



# HEALTHY SOLDIER COOK BOOK

Quick, easy to follow  
and tasty recipes for:

**MICROWAVE,**  
ON THE **HOB** OR IN THE **WOK**  
**& SMOOTHIES**





# INTRODUCTION

The Healthy Soldier Cookbook offers a variety of recipes that can be cooked **On The Hob, in the Microwave or Wok**. It also provides a selection of delicious smoothies.

The saying "you are what you eat" is now a common phrase that more of us are beginning to understand and appreciate. Eating healthily doesn't mean spending lots of money on organic foods, nor does it require hours of food preparation and cooking. The aim of the Healthy Soldier Cookbook is to provide you with simple recipe ideas for breakfast, lunch and dinner, that are easy to prepare and that do not require a host of kitchen appliances and utensils.

Eating healthily is fundamental to maintaining good health and wellbeing. It is also important for:

- Bone and muscle development and repair.
- A healthy body composition.
- Maintaining health – protection from disease/infection.
- Fuelling exercise and achieving the very best physical and mental performance.
- Providing fuel for the brain, maintaining positive mood status and supporting quality sleep.

The microwave recipes have been produced for Microwaves (750W). It is important that when using any kitchen appliance that you follow the manufacturers instructions and adjust the cooking times according to the category of the appliance that you are using.

## Food Hygiene

Foodborne illness (food poisoning) is any illness caused by consuming food or water which is contaminated by bacteria, viruses, as well as harmful chemicals or natural toxins (e.g. pesticides and poisonous mushrooms). Foodborne illness is typically caused by the improper handling, preparation and storage of food. A large percentage of food poisoning cases occur in the home. It is important that you handle and store food appropriately to limit the risk of illness.

See the hints and tips below to ensure you take care when handling and cooking food.

- Wash your hands thoroughly with soap and warm water before preparing/eating food.
- Raw meat can contain harmful bacteria that can spread easily onto other foods, worktops and tables. Prevent contamination by using, if possible, different chopping boards for raw and ready-to-eat foods and clean thoroughly after use.
- Always wash fruit and vegetables with cold water before eating.

## Food safety: Storage

- It is dangerous to eat foods after the “use-by” date. Foods with a “best before” date should be safe to eat but may not be at their best quality – if in doubt throw it out.
- Never store open metal food cans in the refrigerator. Always decant left over food into a suitable container for storing in a refrigerator.
- Never refreeze raw meat or fish once it has been defrosted.
- Defrosted foods should be stored correctly in the fridge and used within 2 days.
- When freezing meat and fish, make sure that you freeze the product before the use-by date.
- Raw meat and poultry: store in a clean, sealed container and place on the bottom shelf of the refrigerator so that the juice cannot drip onto and contaminate other foods. It is important to keep cooked meat separate from raw meat.

See below for an example of where you should store food in your refrigerator to minimise the risk of contamination.



Diagram 1. Food storage

## Food Safety: Cooking

- It is important that all kitchen appliances are used as recommended by the manufacturers instructions and remember to turn off all gas and electric after use.
- It is important to make sure that all poultry, pork, burgers and sausages are thoroughly cooked before eating. Cut into the middle to check that meat is not pink, the juices are clear and the food is piping hot.
- Allow cooked food to cool at room temperatures before you store it in the refrigerator.
- Never re-heat cooked food more than once.



# Cooking in Single Living-in Accommodation – Minimum Fire Safety Requirements

## Fire Safety Management

If you are cooking recipes from this booklet in your Single Living-In Accommodation (SLA), cooking in bedrooms is prohibited. The utility room or kitchen must meet the following criteria:

- **Fire Doors.** Fire doors in these spaces must meet National (BS/EN) standards and be fitted with a self-closing device. The door must not be wedged open.
- **Fire Risk Assessments.** A Fire Risk Assessment should have been carried out by your Unit Fire Officer prior to any utility room or kitchen being equipped with appliances. You must adhere to the FRA. The FRA must specify:
  1. Types of appliance being authorised for use. You are not permitted to plug-in any appliance that has not been authorised and tested.
  2. Mitigations in place to manage the fire risk.
- **Ventilation.** There should be adequate ventilation from windows and/or an extractor fan in each utility room or kitchen.
- **Electric Sockets.** The use of extension leads and multi-block plugs are forbidden.
- **Fire Blankets.** A wall-mounted, quick release fire blanket must be installed in the utility room/space used for cooking. Make sure you are familiar with how this works.
- **Appliances.** Only specified and authorised cooking appliances, with built-in timers and a current Portable Appliance Test (PAT) certificate, are to be used in SLA kitchens, utility or authorised communal rooms. Appliances are not to be left unattended at any time. The following appliances have been reviewed by fire safety experts and are deemed as safe, they also proved to be a popular and affordable mix of appliances in a recent Garrison trial.
  1. Kettle.
  2. Toaster.
  3. Conventional microwave.
  4. Low fat grill.
  5. Rice cooker.
  6. Electric wok.
  7. Tiered vegetable steamer.
  8. Blender.
- **First Aid.** SLA occupants must have access to suitable First Aid equipment, including an eye wash station. Ensure you know where your nearest First Aid equipment is located.
- **Heat Detectors.** Although not mandated, heat detectors could be installed instead of smoke detectors in buildings with increased rates of false alarms.



# HEALTHY SOLDIER COOK BOOK

# MICROWAVE

Cooking time will vary depending on your appliance and you should take this into consideration. These recipes have been produced for a microwave of 750W.

