



# HAPPY FAMILY MEALS

*Healthy and tasty winter recipes  
for you and your family.*

All the recipes are vegetarian, but you could add meat or fish if you like. Some recipes include dairy but can easily be swapped to suit other dietary needs and preferences.

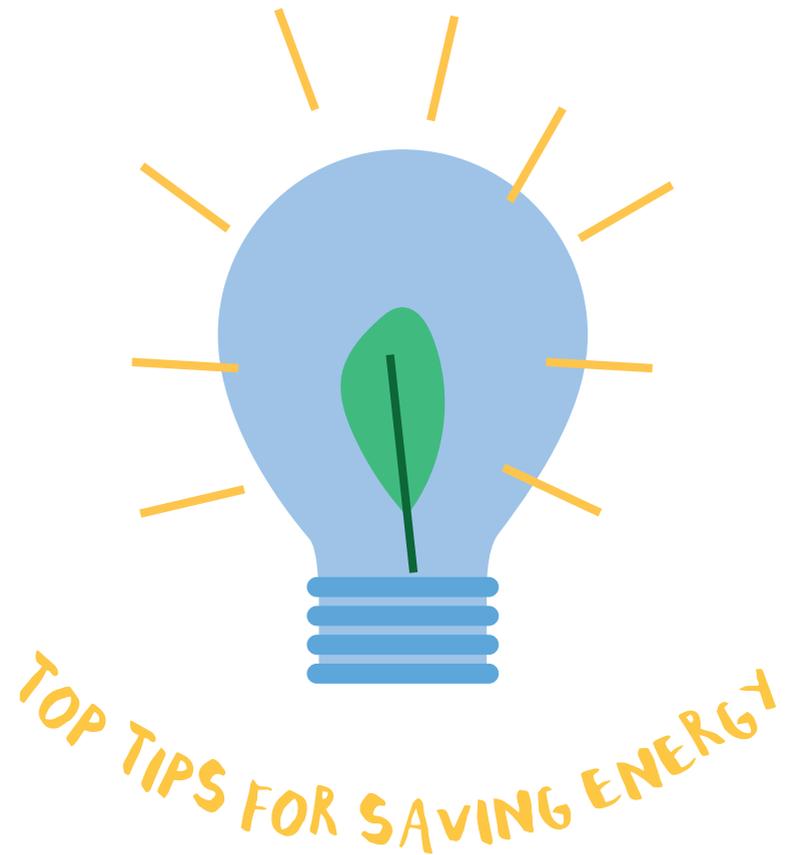
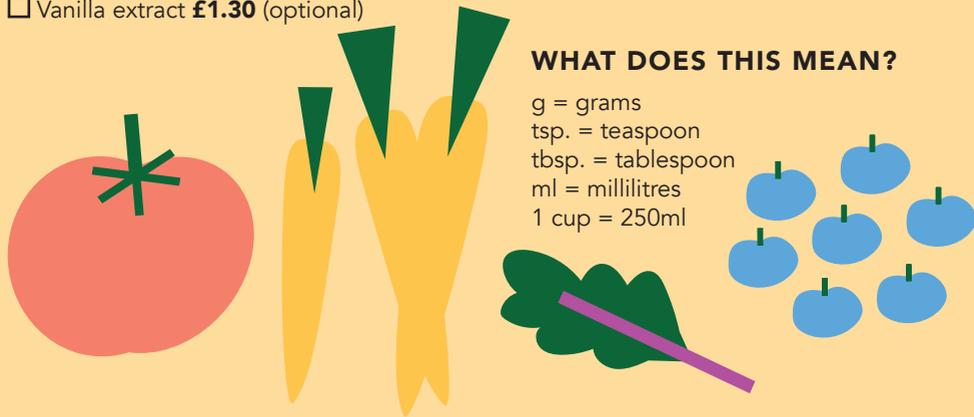
WINTER  
EDITION

