

LCCC FOUNDATION HEALTHY RECIPE BOOK

FEATURING
RECIPES FROM
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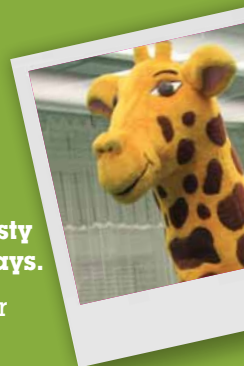
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IT'S GOOD TO BE FOOD SMART

When it comes to food we all like it to be cheap, easy and tasty and that often means ready made food, snacks and takeaways.

Take a look through the recipe cards and you will see that your favourite meals can still be healthy.

If food has one or more red traffic lights, it's fine to eat occasionally or as a treat, because remember, we can eat food that is high in fat, but only in moderation.



5 Top Tips from Lanky are:

1. Eat two portions of fish a week, one of which should be oily fish eg. salmon, fresh tuna, mackerel, trout, sardines.
2. Eat at least five portions of fruit and vegetables a day.
3. Cut down on salt — remember most food already has salt in so we don't need to add salt ourselves. Try to use herbs and spices to add flavour when cooking instead of salt.
4. Eat fewer high fat foods — you can choose low fat dairy products or leaner cuts of meats.
5. Be calorie smart — 2500 calories a day for men, 2000 calories a day for women and kids need even less. Children should have 'me-size meals'.

And always remember these food safety tips when cooking:

Always wash your hands, work surfaces, utensils and chopping boards before you start.

After handling raw meat, always wash any equipment that you have used.

Keep raw meat away from ready — to — eat foods such as salad, fruit and bread.

Wash or peel raw vegetables before use — This will help to clean them and remove any harmful bacteria that might be on the outside.

ALEX WINTERS' WONDERFUL SMOOTHIE

Mango and Banana
Smoothie — makes 1 litre



Ingredients

1 medium mango
1 banana
500ml orange juice
4 ice cubes

Equipment

Knife
Chopping board
Blender

Method

1. Cut the mango down either side of the flat stone, then peel and cut the flesh into chunks.
2. Peel and chop the banana.
3. Put all of the ingredients into a food processor or blender, then process until smooth and thick. Keep in the fridge and use the day you make it.

Approx. per serving (200ml)

Calories
107

5%

Fat
1g

Low

1%

Saturates
0g

Low

0%

Sugars
13g*

Medium

29%

Salt
0g

Low

0%

Of your guideline daily amount
*Contains fruit sugars



JAMES ANDERSON'S AMAZING CURRY

Spicy Turkey Curry —
Serves 4



Ingredients

1 tbsp oil
1 onion (chopped)
2 tbsp tikka curry powder
400g tin tomatoes
350g diced turkey
4 tbsp low fat plain yogurt
A handful of coriander
White rice (to serve)
Naan bread
(to serve — optional)

Equipment

Pan
Spoon
Knife
Chopping board
Colander

Method

1. Fry the chopped onion and turkey in the oil until brown then add the curry powder and fry for 1 minute.
2. Stir in the tomatoes and simmer for 15–20 minutes.
3. Once the turkey is cooked, stir in the yogurt and coriander.
4. Serve with white rice and naan bread (optional).

Approx. per serving 350g

Calories
652

33%

Fat
12.5g

Medium

18%

Saturates
1.8g

Low

9%

Sugars
6.9g*

Low

8%

Salt
0.9g

Low

14%

Of your guideline daily amount
1 serving of your 5 a day



GAVIN GRIFFITHS' GORGEOUS CHICKEN BURGER

Chicken Burger — Serves 4



Ingredients

1 onion (finely chopped)
2 cloves of garlic
(crushed)
1 tbsp sunflower oil
85g porridge oats
440g chicken
(cut into chunks)
50g dried apricots
(chopped)
1 carrot (grated)
1 egg (beaten)
White buns to serve
Salad to serve

Equipment

Knife
Chopping board
Garlic crusher
Whisk
Bowl
Spoon
Fork

Method

1. Fry onion in oil for 5 minutes.
2. Add the garlic and cook for 1 minute, add the oats and fry for 2 more minutes.
3. Tip into the bowl and allow to cool.
4. Add the chicken and the remaining ingredients to the onions.
5. Season and mix well.
6. Shape into 8 burgers.
7. Grill for 15 minutes until brown.
8. Serve on white buns with salad.

