

Setting the Table: Recipes



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1 South Gyle Crescent
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Apple crumble (Serves 35)

Ingredients:

125 g Demerara sugar
375 g wholemeal flour
375 g oats
300 ml vegetable oil
1200 g apples
5 g cinnamon
150 g raisins

Method:

1. Place finely sliced apples in a deep tin or dish and sprinkle with some of the sugar.
2. Mix all other ingredients together and spread over apple.
3. Bake at 180°C, 350°F, Gas 4 for 30–40 minutes.

Apple flapjack (Serves 30)

Ingredients:

500 g oats
140 g wholemeal flour
360 g margarine
80 g golden syrup
40 g treacle
100 g sugar
100 g Demerara sugar
370 g apples
140 g sultanas

Method:

1. Melt sugar, margarine, syrup and treacle in a pan and bring to the boil.
2. Chop apples finely.
3. Stir apples, sultanas, oats and flour into syrup mix.
4. Press mixture into lined trays.
5. Bake in oven at 180°C, 375°F, Gas 3–4.
6. Cut into sections while warm.

Baked bananas (Serves 12)

Ingredients:

600 g banana
75 g Demerara sugar
200 g oranges

Method:

1. Peel the bananas, slice in half and place in an ovenproof dish.
2. Sprinkle the sugar over the bananas.
3. Grate the zest of the oranges over the top.
4. Bake in an oven at 190°C, 375°F, Gas 5 until soft and slightly brown.
5. Peel the oranges and decorate the cooked bananas.

Banana custard (Serves 30)

Ingredients:

220 g custard powder
75 g sugar
2000 ml whole milk
600 g bananas

Method:

1. Make up custard as per manufacturer's instructions.
2. Slice banana and place in serving bowls.
3. Pour custard over banana.

Bean and vegetable stew (Serves 12)

Ingredients:

450 g butter beans
450 g kidney beans
50 g green lentils (soaked)
10 ml vegetable oil
450 g chopped tomatoes
30 g tomato purée
10 g mixed herbs
20 g dried parsley
10 g garlic purée
200 g onions
200 g carrots
100 g celery
500 ml water

Method:

1. Heat oil and fry diced onions, garlic and carrots for five minutes.
2. Add all other ingredients and simmer until vegetables are cooked through.

Beef burger (Serves 12)

Ingredients:

560 g minced beef
80 g onions (diced)
1 egg
120 g wholemeal breadcrumbs

Method:

1. Mix all ingredients together. Divide mixture and shape into burgers.
2. Bake at 190°C, 375°F, Gas 5 for 20–25 minutes. Turn after 10 minutes.

Bolognese pasta bake (Serves 30)

Ingredients:

1000 g minced beef
250 g onions
10 g garlic purée
800 g chopped tomatoes
100 g tomato purée
10 g mixed herbs
100 g green lentils (soaked)
300 g cheddar cheese
10 g dried parsley
1000 g pasta

Method:

1. Gently fry mince with diced onions, garlic, tomato purée and herbs.
2. Add chopped tomatoes and lentils.
3. Simmer for one hour.
4. Cook pasta as per manufacturer's instructions.
5. Mix pasta and bolognese sauce in dish or tin.
6. Cover with grated cheese and parsley.
7. Place in hot oven until cheese is melted and golden brown.

Bread and butter pudding (Serves 40)

Ingredients:

100 g margarine
500 g wholemeal bread (no crusts)
100 g sugar
20 eggs
3000 ml whole milk
10 ml vanilla essence
250 g raisins

Method:

1. Beat the eggs then add sugar, vanilla essence and milk.
2. Spread bread with margarine.
3. Place bread in a deep dish or tin, sprinkle with raisins and pour mixture over.
4. Bake at 170°C, 325°F, Gas 3–4 for 60 minutes.

Carrot and pineapple muffin (Serves 40)

Ingredients:

400 g margarine
180 g sugar
4 eggs
300 g plain flour
150 g wholemeal flour
20 g baking powder
10 g cinnamon
200 g carrots (grated)
800 g canned pineapple (in juice)

Method:

1. Cream margarine and sugar. Add eggs, flour, baking powder and cinnamon gradually.
2. Drain pineapple and cut into small pieces. Fold in carrot and pineapple to the mixture.
3. Place mixture into cases and bake at 180°C, 350°F, Gas 4 for 20–25 minutes.

Carrot cake (Serves 30)

Ingredients:

300 g wholemeal flour
10 g cinnamon
2 tsp bicarbonate of soda
2 tsp baking powder
150 g Demerara sugar
150 g sugar
6 eggs
360 g carrots
360 g sultanas
5 ml vanilla essence

Method:

1. Mix flour, baking powder, sugar, bicarbonate of soda and cinnamon. Add eggs and vanilla essence and beat well.
2. Stir in grated carrot and washed and dried sultanas.
3. Pour into a greased tin and bake for 40–45 minutes 180°C, 350°F, Gas 4.

Cheese and potato pie (Serves 30)

Ingredients:

300 g plain flour
100 g wholemeal flour
2500 g potatoes
500 g cheddar cheese
500 g onions
10 g mixed herbs
250 g margarine

Method:

1. Make pastry: cut 220 g of the margarine into small pieces and mix together with both types of flour. Rub together until the mixture looks like fine breadcrumbs. Gradually add cold water and mix until the mixture comes together as soft dough. Chill for 15–30 minutes.
2. Wash, peel and rewash potatoes, dice and cook until soft.
3. Dry-fry diced onions until lightly browned.
3. Mix potatoes, onions cheese, herbs and remaining margarine until smooth.
4. Roll out pastry and line tins or plates. Add mixture and top with pastry.
5. Brush with egg wash and bake for 20–25 minutes at 220°C, 425°F, Gas 6. Then reduce heat to 180°C, 350°F, Gas 4 for a further 15 minutes, until pastry is golden brown.