# BASIC SHOPPING LIST FOR UNDER £30

- |   |   |
|---|---|
| <input type="checkbox"/> 1 x butter/ light spread <b>£1.50</b>          | <input type="checkbox"/> 1 x bag of wholemeal flour <b>£1.50</b>        |
| <input type="checkbox"/> 1 x loaf of wholemeal bread <b>99p</b>         | <input type="checkbox"/> 1 x jar of honey <b>99p</b>                    |
| <input type="checkbox"/> 1 x olive oil <b>£2</b>                        | <input type="checkbox"/> 1 x pack of veggie stock cubes <b>35p</b>      |
| <input type="checkbox"/> 1 pint of milk <b>55p</b>                      | <input type="checkbox"/> 1 x packet of dark chocolate <b>30p</b>        |
| <input type="checkbox"/> 1 x tub of natural yoghurt <b>50p</b>          | <input type="checkbox"/> Baking powder <b>50p</b>                       |
| <input type="checkbox"/> 2 x bags of oats <b>75p</b>                    | <input type="checkbox"/> 4 bananas <b>40p</b>                           |
| <input type="checkbox"/> 1 x bag of frozen blueberries <b>£1.35</b>     | <input type="checkbox"/> 1 x pack of wonky apples <b>88p</b>            |
| <input type="checkbox"/> 1 x bag of frozen garden peas <b>55p</b>       | <input type="checkbox"/> 1 x large bag of mini satsumas <b>69p</b>      |
| <input type="checkbox"/> 1 x bag of frozen veggie sausages <b>£1.59</b> | <input type="checkbox"/> 1 x large bag of wonky potatoes <b>93p</b>     |
| <input type="checkbox"/> 1 x bag of brown rice <b>79p</b>               | <input type="checkbox"/> 4 x baking potatoes <b>39p</b>                 |
| <input type="checkbox"/> 1 x bag of lentils <b>£1</b>                   | <input type="checkbox"/> 1 x large pack of wonky carrots <b>53p</b>     |
| <input type="checkbox"/> 1 x tin of kidney beans <b>30p</b>             | <input type="checkbox"/> 2 x parsnips <b>50p</b>                        |
| <input type="checkbox"/> 1 x tin of chickpeas <b>30p</b>                | <input type="checkbox"/> 1x swede <b>40p</b>                            |
| <input type="checkbox"/> 1 x tin of butter beans <b>30p</b>             | <input type="checkbox"/> 1x pack of mushrooms <b>80p</b>                |
| <input type="checkbox"/> 2 x tins of chopped tomatoes <b>50p</b>        | <input type="checkbox"/> 1 x bag of kale <b>43p</b>                     |
| <input type="checkbox"/> 1 x tube of tomato puree <b>27p</b>            | <input type="checkbox"/> 1 x bag of spinach <b>50p</b>                  |
| <input type="checkbox"/> 1 x bag of whole wheat pasta <b>50p</b>        | <input type="checkbox"/> 1 x bag of sweet potatoes <b>69p</b>           |
| <input type="checkbox"/> 1 x bag of macaroni pasta <b>50p</b>           | <input type="checkbox"/> 1 x bag of onions <b>50p</b>                   |
| <input type="checkbox"/> 1 x ready made pastry sheet <b>£1.19</b>       | <input type="checkbox"/> 1 x bunch of celery <b>43p</b>                 |
| <input type="checkbox"/> Mixed herbs <b>50p</b>                         | <input type="checkbox"/> 1 x bag of mandarins <b>69p</b>                |
| <input type="checkbox"/> Cinnamon <b>50p</b>                            | <input type="checkbox"/> 1 x small block of cheese (optional) <b>£1</b> |
| <input type="checkbox"/> Chilli powder <b>50p</b>                       | <input type="checkbox"/> 1x bag of brown sugar <b>60p</b>               |
| <input type="checkbox"/> Curry powder <b>50p</b>                        | <input type="checkbox"/> 1x lemon <b>20p</b>                            |
| <input type="checkbox"/> Vanilla extract <b>£1.30</b> (optional)        |   |

## WHAT DOES THIS MEAN?

g = grams  
 tsp. = teaspoon  
 tbsp. = tablespoon  
 ml = millilitres  
 1 cup = 250ml



1. Microwave food to heat it up. It is quicker and uses less fuel
2. Use a slow cooker for meals
3. Put lid on to save heat
4. The small burner saves fuel
5. Allow frozen food to reach room temperature before cooking
6. Plan when you are going to eat your meals to avoid reheating foods multiple times
7. Use a thermos flask to keep water hot before you start cooking
8. One pot meals and tray bakes are great for conserving energy



## BATCH COOKING

Start with the base recipe which can be cooked in 3 separate pans at the same time. Make sure all ingredients are chopped and ready before you start.