Approx. per serving 195g

Calories
589

29%

Fat
11.6g
Low

17%

Saturates
2.3g
Low

11%

Sugars
11.8g
Low

13%

Salt
1.9g
Medium

31%

Of your guideline daily amount
1 serving of your 5 a day



JOE HART'S HEARTY BEEF BURGER

Herbed Burgers with
Potato Wedges — Serves 4



Ingredients

Potato wedges

450g (1lb) potatoes

Burgers

225g (8oz) lean minced beef

beef

1tsp dried mixed herbs

1 small onion

(finely chopped)

1 large carrot

(finely grated)

Black pepper

To serve

Sesame buns

Salad

Equipment

Knife & chopping board

Baking tray

Mixing bowl

Method

1. Cut the potatoes into wedges. Arrange the wedges on a baking sheet (non stick or lined with baking paper). Cook in a preheated oven at 200c/400f/Gas 6 for about 30 minutes, turning occasionally, or until soft on the inside and crisp and golden brown on the outside.
2. Meanwhile, make the burgers. Put the beef into a large bowl and add the herbs, onion, carrot and seasoning. Mix well, then shape into four burgers.
3. Grill the burgers for about 20 minutes, turning occasionally, until cooked through.
4. Split the buns and insert a burger with salad. Serve the potato wedges.

Approx. per serving 195g

Calories
363

Fat
9.7g

Saturates
3.1g

Sugars
6.2g

Salt
0.8g

Low

Low

Low

Low

18%

14%

15%

7%

14%

Of your guideline daily amount
1 serving of your 5 a day



KYLE HOGG'S HEAVENLY FLAPJACKS

Banana and Apricot
Flapjacks — Makes 12 pieces



Ingredients

150g banana
(small — medium)
50g soft and juicy
apricots
25g light brown
muscovado cane sugar
100g porridge oats
3tbsp rapeseed oil

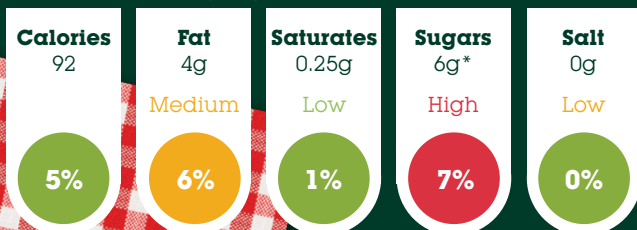
Equipment

Baking tray
Bowl
Chopping board
Knife

Method

1. Preheat the oven to 180c, and get a 17cm square baking tin — grease if necessary.
2. Place the banana into a mixing bowl and mash up. Chop up the apricots into small pieces and add to the banana.
3. Add the sugar and oil and stir well. Add in the porridge oats and mix well.
4. Place the mixture into the baking tin, ensuring it is evenly spread. Place in the oven for approx 15 minutes until golden brown.
5. Once cooked, cool in the tin slightly for approx 5–10 minutes and then cut into squares, then place on a cooling rack.
6. Leave to cool and enjoy, or if you can't wait enjoy whilst hot.