## BREAKFAST

- Strawberry Breakfast Bowl
- Scrambled Egg & Smoked Salmon on Toast
- French Toast in a Mug
- Cream Cheese & Bacon Bagel
- Poached Eggs & Avocado on a Crumpet
- Cinnamon Maple Quinoa



## LUNCH

- Spaghetti Bolognese
- Butternut Soup
- Leek & Salmon Parcel
- Turkey BLT
- Mac 'N' Cheese



## DINNER

- Lamb Curry
- Jamaican Jerk Chicken
- Chicken with Tomato Sauce
- Vegetable Risotto
- Spicy Potato Curry
- Chilli Salmon Parcel





# MICROWAVE BREAKFAST

SERVES

1

## Strawberry Breakfast Bowl

### Ingredients:

94g oat bran

2 tbsp oat flour

2 tbsp buckwheat

1 tbsp ground flaxseed

½ tsp baking powder

Pinch of salt

¼ tsp cinnamon

½ tsp vanilla

2 tbsp unsweetened  
applesauce

¼ cup almond milk

½ cup fresh strawberries, diced

Low fat cooking spray

### Method:

1. Mix together the oat bran, oat flour, buckwheat, flaxseed, baking powder, salt and cinnamon.
2. Stir in the vanilla, applesauce, and almond milk until all the dry ingredients are incorporated.
3. Gently fold in the diced strawberries.
4. Spray a microwave safe baking dish or ramekin with oil and pour the batter into the dish.
5. Place into the microwave and cook for 1 minute and 30 seconds or until the top is set.
6. Allow to cool for a few minutes before eating.

# MICROWAVE BREAKFAST

SERVES

1

## Scrambled Egg & Smoked Salmon on Toast

### Method:

1. Crack 2 eggs into a microwave safe bowl and then whisk them up using a fork, to this add the milk and give the ingredients a final whisk. Cover with a lid or cling film (leaving a small hole to allow the steam to escape).
2. Microwave for 3 minutes, stirring throughout.
3. While the egg is cooking, toast the sliced bread.
4. To serve, top the toast with the sliced salmon and scrambled egg on top. Season with pepper as required.

### Ingredients:

- 1 slice of bread
- 40g of smoked salmon
- 2 eggs
- A splash of milk
- Pepper for seasoning

# MICROWAVE BREAKFAST

SERVES

1

## French Toast in a Mug

### Ingredients:

- 1 slice of bread
- 2 slices of bread, cubed
- 1 egg
- 1 tbsp of reduced salt butter
- 150mls of milk
- 1 tsp cinnamon
- ¼ tsp vanilla

### Method:

1. Place the butter in a microwave safe mug and cook for 30 seconds or until the butter has melted. Swirl it around the mug to coat the sides.
2. Crack the egg into the mug and add milk, cinnamon and vanilla, stir well.
3. Then add the bread and gently stir to ensure it is coated in the egg mixture.
4. Mix well and allow the bread to soak for 1 minute.
5. Microwave for 45 seconds. Remove and stir before returning to the microwave for a final 45 seconds.



# MICROWAVE BREAKFAST

SERVES

1

## Cream Cheese and Bacon Bagel

### Method:

1. Place a bowl upside down on a plate. Lay the bacon over the bowl and cook for 2 minutes. The plate catches the grease that drips down the bowl, this allows for crispier bacon.
2. Whilst the bacon is cooking slice your bagel. To serve, spread the bagel with a thin layer of cream cheese and top with the crispy bacon.

### Ingredients:

- 1 bagel
- Low fat cream cheese (thin layer)
- 2 slices of bacon

# MICROWAVE BREAKFAST

SERVES

1

## Eggs & Avocado on a Crumpet

### Ingredients:

2 eggs

½ avocado sliced

2 crumpets or 1 giant crumpet

Splash of vinegar

### Method:

1. In a microwave safe bowl, add boiling water and a dash of vinegar. Carefully crack the eggs into the bowl, cover and cook on full power for 3 minutes. Cooking time will vary depending on the power of the microwave.
2. Whilst the egg is cooking, slice the avocado ready for serving and toast the crumpet.
3. To serve, top the crumpet with avocado and place the poached eggs on top. Season as required.

# MICROWAVE BREAKFAST

SERVES

1

## Cinnamon Maple Breakfast Quinoa

### Method:

1. Rinse the quinoa thoroughly in cold water.
2. Drain before adding to a microwave safe bowl. Add a cup of water, cinnamon and butter. Cover with cling film before cooking for 4 minutes.
3. Remove the bowl and stir before returning to the microwave for a further 3 minutes. Take care when removing the bowl as this may be hot. Place on the side and cover with foil for 2 minutes.
4. To serve, fluff the quinoa to separate it, add a dash of milk, top with bananas and sprinkle with cinnamon to taste.

### Ingredients:

½ cup quinoa  
250ml cold water  
½ tsp cinnamon  
2 tsp low salt butter  
Milk to taste  
Banana slices or  
other fresh fruit



# MICROWAVE LUNCH

SERVES

1

## Spaghetti Bolognese

### Ingredients:

- 1 onion, chopped
- 1 garlic clove, chopped
- 1 carrot, chopped into pea-sized pieces
- 300g lean beef mince
- 400g can of chopped tomatoes
- 50ml boiling water
- 1 beef stock cube
- 300g uncooked spaghetti
- 1 tbsp vegetable oil

### Seasoning

- Black pepper
- 1 tsp dried oregano
- Parmesan cheese, grated

### Method:

1. Place the onion, garlic and carrot into a large microwave safe bowl, add the lean mince and mix together with a fork, breaking up the meat until it is well combined. Cover the bowl with a lid or cling film (leaving a small hole for steam to escape); cook on full power 3 minutes.
2. Remove and stir well to break up the mince. Cover and return to the microwave for a further 3 minutes.
3. Stir the ingredients again before adding the canned tomatoes and 50ml of boiling water. Crumble over the top the stock cube before seasoning with oregano and black pepper. Mix everything together. Cook for 7 minutes. Remove and stir, cover again and cook for 10 minutes, halfway through stir ingredients. Remove the bowl and leave to stand while you cook the spaghetti.
4. Break the spaghetti to pan size, pour over with boiling water and add the oil to prevent it sticking together. Cover and cook for 4 minutes. Remove and stir, cook for a further 4 minutes. Check the spaghetti is cooked before draining the water.

# MICROWAVE LUNCH

SERVES

1

## Butternut Soup

### Method:

1. Peel and cube the butternut squash. In a large microwave safe dish combine the squash with the chopped onions and butter. Cover with a lid or cling film and microwave on high for 4 minutes.
2. Stir in the broth and cook for a further 20 minutes or until squash is tender. Add the cream and cook for a further 2 minutes.
3. Puree the soup with a food processor or blender.
4. If you like chunky soup you may wish to just mash with a potato masher. Flavour with nutmeg, cloves and cinnamon to taste.