### BASE RECIPE

£1 for each base

It requires 1 of each ingredient, if you are making all 3 meals you will need:

3 onions, chopped  
3 carrots, chopped  
3 sticks of celery, chopped  
2 cloves of garlic, chopped  
3 tbsp. of oil

1. Heat the oil and add all the ingredients in a pot. Cook for a few minutes until soft.
2. Meanwhile prepare your other pans, if batch cooking.
3. Divide 1/3 of the mix and add to each pan.
4. Then, cook your meals as per below...

### IN PAN 1 FOR CHILLI • £2.50

#### ADD

1 tsp. chilli powder  
1 large sweet potato, chopped

· Place all the ingredients into a pan, cover using a lid and cook on a low heat for 20 minutes.

### IN PAN 2 FOR DHAL • £2.20

#### ADD

½ tsp. of curry powder  
½ tsp. of chilli powder  
1 cup of lentils  
1 cup of veggie stock  
1 bay leaf  
Salt + pepper

· Place all the ingredients into a pan, cover using a lid and cook on a low heat for 20 minutes.

### IN PAN 3 FOR MACARONI SOUP • £2.20

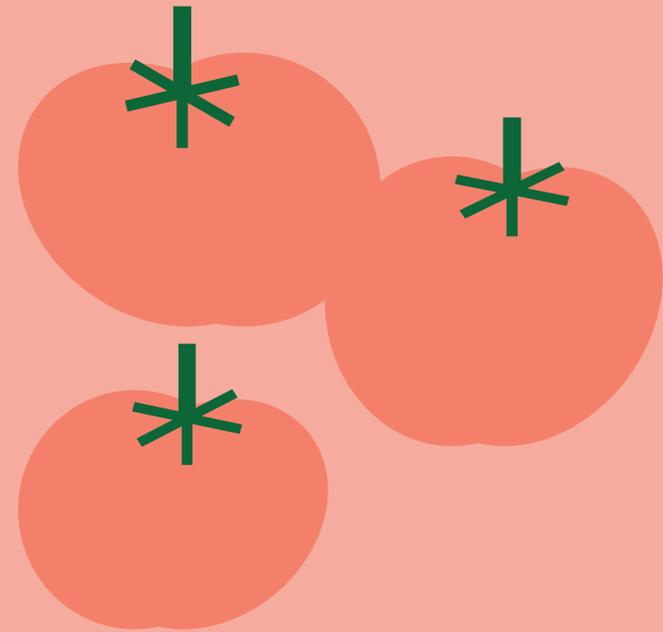
#### ADD

1 large potato, chopped  
1 cup of frozen peas  
1 tin of butter beans  
1 cup of dried macaroni pasta  
3 cups of veggie stock  
1 bay leaf  
Salt + pepper

· Place all ingredients into a pan, cover using a lid and cook on a low heat for 20 minutes.



# SOUP THREE WAYS



## BASIC TOMATO SOUP RECIPE

**SERVES 4 • £1.90**

- 2 tbsp. oil
- 1 onion, peeled and finely chopped
- 1 clove of garlic, peeled and finely chopped
- 2 tbsp. tomato puree
- 1 tsp. ground chilli powder
- 3 carrots, washed and chopped
- 3 celery stalks, washed and chopped
- 1 can of chopped tomatoes
- 4 cups of vegetable stock
- A pinch of salt
- ½ tsp of mixed herbs

### INSTRUCTIONS:

1. Heat oil in a large pan on medium heat.
2. Add tomato puree, onion, garlic and ground chilli powder and let it cook for 5 minutes.
3. Add the carrots and celery into the pan and let cook for a few more minutes.
4. Add the chopped tomatoes and vegetable stock.
5. Simmer under the lid for 15-20 minutes.
6. Add ½ tsp of mixed herbs.

