



Lamb Stew with Bubble and Squeak Mash

Ingredients

6 portions

Diced Lamb 500g

Celery (thinly Sliced)

1/2

Carrot (Diced)

Swede (small) (diced) 1/2

1tsp

pinch

Boiling Water 500ml

Gravy granules To thicken

Tomato puree 2 tsps

Bubble and squeak mash Potatoes 1kg

> Cabbage 1 small

50g

80g

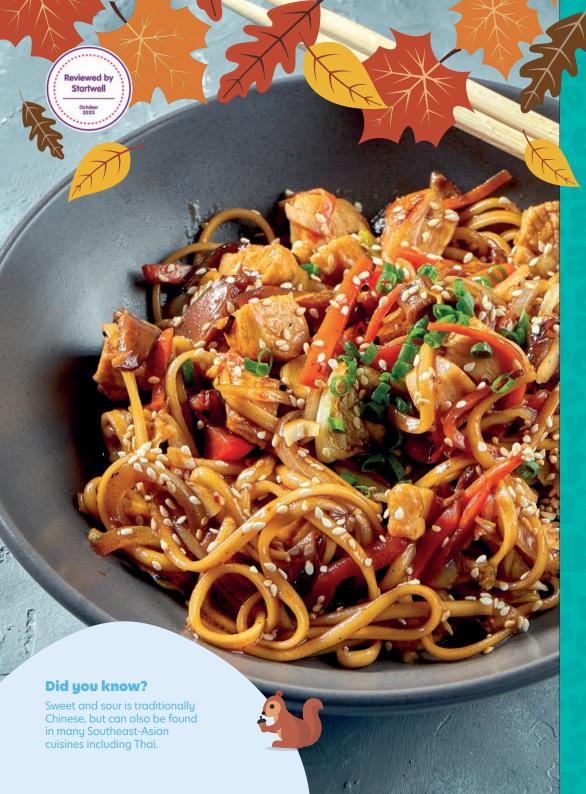
Method

- 1. Brown off the lamb in a deep based pan. Drain excess fat. And add the lamb back to the pan Add the vegetables, thyme, and bay leaf. Fry for approximately 15 minutes.
- 2. Add the water and bring to a simmer. Transfer the stew to an oven proof dish and cover tightly. Place the lamb stew in the oven for approximately 1.5-2 hours until the meat is tender.
- 3. Remove the bay leaves.
- 4. Stir in the gravy granules to thicken the stew.
- 5. Serve with a bubble and squeak mash

Bubble and squeak mash

- cabbage and sprouts.
- 2. Drain the potatoes, sprouts and cabbage in a colander and mash together with the butter.





Sweet and Sour Chicken



with Noodles

Ingredients 6 portions

Diced Chicken **500g**

Ginger paste or fresh

1tsp or a thumbnail

size if fresh

Garlic puree or fresh 1tsp or 2 cloves

> Onion 200g

Red pepper 200g

Pineapple Chunks in juice I tin

Malt vinegar 100ml

Cornflour and water 1tbsp & 2 tbsp

Sunflower oil **1tbsp**

Tomato puree **1tbsp**

Water for the sauce **200ml**

Noodles **500g**



Preparation

- 1. Peel and dice the onions.
- 2. Wash, de-seed and remove stalk from the peppers, then slice.
- 3. Peel and grate the ginger, Peel, and crush the garlic.
- 4. Drain the Pineapple juice into a jug to add to the sauce.

Method

- Fry off the chicken in a large pan with the oil for 5 minutes over a high heat, add the onions, garlic, ginger and peppers and fry for a further 5 minutes.
- 2. Add the pineapple juice from the tin and 200ml of water, tomato puree and vinegar.
- 3. Bring to the boil, then turn down to a simmer.
- 4. Once the vegetables have softened, add the pineapple chunks.
- 5. Mix the cornflour with the water.
- 6. Stir into the sauce until it thickens to a velvety consistency.
- 7. In a large pan of boiling water, place the noodles, giving a stir to break them up and cook until soft.

Chef tips

This recipe is versatile and can be made with pork, tofu or further vegetables.

If the sauce is too thick add a small amount of water, too thin add a little more cornflour.







in a tomato sauce



Ingredients

6 portions

Noodles

Tuna Meatballs Tinned Tuna (400g tin)

> Lemon Zest 1/2

Garlic Puree 1tsp

(Finely chopped) 15g

2 tbsp

Tomato Sauce

1tbsp

400g

100g

Garlic Puree 1tsp

1tsp

200g

Carrot 200g

400ml

Preparation

- 1. Pre heat the oven 200C/180 fan /gas mark 6.
- 2. Line a baking tray with greaseproof paper.

Method

Tuna Meatballs

- 1. Drain and then flake the tuna into a bowl.
- 2. Next, tip in the lemon zest, parsley, breadcrumbs, and egg.
- 3. Mix with a spoon until completely combined.
- 4. Roll the mix into equal sized balls and place onto a lined baking tray.
- 5. Bake until golden and the correct temperature of 75c has been achieved (20-25mins).

Tomato sauce

- 1. Heat the oil in a large saucepan over a medium heat, cook the carrot and onions, for 10 minutes, stirring frequently, until softened and just starting to colour.
- 2. Add the tomatoes, water, red lentils, and tomato puree.
- 3. When the sauce starts to bubble, turn down to low and simmer for 45 minutes to 1 hour.
- 4. Remove the pan from the heat. Using a stick blender, blend until smooth.
- 5. Return the pan to the heat, add the cooked tuna meatballs, and bring back to temperature.
- 6. Place a large pan of water on to boil, then cook the noodles according to pack instructions.