### Ingredients:

900g butternut squash  
(small cubes)  
2 onions (chopped)  
1 tbs butter  
940ml vegetable broth  
120ml half-fat cream  
Salt and pepper

### Optional seasoning

1 pinch ground nutmeg  
1 pinch ground cloves  
1 pinch ground cinnamon

# MICROWAVE LUNCH

SERVES

1

## Leek & Salmon Parcel

### Ingredients:

140g salmon fillet,

1 medium leek chopped

25g frozen peas

2 heaped tbsp crème fraîche,  
plus 1 tbsp to serve

1 tsp chopped fresh tarragon

Salt and pepper for seasoning

### Method:

1. Cut a 40cm piece of greaseproof paper. In the centre of the paper place the salmon fillet.
2. Top the fillet with the chopped leek, frozen peas and 2 tbsps of crème fraîche. Sprinkle with tarragon, salt and pepper.
3. Fold the paper to make a parcel and stand it on a microwave-proof plate or tray.
4. Microwave on full power for 5 minutes. Put the contents of the parcels on to the plate and top with a spoonful of crème fraîche.
5. Suggested serving with new potatoes.



# MICROWAVE LUNCH

SERVES

1

Turkey BLT

## Method:

1. In a bowl, season the turkey with Italian or herb seasoning, garlic, paprika, onion and salt and pepper. Mix and form into a burger shaped patty.
2. Cook the bacon in the microwave for 2 minutes, be careful not to let it burn. Remove and place on the side to cool.
3. Place the patty in the microwave and cook for 4 minutes, remove and top with sliced cheese. Place back into the microwave and cook for 45 seconds to allow the cheese to melt.
4. Assemble the burger, place the bacon on top of the cheese. Add the garnish and Dijon before serving.

## Ingredients:

142g ground lean turkey, raw  
2 slices of bacon  
1 slice reduced fat cheddar cheese

## For seasoning

1 tsp Italian/herb seasoning  
½ tsp garlic paste or a crushed clove  
1 tsp paprika  
40g chopped onion  
Pinch of salt and pepper

## To serve

1 wholemeal bun  
Lettuce and tomato for garnish  
Dijon mustard (optional)

# MICROWAVE LUNCH

SERVES

1

## Mac 'N' Cheese

### Ingredients:

60g uncooked macaroni  
1 tbsp Greek yogurt.  
4 tbsp goat cheese, crumbled  
Pinch of garlic powder  
Pinch of onion powder  
Ground black pepper  
Spring onions, chopped to garnish

### Method:

1. Place the uncooked macaroni in a microwave safe dish and add 2 cups of cold water and a pinch of salt. Cover with a lid or cling film (leaving a small hole to allow the steam to escape). Cook for 5 minutes.
2. Remove the dish and stir thoroughly before returning to the microwave for a further 3 minutes. Check to make sure the macaroni is fully cooked.
3. Drain the water from the dish before thoroughly stirring in the onion powder and garlic.
4. To serve add the Greek yogurt, goats cheese, spring onions (optional) and pepper for seasoning.



# MICROWAVE DINNER

SERVES

1

## Lamb Curry

### Method:

1. Place the lamb in a large microwave safe dish and add to it all of the ingredients listed with the exception of the water. Massage the ingredients into the meat using clean hands. For a more enhanced flavour leave the marinade for 45 minutes.
2. Place the dish containing the lamb curry into the microwave and cook for 30 minutes.
3. Stir in 177ml of water and return to the microwave for a further 12 minutes; the lamb should be tender and melt in your mouth. If the meat is not tender then cook for a further 5 minutes.
4. You may wish to serve with rice or potatoes

### Ingredients:

- ½ Kg of diced boneless lamb
- ½ medium onion, sliced
- ¾ tsp salt
- ½ tsp black pepper
- 1 tbsp paprika
- 1½ tbsp curry powder
- 2 bay leaves
- 1 medium potato, chopped
- 177ml cup of water

# MICROWAVE DINNER

SERVES

1

## Jamaican Jerk Chicken

### Ingredients:

6 chicken thigh pieces

½ tbsp of jerk seasoning per  
piece of chicken

### Method:

1. Rub each of the chicken thighs with jerk seasoning. For a more enhanced flavour allow the meat to marinate overnight in the refrigerator.
2. Place the chicken pieces into a microwave safe dish and cover. Cook on full power for 3 minutes. Remove from the microwave and turn over each thigh before cooking for a further 4 minutes.
3. Ensure the meat is cooked thoroughly before eating.
4. If the meat is pink on the inside then cook for a further 2 minutes.
5. You may wish to serve with Caribbean Rice and beans.



# MICROWAVE DINNER

SERVES

1

## Chicken with Tomato Sauce

### Method:

1. Arrange the chicken fillets in a large microwave safe dish, grind over some black pepper, drizzle with oil and sprinkle with the dried herbs. Cover with a lid or cling film (leaving a small opening to allow the steam to escape), cook for 2 minutes. Remove the dish, turn the chicken so that meat is evenly cooked. Re-cover and cook for a further minute.
2. Remove the dish and transfer the chicken to a plate. Add the onion and garlic to the dish. Cook for 2 minutes. Add the pepper and courgette to the onions, stir well and cook for another 2 minutes. Add the tomatoes to the vegetables. Combine the tomato purée, Worcester sauce and vinegar, stirring thoroughly.
3. Add the chicken to the tomatoes ensuring that each fillet is covered. Cover and cook for a further 3 minutes. Stir the chicken fillets so that they can cook evenly. Re-cover and cook on full power for 5 minutes.
4. Remove the dish and leave to stand for 2 minutes. Check that all the chicken is thoroughly cooked. If necessary return to the microwave for a further 3 minutes.
5. You may wish to serve with pasta or rice.