**This recipe is a good base for more ideas on the next page...**

# SOUP THREE WAYS

**PREPARATION: 15 MINUTES**  
**SERVES: 4 PEOPLE**

## INGREDIENTS

### 1. CHICKPEA AND SPINACH • £2.70

1 batch of Basic Tomato Soup (see previous recipe)  
Handful of spinach chopped  
1 can cooked chickpeas  
1 tsp. chilli powder (optional)  
Lemon zest, to serve  
Oil

· Stir in chopped spinach, chickpeas, chilli powder and lemon zest to the Basic Tomato Soup during the last minutes of cooking. Pour into bowls and serve.

### 2. PASTA AND CHEESE • £3

1 batch of Basic Tomato Soup (see previous recipe)  
85g grams uncooked pasta (cook according to packet instructions)  
Grated cheese (optional)

· Add the pasta into the Basic Tomato Soup as it's cooking, then pour into bowls and serve and add the grated cheese, if desired.

### 3. BROWN RICE & KALE SOUP • £2.40

1 batch of Simple Tomato Broth Soup (see recipe above)  
2 cups of brown rice (cooked according to packet instructions)  
Handful of chopped kale  
Grated cheese (optional)

· Add the chopped kale into the Basic Tomato Soup and then pour the soup into serving bowls. Add a spoonful of cooked rice to each bowl and the grated cheese to serve.





## BREAKFAST CRUMBLE

£2.50

### INGREDIENTS

4 cups of frozen berries	2 tbsp. of honey
2 apples (washed and chopped)	2 tbsp. of butter/spread
1 cup of oats	1 tsp. of vanilla extract (optional)
3 tbsp. of wholemeal flour	½ tsp. cinnamon
2 tbsp. of brown sugar	

1. Preheat the oven to 180°C/gas mark 4 (if grilling you do not need to preheat the oven)
2. In a medium sized bowl add the oats, flour and sugar and mix together.
3. Now add the butter and mix into a crumble using your fingertips.
4. Add 1 cup of rolled oats, 3 tbsp. of flour.
5. Add the berries and chopped apples to a bowl. Mix together with the honey, vanilla and cinnamon. Put the mix into a small baking dish and sprinkle the crumble mixture evenly over the top.
6. Place in the oven and bake for 30 minutes or until the top is golden brown and crispy. Alternatively, place under the grill on medium for 10 minutes.
7. Serve straight away with yoghurt.

## CREAMY PORRIDGE

£1

### INGREDIENTS

1 cup of oats  
1 ½ cup of milk  
1 cup of water

1. Add your oats to a pan and add a cup of water.
2. Cook on a low heat for 5 minutes with the lid on, until creamy.
3. Add more milk or water if needed.

### Ideas for some healthy toppings!

Cinnamon  
Chopped banana  
Grated apple  
Maple syrup/honey  
Peanut butter  
Frozen berries



## WINTER SPICED FLAPJACKS

£2.50

### INGREDIENTS

100g of unsalted butter or a light spread  
50g of sugar  
50ml of clear honey  
200g of rolled oats  
1 tsp. of mixed spice, ground

### INSTRUCTIONS

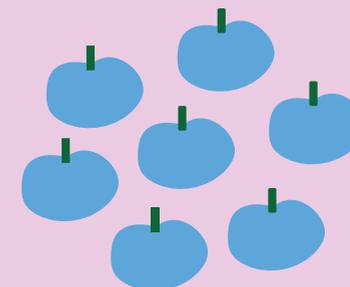
1. Preheat the oven to 200°C/gas mark 6 and line a baking tray with greaseproof paper.
2. Melt the butter, sugar, and honey in a large saucepan until mixed on a low heat. (Don't overheat or boil)
3. Add in the rest of the ingredients and mix well.
4. Spoon the flapjack mixture onto the baking tray, flattening out with the back of the spoon.
5. Place the tray into the oven to cook for 10 minutes.
6. Remove the flapjacks and allow to cool before eating.