Approx. per serving 30g



Of your guideline daily amount
*Contains fruit sugars



OLIVER NEWBY'S MARVELLOUS MEATBALLS

Meatballs and Spaghetti
— Serves 4



Ingredients

1 medium onion (finely chopped)
2 garlic cloves (finely chopped)
200g lean lamb mince
1 tbsp olive oil
400g chopped tomatoes
2 tbsp tomato puree
2 tsp dried mixed herbs
200g closed cup mushrooms sliced
1 pepper (any colour chopped)
200g macaroni (any pasta shape is fine)

Equipment

Pans
Chopping board
Knife and spoon

Method

1. Mix some of the chopped onion and garlic with the mince. Shape the mince into small balls about half the size of a golf ball.
2. Heat the oil in a non-stick frying pan and brown the meatballs on all sides. Remove and put onto a plate.
3. Add the remaining onion to the frying pan and cook for 2–3 minutes until soft. Add the remaining garlic and cook for another minute.
4. Add the tomatoes, tomato puree, herbs, mushrooms and peppers to the pan with 150ml water. Bring to the boil, then add the meatballs. Reduce the heat, cover with a lid and simmer for 30 minutes.
5. About 10 minutes before serving, put the pasta on to cook in plenty of boiling water. Serve with the meatballs and tomato sauce.

Approx. per serving 300g

Calories
320

Fat
8g

Low

16%

Saturates
0.5g

Low

2.5%

Sugars
9g

Low

10%

Salt
0.2g

Low

3%

Of your guideline daily amount



PHIL NEVILLE'S PERFECT PIZZA

Chicken and Sweetcorn Pizza — Serves 4



Ingredients

200g strong plain flour
½ tsp salt
1 tsp easy blend dried yeast
150ml / ¼ pint warm water
4tbsp tomato passata
125g pack light mozzarella
225g cooked chicken Breast — shredded
198g canned sweetcorn (in water) — drained
10ml (2tsp) olive oil

Equipment

Mixing bowl
Rolling pin and spoon
Knife
Baking tray

Method

1. Preheat the oven to 220c/430f/Gas 7. Tip the flour, salt and yeast into a bowl and mix well. Add the warm water and mix into soft dough. Knead on a lightly floured surface for 2–3 minutes, then roll out to a 30cm/12in round shape. Brush a large baking sheet with a thin slick of oil, then add the pizza base. Cover with a clean tea towel.
2. Spread the pizza base with passata. Scatter over the chicken and sweetcorn. Thinly slice the mozzarella and arrange over the toppings. Drizzle over the olive oil. Bake for 15 minutes or until the crust is crisp and lightly browned.

Approx. per serving 375g

Calories
300

15%

Fat
5.3g
Low

8%

Saturates
2.5g
Low

13%

Sugars
3.5g
Low

4%

Salt
1.6g
Medium

Medium

27%

Of your guideline daily amount



STEVEN CROFT'S COLOURFUL CHICKEN STIR FRY

Chicken Stir Fry — Serves 4



Ingredients

3 boneless skinless chicken breast halves, cut into strips or chunks
Salt and pepper
3 cloves garlic or 2 tablespoons jarred minced garlic
3 heads broccoli, cut
1/2-1 cup baby carrots, sliced thin
1 small onion, sliced
1 (16 ounce) package snow peas, fresh or frozen
2-4 teaspoons sesame oil (you can substitute olive oil, canola, etc.)
1/4 cup teriyaki sauce
hot cooked rice
(I use brown or Uncle Ben's long grain and wild)

Equipment

Wok
Knife
Chopping board

Method

1. Cut chicken into strips or chunks.
2. Heat about a tsp or two of sesame oil over high heat in a large wok.
3. Add garlic and sauté until golden.
4. Add chicken, sprinkled with salt and pepper, and stir fry until no longer pink (you may need to lower the heat so garlic doesn't burn.) Remove chicken and garlic from pan.
5. Add another tsp or two of sesame oil and return to high heat.
6. Add all vegetables and stir fry for 5 or 10 minutes, or until tender — if using frozen snow peas, add them the last couple of minutes.
7. Add back chicken and garlic and add teriyaki sauce.
8. Stir fry another minute or two. Serve over hot cooked rice.