### Ingredients:

- 400g mini chicken fillets
- Black pepper (optional)
- 2 tsp vegetable oil
- 2–3 sprigs rosemary or thyme (alternatively use ½ tsp dried herbs)
- 1 onion, chopped
- 2 garlic cloves, finely chopped or crushed
- 1 pepper (any colour), deseeded and chopped into 1cm chunks
- 1 courgette, chopped into 1cm chunks
- 1 X 400g can of chopped tomatoes
- 1 tsp tomato purée
- 1 tsp Worcester sauce
- 1 tsp vinegar (balsamic or red wine)

# MICROWAVE DINNER

SERVES

1



## Vegetable Risotto

### Ingredients:

1 medium onion, finely chopped

1 tbsp olive oil

1 garlic clove, finely chopped or crushed

350g risotto rice

1 vegetable stock cube

400g can of flageolet beans in water

198g can of sweetcorn

125g green beans

100g frozen peas

40g parmesan cheese or low fat mature cheddar cheese, finely grated

2 tbsp chopped parsley to garnish (optional)

25g butter

### Method:

1. Place the chopped onion in a microwave safe bowl, add the oil and stir well before heating on full power for 2 minutes. To this add garlic and risotto rice, stir and cook for a further 2 minutes.
2. Meanwhile, measure 1 pint of boiling water into a measuring jug and crumble in a stock cube; stir to dissolve.
3. Add the stock to the rice, stir well before covering (if using cling film, leave a small hole to allow steam to release); cook for 10 minutes.
4. While the rice is cooking, open the can of flageolet beans and the canned sweetcorn, rinsing through with cold water. Chop the green beans into 2.5cm sticks. Add these to the rice and cook for a further 4 minutes before serving.
5. Mix the sweetcorn and frozen peas into the rice, cover and cook for a final 3 minutes. Lastly, stir in the grated cheese and butter, sprinkle with chopped parsley and serve immediately.

# MICROWAVE DINNER

SERVES

1

## Spicy Potato Curry

### Method:

1. Wash and prick the potatoes in 3 to 4 places. Cook in the microwave on high for 3 minutes. To ensure even cooking, change the position of the potatoes after 2 minutes.
2. Let the potatoes cool for 2 minutes before peeling off the skin and cutting into bite-sized pieces.
3. In a separate microwave safe bowl add the oil and all spices. Mix well and heat on high for 2 minutes. To this add the chopped onions and mix well before returning to the microwave for a further 3 minutes. To this add the potatoes, chopped coriander and a pinch of salt. Mix well to ensure all the potatoes are covered. (You may need to add a small amount of water to thin the paste in order to coat all of the potatoes).
4. Cook on high for 4 minutes ensuring that you mix the ingredients during cooking to ensure even coating. Leave to stand for 2 minutes and serve.

### Ingredients:

75g carrot  
75g sweet potato  
75g potatoes  
1 large onion  
1½ tbsp curry powder  
Salt  
2 tsp oil  
1 tbsp chopped coriander leaves

# MICROWAVE DINNER

SERVES

1

## Chilli Salmon Parcel

### Ingredients:

135g salmon

150g sliced potatoes

1 tbsp chilli sauce

½ cup frozen vegetables

1 slice of lemon

Cracked black pepper

Parchment paper

### Method:

1. On a piece of greaseproof paper, add the sliced potatoes, vegetables and salmon.
2. Season with cracked black pepper then top with sweet chilli sauce and a slice of lemon.
3. Fold the greaseproof to form a parcel, place on a microwaveable plate.
4. Cook for 5 minutes in the microwave.
5. Remove and rest for 2 minutes before serving.



# ON THE **HOB** OR IN THE **WOK**

Most of the recipes within this cookbook are based upon cooking for a family of 4; please adjust accordingly to meet your family size.

Use these recipes in conjunction with the food safety guidance provided within.

## **RECIPES**

**Asian Vegetable & Carrot Chow Mein**

**Spinach & Mushroom Couscous**

**Three Bean Stew**

**Chicken & Barley Stew**

**Sausage & Bean Casserole**

**Quick Chicken Wrap**

**Nepalese Fish Curry**

**Asian Grilled Steak with Noodle Salad**

**Pork Chilli**

**Chicken Korma**

**Cod Fillets with Sizzled Ginger,**

**Chilli & Spring Onions.**

**Served with Rustic Salad.**

**Trinidad Chicken Stew**

**Chipotle Chicken Wraps with**

**Pineapple Salsa**

**Beef Burger with Thyme Potato Wedges**

**& Coleslaw!**



# ON THE **HOB** OR IN THE **WOK**

SERVES

4

## Asian Vegetable & Carrot Chow Mein

### Ingredients:

150g edamame beans  
(fresh or frozen, if frozen defrost  
before use)

150g sugar snap peas,  
sliced in half lengthways

100g babycorn,  
sliced in half lengthways

3 medium carrots,  
peeled and grated into ribbons

1 red onion, sliced

30g fresh coriander leaves  
picked and stems chopped

125g soba noodles

2 tbsp sesame seeds

2 tbsp light soy sauce

1 tbsp coconut oil

½ lime, juiced

1 tbsp honey

1 tsp ginger paste

1 tsp chilli paste (optional)

1 tbsp rapeseed oil

### Method:

1. Cook the noodles as per the packet instructions, drain and reserve for later.
2. In a bowl, combine the oil, lime juice, honey and soy sauce and set aside.
3. In a frying pan or wok add a dash of oil and heat for a few seconds until a slight haze or smoke is produced. Do not leave this unattended. To the pan or wok add sesame seeds and cook until they begin to brown or start to pop. Remove from the pan and set aside.
4. To the same hot pan or wok, immediately add the onions, ginger and chilli paste and cook for 30 seconds, then add the carrots, babycorn, chopped coriander stems and beans. Stir-fry the ingredients for 3-4 minutes continually stirring so the ingredients don't burn.
5. To the pan, add the noodles and sesame seeds and heat through before adding the honey and soy sauce mix.
6. Serve in a bowl sprinkled with coriander leaves.