## BLUEBERRY MUFFIN IN A MUG

£2.50

### INGREDIENTS

¼ cup wholemeal flour  
½ tsp. baking powder  
3 tbsp. milk (frozen or fresh)  
Handful of blueberries  
1 tbsp. of maple syrup or honey  
½ tsp. of vanilla extract (optional)



### INSTRUCTIONS

1. In a small bowl, add flour and baking powder.
2. Use a whisk or fork to stir until evenly combined.
3. Add the milk and maple syrup or honey and whisk until the batter is smooth.
4. Add the blueberries and vanilla extract and pour into 2 microwave safe mugs.
5. Microwave muffins at full power for about 1 minute 20 seconds or until the muffin has pulled away from the sides and is cooked. You may need to adjust cooking time depending on your microwave. Let the muffin cool a few minutes down before eating.

## CHOCOLATE DIPPED MANDARINS

£1.50

### INGREDIENTS

5 mandarins  
1 bar of dark chocolate, broken into tips

### INSTRUCTIONS

1. Line a tray with greaseproof paper and peel the mandarin oranges.
2. Place the chocolate into a bowl and melt over a saucepan of boiling water or in the microwave for 1 minute.
3. Dip each slice halfway into the melted chocolate and place on baking paper. Repeat until all slices are evenly coated.
4. Wait until chocolate has hardened and keep refrigerated.

Enjoy!

**TOP TIP**

You can use any small pieces of fruit for this



## VEGGIE SHEPHERD'S PIE

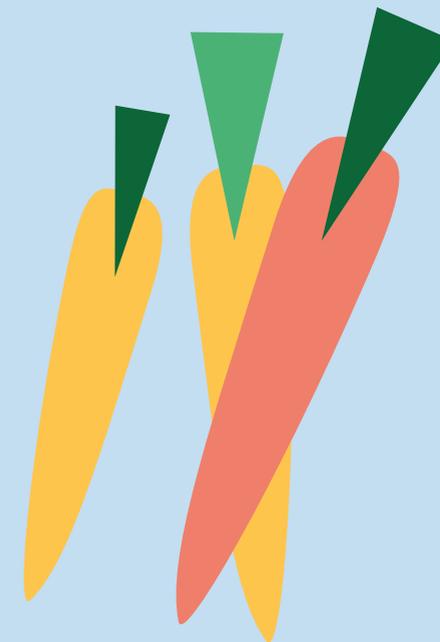
SERVES 4 • £4.50

### INGREDIENTS:

3 large potatoes, peeled  
1 large sweet potato, chopped  
150g natural yogurt  
A splash of milk  
Salt + Pepper

### Filling

1 tbsp. oil  
1 onion, chopped  
2 garlic cloves  
1 pack of mushrooms, chopped  
2 carrots, peeled and chopped  
½ tsp. of mixed herbs  
2 tbsp. of tomato puree  
1 cup of vegetable stock  
1 cup of frozen peas  
A pinch of salt



### INSTRUCTIONS:

1. Place the chopped potatoes into a pot, cover with water and bring to a boil.
2. Cook until soft, strain and place back into the pan.
3. Add the yogurt, milk, salt and pepper. Mash with a potato masher or fork until smooth.
4. In a pan, heat some oil on medium heat. Cook the onions for a few minutes and add the garlic, mushrooms, carrots, with the lid on for about 5 minutes.
5. Add the tomato paste, peas and stock and stir well.
6. Place in an oven proof dish and place the mashed potatoes on top of the filling.
7. Turn on the oven to 200°C/gas mark 6 and bake for about 20 minutes, until the potatoes begin to brown. Serve with green veggies.

### You could also grill instead of oven bake

Place on medium for 10 minutes until potato topping is golden.



## VEGGIE STEW + DUMPLINGS

**SERVES 4 • £5**

### INGREDIENTS:

1 tin of chopped tomatoes  
2 cups of stock  
3 carrots, peeled and chopped  
3 celery sticks, peeled and chopped  
2 parsnips, peeled and chopped  
1 swede, peeled and chopped  
1 leek, sliced  
½ cup of frozen peas  
10 sliced mushrooms  
3 garlic cloves  
Drop of oil  
1 tsp. of mixed herbs  
A pinch of salt and pepper

### Homemade dumplings

100g softened butter or spread  
200g wholemeal self-rising flour  
1 tsp. of mixed herbs  
3 tbsp. of cold water

