



# Healthy Food Week

## VEGETARIAN PIE RECIPE

### INGREDIENTS

2x peppers deseeded and roughly chopped  
2x medium-sized sweet potatoes, cut into 2cm pieces  
1x red onion finely chopped  
2x courgettes roughly chopped  
2x tbsp. extra virgin olive oil  
200g x mushrooms roughly chopped  
250g ready to eat puy lentils  
3x tbsp. roughly chopped olives  
Small handful of chopped parsley  
Filo pastry sheets

### PREP TIME

- Prep | 20 m
- Cook | 35 m
- Ready in | 40 m

### PROCESS

01

Heat oven to 200c gas mark 6. Put the peppers, sweet potatoes, onion and courgettes in large roasting tin. Toss through the oil and season well. Roast the vegetables in the oven for 15 mins, turning them to coat. Add the mushrooms and cook for 15 mins more. Set aside to cool completely (this part is very important).

02

Rinse the lentils and stir through the chopped olives and parsley. Check the seasoning and gently mix with the cooled roasted veg.

03

Brush one side of each sheet of filo pastry with oil (you'll need 5 sheets) then arrange, oil side down, in the tin, leaving no gaps at the base or sides (let the excess pastry hang over the side of the tin).

04

Spoon the mix into the pastry and press down firmly to level. Cover the filling with over hanging pastry scrunching it up. Bake the pie in the oven for 20 minutes then remove from the tin. Bake for a further 15 mins until golden

05

Any of the veg can be substituted depending on your families likes/dislikes just wouldn't use any tomatoes as the mix becomes too wet and pastry turns soggy.





# Healthy Food Week

## AUTUMN CHICKEN TRAY BAKE

### INGREDIENTS

2x tbsp. of olive oil  
6x skin on chicken thighs  
150x ml chicken stock  
6x spring onions  
100gx tender stem broccoli  
100gx carrots  
100gx parsnips  
1x lemon quartered  
Small handful chopped parsley  
or basil  
Herby new potatoes to serve

### PREP TIME

- Prep | 20 m
- Cook | 25 m
- Ready in | 40 m

### PROCESS

01

Heat the oven to 180c gas mark 4. Heat the oil in a flameproof and oven proof dish on the hob till hot. Carefully add the chicken thighs skin side down, and cook for 4-5 minutes until golden and crisp.

02

Remove from the hob and carefully pour the stock and place in the oven for 15 minutes.

03

Remove the chicken from the oven and add the vegetables and lemon quarters to the pan. Making sure to coat them in the stock, and season well. Return to the oven for 10 minutes, until the chicken is cooked through and the vegetables are just tender. Sprinkle with the chopped herbs and serve with herby potatoes.

04

This recipe can be adjusted seasonally to fit in with what's in season especially in spring time with lots of greens.





# Healthy Food Week

## SQUASH RISOTTO WITH CRISPY SAGE

### INGREDIENTS

Serves 6

350g x butternut squash pieces  
2x mixed peppers roughly  
chopped  
4x salad tomatoes deseeded and  
roughly chopped  
1x onion roughly chopped  
3tbsp x olive oil  
350g x risotto rice  
1200ml x hot vegetable stock  
Small handful of sage leaves

### PREP TIME

- Prep | 20 m
- Cook | 30 m
- Ready in | 35 m

### PROCESS

01

Heat the oven to 200c gas mark 6. Tip the squash, peppers and onion onto a baking tray, toss in 2x tbsp oil to coat the veg and bake for 20 mins until softened.

02

Meanwhile heat the remaining oil in a large heavy based pan, then stir in the risotto rice and cook for 1 minute until coated (this process is very important so your grains of rice don't stick together). Add 200ml of the hot stock and cook, stirring, until it is absorbed.

03

Next, start adding the rest of the hot stock a ladleful at a time, stirring frequently, only adding more once the liquid has been absorbed by the rice, about 15 mins.

04

Tip the roasted veg into a food processor and whizz to a smooth paste (if you don't have a food processor you can use a stick blender), adding a little milk if needed. Stir this through the rice and season to taste. Sprinkle in the chopped tomatoes and leave for one minute off the heat.

05

Divide the risotto between 6 people and serve with crispy sage leaves on top.





# Healthy Food Week

## *SQUASH RISOTTO* **WITH CRISPY SAGE**

### INGREDIENTS

Serves 4

8x good quality sausages of your choice

350g x chopped squash

500g x mini new potatoes cut in half

1tbsp x oil

2tsp x paprika

1x lemon zest

2-3 tbsp x half aft crème fraiche

### PROCESS

01

Heat the oven to 200c gas mark 6. Arrange the sausages, squash and potatoes in a roasting tin and toss in the oil, paprika and lemon zest. Season well and roast for 30 mins, tossing well halfway through.

02

To serve, Dot the crème fraiche around the tray and scatter with fresh basil.