# ON THE HOB OR IN THE WOK

SERVES

4



## Spinach & Mushroom Couscous

### Method:

1. In a bowl add 340ml of boiling water. Sprinkle in the stock cube and add salt. To the bowl add a splash of oil and the couscous. Stir and leave to stand for 5 minutes.
2. In a saucepan add a dash of oil and cook on medium heat. Add the garlic and chopped onion and cook until the onion starts to soften. To the pan add the mushrooms and sauté for 4 minutes. Then add the spinach; stir well to coat all of the leaves.
3. When the spinach leaves begin to wilt, remove the pan from the heat. Add prepared couscous, olives, cheese, lemon juice, pepper, and coriander.
4. Mix well and serve.

### Ingredients:

340ml boiling water  
1 vegetable stock cube  
227g whole wheat couscous  
1 tbsp extra-virgin olive oil  
1 tsp garlic paste  
1 onion, chopped  
113g fresh mushrooms, sliced  
142g spinach leaves  
salt to season

### To serve:

Fresh ground black pepper  
 $\frac{1}{3}$  juice of lemon  
57g feta cheese, cut into cubes  
10 olives, pitted and chopped  
2 tbsp coriander chopped

# ON THE HOB OR IN THE WOK

SERVES

4



## Three Bean Stew

### Ingredients:

350ml of water

2 tsp olive oil

2 x celery sticks, washed and finely chopped

1 medium onion, finely chopped

Salt and pepper

4 x garlic cloves

2 x red chillies deseeded and finely chopped

400g tin of chopped tomatoes

4 tbsp tomato puree

2 x red peppers, chopped

400g can each of butter beans, black beans and cannellini beans, drained and washed

### Method:

1. Heat the oil in a large saucepan over a medium heat. Add to the pan, the chopped celery, onion, salt and pepper, and stir. Continue cooking gently until the celery becomes translucent, then add the garlic and chillies and cook for a further minute. Stir to avoid the ingredients sticking to the pan.
2. Add the canned tomatoes, tomato puree, red peppers and 350ml of water. Cover with a lid and allow to gently bubble for approximately 30 minutes. Stir occasionally to mix the ingredients.
3. The sauce will start to reduce and the peppers will become soft. Once the sauce has reduced add the mixed beans and cook for a further 10 mins.
4. Serve with chopped coriander and accompany with crusty wholemeal or seeded bread.





ON THE **HOB**  
OR IN THE **WOK**

SERVES

**4**

Chicken & Barley  
Stew

**Method:**

1. Add the stock and bay leaves to a pan and bring to the boil.
2. Then add the pearl barley, chopped celery, carrots and leeks and bring back to the boil before covering and allowing to simmer for approximately 15 minutes.
3. Shred the chicken breast and add to the stew, warm through for a further 2 minutes before serving.
4. Accompany with thick sliced bread.

**Ingredients:**

- 800ml vegetable stock
- 2 bay leaves
- 40gm pearl barley
- 2 sticks celery chopped
- 2 carrots chopped
- 2 leeks sliced
- 240g cooked chicken breast



ON THE **HOB**  
OR IN THE **WOK**

SERVES

4

## Sausage & Bean Casserole

### Ingredients:

8 sausages any variety  
2 leeks trimmed and sliced  
400g tin of chopped tomatoes  
400g tin of butter beans  
1 tbsp tomato puree  
1 chicken or vegetable stock cube  
Low fat cooking spray  
½ tsp dried mixed herbs (optional)

### Method:

1. Spray the pan with oil and cook the sausages until they are golden brown, (they do not need to be cooked through). Remove the sausages from the pan and cut into 4 pieces.
2. In the same pan, lightly spray again and add the sliced leeks, cooking for 2 minutes before adding the tomato puree, chopped tomatoes, herbs and crumbled stock cube.
3. Half fill the empty tomato tin with water, swirl and add to the pan. Bring the ingredients to the boil.
4. Add the sausages before reducing the heat and covering the pan with a lid and allowing to simmer for 25 minutes.
5. Stir in the butter beans and cook for a further 5 minutes.
6. Season to taste before serving.



ON THE **HOB**  
OR IN THE **WOK**

SERVES

4

### Quick Chicken Wrap

#### Method:

1. Lightly spray a pan with oil, add the chicken strips and sauté on a medium heat for 5 minutes, or until the outside of the chicken is cooked.
2. To the pan add the sweet peppers, sliced onion and chilli sauce and cook for a further 3 minutes. Ensure the chicken is cooked.
3. Serve the chicken and peppers on warm tortilla wraps with tomato salsa.

#### Ingredients:

- 125g chicken breast cut into strips
- Spray olive oil
- 2 tbsp sweet chilli sauce
- $\frac{1}{3}$  cup sweet peppers thinly sliced
- 10g sliced onions
- 1 tortilla wrap

# ON THE HOB OR IN THE WOK

SERVES

4

## Nepalese Fish Curry

### Ingredients:

800g cod fillet  
cut into 2cm pieces  
Zest and juice of 1 lemon  
3 tsps rapeseed oil  
(+1 tbsp for cooking)  
1 tsp cumin seeds  
1 large onion, finely chopped  
4 medium tomatoes, seeds  
removed and finely diced  
1 tbsp mild curry powder  
1ltr water, boiling (from kettle)  
2 tsps salt

### To serve

200g cooked brown rice  
5 spring onions, finely chopped

### Method:

1. Combine  $\frac{1}{2}$  tbsp of curry powder and oil into a bowl. To this add the lemon zest and juice and mix well. Use these ingredients to marinade the fish and leave refrigerated for 45 minutes. Do not leave for longer as the lemon will start to cook the fish.
2. Place a heavy bottom saucepan on a medium heat. To the pan add 2 tsps of oil and 1 tsp of salt; then add the rice and mix until the rice is fully coated. Finally add 300ml of boiling water and bring to the boil. Reduce the heat, cover with a lid and allow the rice to simmer; stirring occasionally to ensure the rice does not stick to the bottom of the pan.
3. In a separate pan, add a dash of oil and sauté the fish until it is golden brown, (approx 3-4 minutes each side, on high heat). Remove the fish from the pan and set aside.
4. To the same pan add the curry powder and cumin seeds and heat until a pleasant aroma is released. To this add chopped onions and cook for 3 minutes, or until the onions are soft. Add the diced tomatoes and cook for a further 2 minutes, stirring occasionally to form a curry base.
5. Add to the curry base, 700ml of boiling water and allow the ingredients to simmer for a 5 minutes, creating a sauce. Finally add the fish and simmer for a further 4 minutes or until the sauce is at the preferred thickness.