### INSTRUCTIONS:

1. Heat the oil on medium heat. Add the onion and garlic, and cook for a few minutes.
2. Add all the vegetables, tomato stock, and seasoning. Stir to combine and cover with a lid. Leave the stew to simmer for 15-20 minutes, or until the vegetables have softened.
3. Whilst the stew is simmering, let's make the dumplings.
  - Combine the butter, seasoning and flour in a mixing bowl.
  - Knead the dough with your hands.
  - Add one tablespoon of water at a time until the dough sticks together.
  - Divide into 6 equal pieces and roll them into small balls.
  - Set them to the side for now.
4. Add the frozen peas to the stew and stir.
5. Add the dumplings on top of the stew, and cover with a lid. Leave the stew to simmer for a further 10 minutes to cook the dumplings.

## SAUSAGE PASTA BAKE

**SERVES 4 • £3.80**

### INGREDIENTS:

1 onion chopped  
1 tbsp. of olive oil  
1 tsp. of mixed herbs  
2 garlic cloves, crushed  
1 tsp. of chilli powder  
4 veggie sausages sliced  
1 tin of chopped tomatoes  
75g of uncooked pasta  
Salt + pepper  
5 tbsp. of milk  
100g of cheese, grated  
1 slice of bread

### INSTRUCTIONS:

1. Heat the oil in a medium-large saucepan over a medium heat and cook the onions, garlic, herbs and chilli powder.
2. Add the sausages and cook for 5 minutes, breaking it up with a wooden spoon as it starts to fry.
3. Add the chopped tomatoes and turn the heat down to low. Simmer for about 10 minutes.
4. Meanwhile, cook the pasta according to packet instructions.
5. Add the cooked pasta to the sauce along with a little bit of milk. Season with salt and pepper.
6. Add some grated cheese and breadcrumbs, cook under the grill for 5 minutes.

**Serve with a salad or green veggies**



5 THINGS  
TO DO WITH  
A POTATO

## 1. STUFFED JACKET POTATO

### HOW TO MAKE A JACKET POTATO

1. Wash thoroughly and use a fork to prick the skin a few times.
2. Cook in a microwave on high for 6 minutes or in the oven for 45 mins on 200°C/gas mark 6.

### TO STUFF YOUR JACKET POTATO

1. Slice your cooked jacket potato in half and using a spoon, scrape the fluffy potato inside of the skin into a bowl.
2. Mash with a little oil. Season with salt and pepper.
3. Add your favourite filling eg. grated cheese, sweetcorn, beans, and mash some more.
4. Now scoop the mix back into the skins and grill for 5 minutes.

## 2. LOADED WEDGES

1. Chop 3 potatoes into quarters and par boil.
2. Add a drizzle of oil, salt and pepper and mixed herbs to baking tray and toss potatoes in it.
3. Bake for 30 mins on 200°C/gas mark 6 until golden.
4. Load on a platter and top with a tbsp. of natural yoghurt, grated cheese, salsa and sweetcorn.

## 3. POTATO TART

1. Thinly slice 2 large, peeled potatoes.
2. Lay out a sheet of ready-made puff pastry square and add a little oil, tsp mixed herbs and salt and pepper.
3. Cook for 30 mins at 180°C/gas mark 4.

## 4. SPECIAL MASH

Make mashed potato and add different flavours such as chilli powder, garlic or grated cheese.

## 5. LEFT OVER POTATO CAKES

### THIS DISH IS GREAT, IF YOU WANT TO USE ANY LEFT OVER POTATO MASH

- Simply, shape the mashed potato into small balls and squish into patties.
- Chill in the fridge for half hour.
- Lightly fry on each side for 5 mins or until golden.

You can add any extras to the mash mixture such as sweetcorn, chopped onion, chopped herbs, or spices such as smoked paprika.



## WINTER SUPPLEMENTS - VITAMIN D

Vitamin D helps you absorb calcium and phosphorus from your diet and uses these minerals to keep your bones, teeth and muscles strong. This helps prevent falls as you get older. To make vitamin D, you need sunlight on your skin. In the UK, we get less sunshine during winter. It is therefore recommended that everyone should take a daily **10 microgram vitamin D** supplement from October to early March.