Food Safety, and Health & Safety Tips:



Vegetable and Lentil Stew with Bubble and Squeak Mash



Ingredients

6 portions

Puy lentils 500g

Onion (diced)

Celery (thinly Sliced)

Leek (thinly sliced)

Carrot large (diced)

Swede (small) (diced)

Thyme 1tsp

Parsnip (large) (diced)

Black pepper pinch

Boiling Water 500ml

Gravy granules To thicken

Tomato puree 2 tsps

Bayleaf

Bubble and squeak mash Potatoes 1kg

> Cabbage 1 small

> > Sprouts 150g

Butter/margarine 80g

Method

- 1. Rinse the lentil in cold water, drain thoroughly.
- 2. Fry off the vegetables in a deep based pan then add the thyme, and bay leaf. Fry for approximately 15 minutes.
- 3. Add the water, lentils and tomato puree and bring to a simmer until the vegetables and lentils are soft.
- 4. Gently remove the bay leaves.
- 5. Stir in the gravy granules to thicken the stew.
- 6. Serve with a bubble and squeak mash.

Bubble and squeak mash

- 1. Boil the potatoes in a large pan of water with the cabbage and sprouts.
- 2. Drain the potatoes, sprouts and cabbage in a colander and mash together with the butter.



Food Safety, and Health & Safety Tips:



Vegetarian Toad in the Hole with puy lentil gravy



Ingredients

6 portions

Vegetarian Sausages

Plain flour 115g

Semi skimmed milk **300ml**

Eggs

Dried Thyme
1 tsp

Black pepper **Pinch**

Sunflower oil **2 tbsp**

Gravy granules **10**g

> Puy lentils 100g

> > Wate

Preparation

- 1. Pre heat the oven 200C/180 Fan/ Gas mark 6
- 2. Rinse the lentils under cold water and drain.
- 3. Grease an oven proof dish.

Method

Yorkshire Pudding Batter

- Weigh out all the equal measures of ingredients. (Egg, Milk, and Flour) (Water can be used for dairy free Yorkshire puddings).
- 2. Whisk all together, there should be no lumps.
- 3. Leave to rest while the sausages are cooking.

Filling

- 1. Brown the Vegetarian sausages in the oven.
- 2. Leave in excess fat and pour in Yorkshire pudding batter whilst fat is still very hot (See Health and Safety Tips)
- Once Yorkshire has risen fully turn down the heat to 200c/ gas 6 and continue to cook until Yorkshire is stable, and sausages are fully cooked.
- 4. Remove from the oven, and cover with tin foil.
- 5. Place the lentils in to a pan and cover with boiling water, Bring to the boil and cook until soft. Remove any scum that floats to the surface.
- 6. Puree, then thicken with a small amount of gravy granules.
- 7. Using a jug, transfer to the serving jugs and cover.

Food Safety, and Health & Safety Tips:







Cheese straws

Ingredients

6 portions

Ready rolled Puff Pastry

Soft Cream Cheese 180g

Cheddar Cheese (grated)

Dried Mixed Herbs 1tsp

Egg

Preparation

- 1. Pre heat the oven 200C /180 fan /gas mark 6.
- 2. Line a baking tray with greaseproof paper.

Method

- 1. In a mixing bowl, mix the cream cheese, cheddar, and mixed herbs together.
- 2. Unroll the pastry on a lightly floured surface and cut in half, lengthways.
- 3. Spread the cream cheese mix over one half, placing the other half on top to create a sandwich.
- 4. We then need to cut it in half lengthways to create 2 long rectangles.
- 5. Divide each rectangle into short strips, about 1cm thick.
- 6. Twist each pastry strip and place on a lined baking.
- 7. Brush with egg and bake for 20-25 mins until risen and golden.









Blueberries and Banana Muffins

Ingredients

6 portions

Muffin cases

Banana **90g**

Fresh Blueberries **60g**

Butter 100g

Sugar **15g**

Eggs

Self-raising flour 100g

Preparation

- 1. Pre heat the oven 200C /180 fan /Gas mark 6.
- Line a muffin tray with muffin cases.

Method

- 1. Mash the bananas with a fork and put to one side.
- 2. Next, in a large mixing bowl, cream together the sugar and butter, until the mix is fully combined and pale in colour.
- 3. Next slowly combine the eggs, one at a time whilst continually mixing.
- 4. Fold in the banana and blueberries.
- 5. Mix the flour, then spoon it into the prepared muffin cases.
- 6. Bake in the preheated oven for around 20 minutes, by which time the muffins should be dark, rounded and peeking out of their cases.
- 7. Allow to cool slightly in their tin before removing to a wire rack.







Fruity Mousse

Ingredients

6 portions

Frozen fruits of your choice 500g

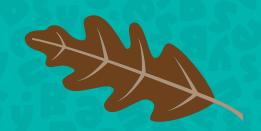
Icing sugar 60g

Double cream **250g**

Greek Yoghurt **250g**

Method

- 1. Place the frozen fruit into a saucepan with 50g of icing sugar and cover with just enough water to slightly cover berries.
- 2. Bring to the boil and simmer for 15 minutes. blend the berries using a stick blender and put through a sieve and allow to cool.
- 3. Next, whip the cream up until it stands to peak.
- 4. Add the yogurt to a mixing bowl, fold in sugar and cream and then add berry sauce.







We're proud of the delicious and nutritious meals we provide on our NHS Startwell accredited menus.