ON THE **HOB**  
OR IN THE **WOK**

SERVES

**4**

**Asian Fried Steak  
Noodle Salad**

**Method:**

1. To make the marinade, grind the lemongrass and garlic paste. Coat the steaks with marinade and season with salt, (to enhance the flavour of the meat, refrigerated for 45 minutes).
2. Pre-cook the noodles as per the packet instructions and set aside to cool.
3. In a lightly oiled saucepan on medium heat, cook the steaks on both sides. Cooking time will vary depending on how you like your steak (rare, medium, well-done). Remove from the heat and place on a plate to cool.
4. In a bowl, combine the fish sauce, soy sauce, olive oil and chilli and stir well.
5. In a serving bowl add the noodles, pepper, cucumber, bean sprouts, juice and zest of lime and sesame seeds. Gently combine the ingredients before adding the fish sauce.
6. Finally, slice the steaks into strips and serve with the salad. Garnish with basil and coriander.

**Ingredients:**

- 2 lemongrass stalks
- 2 tsp garlic paste
- 1 tbsp Asian fish sauce
- 1 tbsp soy sauce
- 1 tbsp olive oil
- 4 lean beef steaks, fat removed
- 125g noodles
- 2 limes, grated zest and juice
- 1 red chilli, deseeded and finely sliced
- 100g bean sprouts
- 1 red pepper, deseeded and sliced into strips
- 1 cucumber, halved long ways, seeds removed with a spoon and sliced
- 2 tbsp sesame seeds

# ON THE HOB OR IN THE WOK

SERVES

4

## Pork Chilli

### Ingredients:

350g lean pork mince (use beef if preferred)

1 red onion, finely chopped

½ red pepper, finely chopped

½ green pepper, finely chopped

1 courgette, finely chopped

1 tsp dried thyme

1 tsp dried oregano

1 bay leaf

1 tsp chilli paste

1 tsp garlic paste

1 tsp ground cumin

1 tsp paprika

3 tbsp tomato puree

400g chopped tomatoes

200g cooked red kidney beans and 200g cooked pinto beans (tinned is fine, rinse well under cold running water)

### Method:

1. Heat a large pan over a medium heat, add a dash of oil and to this add the pork mince. Stir the mince to separate and cook until it starts to brown.
2. Add to the mince the chopped onions, herbs (thyme, oregano, 1 bay leaf), chilli and garlic paste and cook until the onions are soft. Then add the tomato puree, red and green peppers and courgettes; mix well.
3. Sprinkle the cumin and paprika over the top then pour in the tinned tomatoes. Stir all the ingredients together.
4. Pour in 200ml water and bring back to a boil before covering with a lid, reducing the heat and allowing the ingredients to simmer for 5 minutes. Add the beans and simmer for a further 10 minutes or until the beans start to split (the beans will help to thicken the sauce).
5. Garnish with fresh coriander, chopped.
6. Served with rice, baked potato or tortilla chips.



# ON THE HOB OR IN THE WOK

SERVES

4

## Chicken Korma

### Method:

1. In a large saucepan, lightly coated in oil, sweat off the onions, ginger and garlic until soft.
2. To the pan add the chopped chicken pieces and cook until the outside starts to brown. Keep stirring to avoid burning the meat. Add the curry powder and cook for a further 1-2 minutes.
3. Pour over the chicken stock and bring to a boil. Reduce the heat and simmer for 10 minutes ensuring the chicken is cooked through. Add in the first 3 tbsp almonds. Stir continuously as the ingredients begin to thicken (up to 5 minutes). More almonds can be added until the mixture is at the desired thickness.
4. Add to the pan the baby spinach leaves and stir well, until the leaves begin to wilt. Remove from the heat and spoon in the yoghurt.
5. Serve with rice and sprinkle with chopped coriander.

### Ingredients:

- 1 tbsp ginger paste
- 1 tsp garlic paste
- 2 white onions, finely chopped
- 1 tbsp rapeseed oil (or coconut if preferred)
- 4 chicken breasts, cut into pieces 2cm thick
- 1 tbsp of mild curry powder
- 150ml chicken stock
- 4 tbsp low-fat yoghurt
- 4-5 tbsp ground almonds
- 200g baby spinach, washed and drained (optional)
- Handful of coriander leaves, chopped

# ON THE HOB OR IN THE WOK

SERVES

4

## Cod Fillets with Sizzled Ginger, Chilli & Spring Onions with a Rustic Salad

### Ingredients:

4 cod fillets, about 140g each  
(skinned and scalded)

2 tbsps rapeseed oil (or olive  
oil)

1 large knob of fresh ginger,  
peeled and cut into matchsticks

3 cloves of garlic, thinly sliced

3 fresh chillies, deseeded and  
thinly chopped

2 bunches of spring onions,  
shredded long-ways

1 tbsp soy sauce

For the salad

1 pack of mixed leaf lettuce

8 cherry tomatoes cut in half

½ cucumber diced into small  
pieces

Remaining spring onions

### Method:

1. Coat the fish with oil and season with salt and pepper before scoring the skin of the fish.
2. Add the fish fillets to a saucepan and cook on medium heat with the skin uppermost for 2 minutes. Turn over the fillets and cook for a further 4 minutes until the skin is crisp.
3. Add to the saucepan, ginger, garlic and chillies and cook for a final 2 minutes. Remove the pan from the heat and mix in ½ the spring onions and a dash of soy sauce.
4. Place the fish onto plates and serve with the salad.