Approx. per serving 375g

Calories	Fat	Saturates	Sugars	Salt
351	5.3g	0.8g	16.1g	1.2g
18%	Low	Low	Low	Low

Of your guideline daily amount



TOM SMITH'S TASTY TUNA FISH CAKES

Fishcakes and Salad —
Serves 4



Ingredients

600g sweet potatoes
300g tuna in spring water
2 spring onions
1 egg
Freshly ground black pepper
100g polenta
3tbsp olive oil
Salad (to serve with)

Equipment

Chopping board
Knife and mixing spoon
Pan

Method

1. Peel and chop the sweet potatoes and spring onions.
2. Cook the sweet potatoes in a pan of simmering water for 20 minutes. Drain well and mash.
3. Add the tuna, spring onions, egg and season with ground black pepper and mix well.
4. Divide the mixture into 8 equal pieces and shape.
5. Put the polenta on a plate and dip the fish cakes in it until coated on all sides.
6. Heat the oil and fry the fishcakes on each side until golden.
7. Serve with salad.

Approx. per serving 280g

Calories	Fat	Saturates	Sugars	Salt
461	12g	2g	9g	0.4g
	Medium	Low	Low	Low
20%	17%	10%	9%	10%

Of your guideline daily amount



LANKY'S ROASTED VEGETABLE LASAGNE

Lasagne — Serves 6



Ingredients

3 red peppers
2 aubergines
8 tbsp olive oil, plus a little for greasing
½ quantity of tomato sauce (or make own)
300g fresh pack lasagne sheets
½ quantity of white sauce (or make own)
125g ball mozzarella
Handful of cherry tomatoes, halved

Equipment

Pans
Spoons/knife
Chopping board
Cheese grater
Oven proof dishes
Blender

Method

1. Preheat the oven to 200c fan 180c gas 6. Deseed the peppers, halve, then cut into large chunks. Trim ends off aubergines, then cut into slices about 1cm thick. Lightly grease 2 large baking trays, then place peppers and aubergines on top. Toss with the olive oil, season well, then roast for 25 minutes until lightly browned.
2. Reduce oven to 180c fan or 160c gas 4. Lightly oil an ovenproof serving dish (30 x 20cm). Arrange a layer of the vegetables on the bottom, then pour over a third of the tomato sauce. Top with layer of lasagne, then drizzle over a quarter of the white sauce. Repeat until you have 3 layers of pasta.
3. To finish, spoon the remaining white sauce over the pasta, making sure the whole surface is covered. Bake for 45 minutes until bubbling and golden.

See next page for sauce recipes.



LANKY'S ROASTED VEGETABLE LASAGNE

Lasagne — Serves 6



Equipment

Pans
Spoons/knife
Chopping board
Cheese grater
Oven proof dishes
Blender

Homemade Tomato Sauce

Heat 1 tbsp olive oil in a saucepan. Add 2 onions, finely chopped, 2 garlic cloves, sliced and 1 carrot, roughly chopped. Cook for 5–7 minutes over a medium heat until softened. Turn up the heat a little and stir in 2 tbsp tomato purée. Cook for 1 min, then cook for 5 minutes until this has reduced by two-thirds. Pour over 3 x 400g cans chopped tomatoes and add 1 handful basil leaves. Bring to the boil, then simmer for 20 minutes. Leave to cool, then blend.

White Sauce

Melt 85g/3oz butter in a saucepan, stir in 85g/3oz plain flour, then cook for 2 minutes. Slowly whisk in 750ml/1¼pt milk, then bring to the boil, stirring. Turn down heat, then cook until the sauce starts to thicken and coats the back of a wooden spoon. Sauce can now be cooled and kept in the fridge for up to 3 days or frozen for 3 months.

Approx. per serving 330g

Calories
461

23%

Fat
29g

Medium

41%

Saturates
9g

Medium

45%

Sugars
14g

Low

16%

Salt
0.2g

Low

10%

Of your guideline daily amount

