespoons grated cheese
- 1 glove of garlic peeled and crushed (optional)

Handy Tips

Instead of tuna, you could use tinned beans, chickpeas or cooked chicken!

A great recipe for using up vegetables or leftovers from previous meals!



Serves 2



METHOD

1. Cook the pasta, according to the instructions on the pack.
2. Add water to a large saucepan, place on a medium heat. When hot add the onion and cook for around 5 minutes, stirring all the time.
3. When the onions start to soften, add the crushed garlic (if using) and cook for a further 2 minutes.
4. Add the tomatoes (and pepper and herbs if using). Bring to the boil and simmer on a low heat without a lid for about 10 minutes.
5. Drain the pasta and add it to the sauce. Add the sweetcorn or other tinned vegetables and mix well.
6. Just before serving, gently stir in tuna, keeping the tuna in chunks.
7. Serve with a sprinkle of grated cheese.

Leftovers?

This dish will last covered in the fridge for a few days – makes a nice lunch served with salad.



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QUICK PIZZA



Equipment

Bowl, chopping board, small knife, tin opener, stirring spoon, bread knife, grater, colander and baking tray.



INGREDIENTS

Wrap or any other bread

100g tinned tomatoes (chopped) or 1 teaspoon of tomato puree

140g grated cheese

Dried or fresh herbs (optional)

Pepper to season

Topping ideas - but use any vegetables you like!

Mushrooms, washed and sliced

Peppers, sliced

Tinned sweetcorn (drained)

Onion, sliced thinly

Dried or fresh herbs (optional)

Handy Tips

Add other ingredients depending on what you have in the cupboard/fridge e.g. tinned tuna, tinned meat like ham, grated courgette, spinach.

Use almost any starchy product as a base – Wraps, Thins, Chapatti, Pita Bread etc.



Serves 2



METHOD

Preheat oven to 200°C or gas mark 6

1. Put the tinned tomatoes or tomato puree into a bowl, season with pepper and herbs.
2. Cut the wrap/bread in half-length ways to make 2 rounds.
3. Spread each slice of wrap/bread with the tomato mixture (half a teaspoon per pizza if using puree).
4. Add your toppings and grated cheese.
5. Sprinkle with fresh/dried herbs.
6. Bake for 10-15 minutes.

Serve with: Mixed salad, homemade wedges or

Leftovers?

Freeze (for up to 3 months) or put in fridge (for 2 days) and cook at a later date.



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TINNED FISH AND VEGETABLE FRITATTA



Equipment

Chopping board, knife, saucepan with lid, small oven proof frying pan, tin opener.



INGREDIENTS

- 225g potatoes, thickly sliced
- 110g broccoli florets
- 1 tin of tuna or salmon (drained and bones removed)
- Pinch black pepper
- 4 eggs, whisked
- ½ tablespoon oil
- Handful of fresh or a teaspoon of dried basil (optional)



Handy Tips

Serve with salad.
Instead of broccoli you could try other vegetable like onions, mushrooms, peppers.



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Serves 2



METHOD

1. Boil the sliced potatoes for 5 minutes, add the broccoli and cook for another 5 minutes, drain well.
2. Heat the oil in small frying pan with a heat proof handle, add the sliced potatoes and cook until lightly brown.
3. Add the broccoli, flaked fish, basil, whisked eggs and black pepper into the frying pan on top of the potatoes.
4. Cook on a low heat for 10 minutes or until the centre is wobbly.
5. Place under the grill to brown the top.