ON THE **HOB**  
OR IN THE **WOK**

SERVES

**4**

Trinidad Chicken  
Stew

**Method:**

1. To a bowl add the spring onions, coriander, garlic, onion and salt and pepper. Use this marinade to coat the chicken. Refrigerate until ready to cook allowing at least 60 minutes for the marinade to flavour the meat.
2. In a large, deep pan add the oil and cook on a medium heat. Once hot, stir in the potatoes and chicken pieces and cook for 5 minutes, continuously stirring until golden brown. To this add the honey before covering the pan with a lid and cooking for a further 2 minutes.
3. Mix together water, milk, tomato puree and chilli paste in a jug. Stir the ingredients before pouring into the pan. Cover with a lid and allow to cook for 30 minutes, continuously stirring throughout.
4. Serve with courgette spaghetti, lemon zest and freshly chopped coriander.

**Ingredients:**

- 400g diced chicken breast
- 1 tsp rapeseed oil
- 200g new potatoes, washed and diced (skin on)
- 3 tsp honey
- 250ml water
- 125ml coconut milk
- 1 tsp chilli paste
- 2 tsp tomato puree

**For the Marinade**

- 1 spring onion, finely chopped
- Small bunch of coriander
- ½ tsp salt
- 1 tsp ground black pepper
- 1 tsp garlic paste
- ½ brown onion, diced

# ON THE HOB OR IN THE WOK

SERVES

4

## Chipotle Chicken Wraps with Pineapple Salsa

### Ingredients:

500g skinless chicken breast, diced

1 tbsp rapeseed oil

1 medium onion, chopped

2 tsp smoked paprika

2 tsp ground cumin

2 tbsp cider vinegar

1 tbsp chipotle paste

200ml passata

2 tbsp honey

### For the salsa

1 small red onion, diced

½ small pineapple, cored, peeled and chopped

½ small pack coriander, chopped

### Method:

1. Heat a dash of oil in a large sauce pan. Place the diced chicken into the pan and cook for approximately 5 minutes on a medium heat until the outside is golden brown. Stir continuously to ensure all chicken pieces are cooked.
2. Remove the chicken from the pan and set aside.
3. To the same pan add the chopped white onions, spices, vinegar, chipotle paste, passata and honey. Cook on a medium heat for 3 minutes, the mixture will begin to bubble. Keep stirring to avoid burning. Reduce the heat before adding the chicken and simmering for a further 5 minutes on a low heat.
4. In a small bowl mix the red onion, pineapple and coriander to make a salsa.
5. To serve, place in separate bowls and enjoy a Mexican style meal with rice and warm tortillas.



ON THE **HOB**  
OR IN THE **WOK**

SERVES

4

**Beef Burger with  
Thyme Potato Wedges  
& Coleslaw**

**Method:**

- 1. To make wedges:**  
Bring a pan of water to the boil. Carefully drop the wedges into the pan and boil for 4 minutes, then drain well.
- Mix the garlic paste, thyme, olive oil and seasoning together and toss in the potato wedges ensuring an even coating. Place the wedges in a frying pan and sauté on a medium heat for 6 minutes or until the wedges are golden brown.
- 3. To make the burger:**  
Mix together the chopped onion, minced beef, chilli flakes, garlic, Worcester sauce, season with salt and pepper. Using clean hands shape the mixture into a ball and flatten to a patty. Add a drop of oil to a saucepan and carefully place the burgers into the pan. Cook the patties on a medium heat for 6 minutes, flipping them to ensure that they are cooked through. Once cooked place on a plate and add to the hot pan the ciabatta roll with the inside placed down. This will warm the roll before you add the burger.
- 4. To make the coleslaw:**  
Mix all of the ingredients together and store in the fridge until needed.

**Ingredients:**

4 large potatoes, cut into wedges(8 per potato)  
2 tsp garlic paste  
1 tbsp olive oil  
4 sprigs fresh thyme, leaves only  
Salt & freshly ground black pepper

**Beef burger**

1 onion, finely chopped  
600g lean minced beef (turkey, pork or lamb can also be used)  
1 tsp dried chilli flakes & garlic powder

1 tbsp Worcester sauce  
4 ciabatta rolls, halved

**Coleslaw**

¼ red cabbage, ¼ white cabbage, finely shredded  
3 carrots, shredded  
1 onion, finely sliced  
4 spring onions, chopped  
2 tsp cayenne pepper  
75g reduced fat mayonnaise  
25g Greek yoghurt  
Freshly ground black pepper

# SMOOTHIES

## RECIPES

Oaty Banana

Kiwi & Kale

Mighty Berry Protein

Trail Mix

Mango Go

Spinach Flax

Beetroot, Apple & Ginger

Peach & Spinach

Tropical Breakfast

Avocado and Kale

## EQUIPMENT

Suitable chopping board

Suitable Knife

1 tablespoon

1 teaspoon

1 cup

1 electronic blender

Glass/container





# SMOOTHIES

SERVES

1

## Oaty Banana

### Method:

1. Peel the banana, chop it into chunks and add to a blender.
2. To this add all of the ingredients and blend for 2 minutes.
3. Pour into a glass to serve.

**Oats are a slow digesting carbohydrate, making it the perfect ingredient for a pre workout smoothie.**

### Ingredients:

- 1 banana (roughly 100g)
- ¼ cup oats
- 250ml of semi-skimmed milk
- 1 tbsp chia seeds
- 1 tbsp almond butter
- ¼ tsp vanilla extract
- Pinch cinnamon

### TOP TIP

If the mixture has become a bit too thick this could be because you have added too many oats. Add a slight drop of water to smoothen out the mix.

# SMOOTHIES

SERVES

1

## Kiwi & Kale

### Ingredients:

- 360ml semi skimmed milk
- A generous handful of kale
- 1 kiwi fruit peeled
- 1 tsp smooth unsalted peanut butter
- 1 tsp honey or maple syrup

### Method:

1. Peel the kiwi fruit and place in the blender.
2. To this add all of the ingredients and blend for 2 minutes.
3. Pour into a glass to serve

**This smoothie cleverly combines vegetables and fruit together using green vegetables such as kale that is rich in nutrients such as vitamin A, C and K and iron. It is a smoothie that is also high in carbohydrates that fuel the body with energy.**

### TOP TIP

Try and use the freshest ingredients available, this is because they will be more nutritionally beneficial for your body and will have a huge impact on the flavours of your smoothie making it more enjoyable.