### PREP TIME

- Prep | 20 m
- Cook | 30 m
- Ready in | 35 m





# Healthy Food Week

## SQUASH RISOTTO WITH CRISPY SAGE

### INGREDIENTS

Serves 4

1tbsp x oil

1 x small onion

1x finely chopped pepper

1 x garlic clove, crushes

150g x cherry tomatoes

400g x tin of butter beans,  
drained

415g x tin of baked beans

Handful of chopped parsley

4 x slices of toast (butter  
optional)

### PREP TIME

- Prep | 20 m
- Cook | 10 m
- Ready in | 15 m

### PROCESS

01

Gently heat the oil in a large non-stick frying pan with the onion, garlic and pepper for 5 mins, until softened.

02

¼ the cherry tomatoes and tip into the pan. Gently cook for 5 mins, then stir through the butter beans and baked beans and continue cooking for 3-4 mins.

03

Season with salt and black pepper, then stir through the parsley. Pour the bean mixture onto the toast.

TO TAKE IT UP A NOTCH ADD FRESHLY CHOPPED CHILLI SERVE ON GRILLED SOURDOUGH OR ANOTHER ARTISAN BREAD AND TO BE A LITTLE NAUGHTY SPRINKLE WITH CHEESE!!





# Healthy Food Week

## ONE-POT TUNA PASTA PUTTANESCA

### INGREDIENTS

Serves 4

100g x tuna in oil, drained  
(reserve a little of the oil)  
2x garlic cloves crushed  
2x 400g chopped tomatoes with  
sliced olives  
Handful fresh basil  
2tbsp x capers rinsed  
300g x pasta shapes  
50g x grated cheddar and  
mozzarella  
Handful of fresh breadcrumbs

### PREP TIME

- Prep | 10 m
- Cook | 15 m
- Ready in | 20 m

### PROCESS

01

Heat the grill. Pour a little of the tuna oil into a wide ovenproof sauté pan and heat the garlic. Pour in the chopped tomatoes and simmer for 15 mins. Stir in the tuna, basil and capers, and season well.

02

Meanwhile cook the pasta according to the pack instructions. Drain lightly, then stir into the sauce. Heat through stirring continuously, then top with the cheese and breadcrumbs, and grill till melted.

EXTRA TIP, HIDE OTHER VEGGIES INTO THIS DISH TO GET KIDS EATING THEIR 5 A DAY.





# Healthy Food Week

## MOROCCAN ROOT TAGINE WITH COUSCOUS

### INGREDIENTS

Serves 2

1tsp x cumin seeds crushed  
1tsp x coriander seeds crushed  
400g x tin chopped tomatoes  
2 x leeks sliced  
2 x courgettes sliced  
2 x carrots peeled and chopped  
½ x 400g can chickpeas drained  
1 x level tsp turmeric  
Seasoning  
50g x whole-wheat couscous  
Chopped coriander for garnish

### PREP TIME

- Prep | 20 m
- Cook | 60 m
- Ready in | 70 m

### PROCESS

01

Heat the oven to 180c gas mark 4. Heat a solid based pan and add the cumin and coriander seeds and cook for about 20 seconds stirring until you can smell the spices. Pour in the canned tomatoes and 300ml water and bring to the boil. Add the leeks, courgettes, carrots and chick peas to the pan. Stir in the turmeric and season.

02

Transfer the mixture to a tagine or a covered casserole dish and cook in the oven for about 1 hour, or until the vegetables are soft.

03

Tip the couscous into a bowl and pour over 75ml boiling water and stir well. Leave the couscous for about 5 minutes until its softened stirring it occasionally. Garnish the tagine with chopped coriander and serve with the couscous.

TOP TIP, YOU CAN ADD LEFT OVER CHICKEN OR OTHER MEATS TO THIS DISH TO BULK IT UP.





# Healthy Food Week

## SPICY PEPPER PULLED PORK

### INGREDIENTS

Serves 6

5kg boneless pork shoulder  
1x pack smokehouse bbq  
chipotle rub  
1tsp x coarse black pepper  
1tbsp x oil  
8tbsp x ketchup  
4tbsp x cider vinegar  
2tbsp x Worcestershire sauce  
1tbsp x honey

### PREP TIME

- Prep | 30 m
- Cook | 4 hr
- Ready in | 4.5 hr

### PROCESS

01

Heat the oven to 220c gas mark 7. Rub the pork skin with the chipotle mix, black pepper and oil. Put the pork onto a rack in a roasting tin and roast for 1 hr.

02

Meanwhile mix together the ketchup, vinegar, Worcestershire sauce and honey.

03

Skim off any fat from the roasting pan juices and remove the crackling from the pork and set aside. Pour the ketchup mixture around the pork and cover the tin with foil. Turn the oven down to 150c gas mark 3 and continue to cook for 4 hours, or cook on a bbq for an extra smoky flavour.

04

Put the cooked pork on a board and using two forks shred the meat into small pieces. Stir the shredded meat back into the cooking juices which should have reduced to a sauce.

05

Serve the meat piled into baked sweet potatoes or burger buns with crackling, coleslaw and a rocket salad, garnish with sliced chilli and some spring onion.