# SMOOTHIES

SERVES

1

## Mighty Berry Protein

### Method:

1. Chop the almonds into halves this will assist with the blending process.
2. Destalk and chop the strawberries and then combine all ingredients and blend for 2 minutes.
3. Pour into a glass to serve.
4. Contains nuts.

**This smoothie contains a high amount of nutrients and antioxidants which are vital after a big workout session.**

**It also contains a number of fruits as part of your 5-a-day.**

### Ingredients:

- 232ml semi skimmed milk
- 1/3 cup destalked strawberries
- 1/3 cup blueberries
- 1/3 cup blackberries
- 1/3 cup raspberries
- 10 almonds

### TOP TIP

When making a smoothie you can vary the base fluid. Choose between milk, water, fruit juice and milk alternatives. The milks will increase the protein content, whilst the fruit juice will boost the sugar and vitamin content.

# SMOOTHIES

SERVES

1

## Trail Mix

### Ingredients:

- 1 banana
- 1 tsp honey
- 100ml cup low-fat plain yogurt
- 200ml cup low fat milk
- 10 almonds
- 1 tbsp raisins

### Method:

1. Chop the almonds into halves this will assist with the blending process.
2. Peel and chop the banana into bite size pieces.
3. To this add all of the ingredients and blend for 2 minutes.
4. Pour into a glass to serve.
5. Contains nuts.

**This smoothie is ideal for a long workout, ideal for fuelling a cardiovascular session.**

### TOP TIP

Ensure the almonds are blended correctly to avoid irritation in the back of the throat when drinking it. By chopping them slightly before blending will assist in the breakdown in the smoothie during the blending process.



# SMOOTHIES

SERVES

1

## Mango Go

### Method:

1. Peel the oranges and separate into segments.
2. Add all of the ingredients to the blender and blend for 2 minutes.
3. Pour into a glass to serve.

**Orange fruits and vegetables offer heaps of nutrients called carotenoids, a type of antioxidant which repair the cell damage that happens during workouts.**

### Ingredients:

A generous handful of washed spinach  
1 cup frozen mango  
1 small carrots (skin on and washed)  
150ml coconut water  
100ml low sugar orange juice  
2 satsumas or mandarin oranges, peeled  
100ml plain yogurt

### TOP TIP

You may add water or ice to any smoothie recipe to thin it out. Do not add more juice as it will increase the calorie and sugar content of your drink.

# SMOOTHIES

SERVES

1

## Spinach Flax

### Ingredients:

- 150ml vanilla yogurt
- 250ml semi-skimmed milk
- 1 tbsn peanut butter
- 2 generous handfuls of washed spinach
- 1 banana
- 3 destalked strawberries
- 1 tsp flaxseed

### Method:

1. Peel the banana and chop into bite size pieces.
2. Add all of the ingredients to a blender and blend for 2 minutes.

**As most of us know spinach is good for us as it is high in potassium, vitamins and minerals but this smoothie has the benefits of flaxseed too. This high-fibre seed has a high amount of omega 3 fats, which are good for lowering the risk of diseases such as heart disease. Omega 3 can also help with lowering inflammation, improving brain function and performance. By adding peanut butter, this smoothie offers a high amount of protein - perfect for recovery from a big gym session.**

### TOP TIP

You could add a number of superfoods such as maca, cacao, goji berries, aloe vera, coconut oil, hemp seeds to any smoothie.

# SMOOTHIES

SERVES

1

## Beetroot, Apple & Ginger

### Method:

1. Ensure the beetroot is peeled and chopped into bite size pieces.
2. Chop the apple, leaving the skin on.
3. Place all of the ingredients into a blender and blend for 2 minutes.
4. Pour into a glass to serve

**This smoothie is packed full of super foods such as beetroot and blueberries which have a whole variety of minerals, vitamins and antioxidants.**

### Ingredients:

- 2 small raw beetroots
- 1 small apple
- 50g blueberries
- 1 tablespoon grated ginger
- 200ml water

### TOP TIP

Use spices as they enhance both flavour and nutrition. Play around with them and perfect the taste. Cinnamon, cayenne pepper, ginger, and nutmeg, are a few good options for smoothies.

# SMOOTHIES

SERVES

1

## Peach & Spinach

### Ingredients:

- 2 handfuls of washed spinach
- 1 cup frozen peaches
- ½ banana
- ¼ raw zucchini/courgette
- 200ml coconut water
- 100ml plain yogurt
- 2 tbsn oat bran

### Method:

1. Peel the banana before combining all of the ingredients together in the blender.
2. Blend for 2 minutes before serving.

**This smoothie includes wheat germ, rich in folic acid to aid cell growth and development. The spinach helps prevent iron deficiency, common among female athletes and is the perfect food to aid recovery after a long run or gym session.**

### TOP TIP

Add in some Kefir into your smoothie, kefir delivers a probiotic punch while improving digestion and nutrient assimilation.



# SMOOTHIES

SERVES

1

## Tropical Breakfast

### Method:

1. Cut the passion fruit in half, and then scoop the pulp of the passion fruits into the blender.
2. Peel and chop the banana.
3. Finally peel and slice the pulp of the mango before adding all ingredients to the blender and blend for 2 minutes or until smooth.
4. Pour into a glass to serve.

**A refreshing smoothie to start your day that contains 4 of your 5-a-day.**

### Ingredients:

- 3 passion fruit
- 1 banana
- 1 small mango
- 300ml orange juice

# SMOOTHIES

SERVES

1

## Avocado & Kale

### Ingredients:

½ avocado  
Generous handful spinach  
Generous handful kale  
50g pineapple  
10cm piece of cucumber  
300ml coconut milk

### Method:

1. Peel and de-seed the avocado.
2. Peel and roughly chop the pineapple into bite size pieces.
3. Combine all of the ingredients into a blender and blend for 2 minutes.
4. Pour into a glass to serve.

### TOP TIP

By adding flax, hemp, and chia seeds you will boost your smoothie with extra nutrition like protein, polyunsaturated and monounsaturated fats.