Chicken and vegetable casserole

(Serves 12)

Ingredients:

**500 g chicken breast
(diced)**

100 g carrots

100 g onions

15 ml vegetable oil

10 g chicken bouillon

750 ml water

50 g tomato purée

40 g plain flour

125 g mushrooms

200 g frozen peas

Method:

1. Gently fry the onions and carrots in the oil.
2. Add the flour and cook for two minutes.
3. Mix in the tomato purée, water and bouillon.
4. Bring to the boil and cook for 15 minutes.
5. Add the mushrooms and peas and bring back to the boil.
6. Place the chicken in a deep tin, cover with the sauce and cook for 30 minutes at 180°C, 350°F, Gas 4.

Chicken and vegetable curry (Serves 30)

Ingredients:

1200 g chicken breast (diced)
200 g onions
210 g green peppers (diced)
210 g red peppers (diced)
200 g spinach (chopped)
2550 g chopped tomatoes
200 g mild curry paste
20 ml vegetable oil
10 g dried parsley
100 g green lentils (soaked)

Method:

1. Heat oil and fry diced onions, add chicken and curry paste and cook for five minutes.
2. Add tomatoes and lentils and bring to the boil. Simmer for 10 minutes. Water can be added if curry is too thick.
3. Add diced peppers and chopped spinach and cook for a further 10 minutes.
4. Stir in parsley.

Chickpea burger (Serves 12)

Ingredients:

120 g onions (finely diced)
320 g wholemeal breadcrumbs
200 g canned chickpeas (drained)
25 ml vegetable oil
2 g mixed herbs
20 ml Worcestershire sauce
200 g oats

Method:

1. Mix onions, breadcrumbs, chickpeas, herbs and Worcestershire sauce together.
2. Divide mixture, shape into burgers and coat with oats.
3. Shallow fry, turning when golden brown, or bake at 190°C, 375°F, Gas 5 for 20–25 minutes. Turn after 10 minutes.

Chickpea fritters (Serves 30)

Ingredients:

800 g canned chickpeas (drained)
5 g garlic purée
50 g red pepper, finely chopped
200 g wholemeal flour
800 g self-raising flour
200 ml lemon juice
40 g paprika powder
20 g dried parsley

Method:

1. Mash chickpeas and mix with garlic and finely chopped pepper. Add lemon juice and parsley.
2. Divide mixture and shape into fritters. Mix flour and paprika and use to coat fritters.
3. Shallow fry turning when golden brown.

Chocolate fruit crispie (Serves 30)

Ingredients:

280 g cornflakes
160 g margarine
240 g golden syrup
40 g cocoa powder
180 g sultanas
180 g raisins

Method:

1. Melt margarine and syrup over a low heat.
2. Remove from heat and add cocoa. Then add all other ingredients.
3. Divide mixture and leave to set.

Cucumber and tomato salad (Serves 15)

Ingredients:

200 g cucumber
400 g tomatoes

Method:

Slice the cucumber and tomato and arrange on a plate.

Custard (Serves 30)

Ingredients:

220 g custard powder
75 g sugar
2000 ml whole milk

Method:

1. Make up as per manufacturer's instructions.

Eve's pudding (Serves 30)

Ingredients:

1500 g apples
60 g sugar
200 g margarine
4 eggs
200 g sugar
10 g baking powder
240 ml whole milk
90 g wholemeal flour
120 g plain flour

Method:

1. Prepare the apples, divide into greased tins and sprinkle with some of the sugar.
2. Cream the fat and the remaining sugar. Add eggs gradually.
3. Sieve together the white flour and baking powder into the mixture, then add the wholemeal flour and milk to make a soft dropping consistency.
5. Spread mixture on the fruit and bake at 180–190°C, 350–375°F, Gas 4–5 for 20–30 minutes until the top is golden brown and the fruit is cooked.

Fresh fruit platter (Serves 30)

Ingredients:

1 kg apples
150 g grapes
600 g oranges
600 g banana
360 g pears
200 g canned pineapple (in juice)
100 g kiwi fruit

Method:

Cut all fruit up into small pieces and mix together in a bowl.

Fruit in jelly (Serves 50)

Ingredients:

**400 g canned peaches
(in juice)**

**400 g canned pears
(in juice)**

780 g jelly (sugar-free)

5600 ml water

Method:

1. Make up jelly as per manufacturer's instructions and pour over drained and chopped fruit.
2. Chill until set.

Gingerbread (Serves 30)

Ingredients:

300 g self-raising flour

300 g cornflakes

225 g sugar

150 g Demerara sugar

18 g ground ginger

9 g allspice

150 g margarine

150 g golden syrup

75 g treacle

375 g whole milk

Method:

1. Cream sugar and margarine. Gradually add milk, flour, allspice and ginger.
2. Crush cornflakes and fold into mixture with syrup and treacle.
3. Place mixture into a greased dish or tin and bake at 180–190°C, 350–375°F, Gas 4–5 for 30–40 minutes, until sponge is cooked.

Lamb and vegetable stew (Serves 12)

Ingredients:

550 g lamb
50 g green lentils (soaked)
20 ml vegetable oil
15 g wholemeal flour
450 g chopped tomatoes
30 g tomato purée
10 g mixed herbs
20 g dried parsley
200 g onions
200 g carrots
100 g turnips
100 g celery
200 g frozen peas
500 ml water

Method:

1. Heat oil and fry diced onions, turnip and carrots for five minutes.
2. Add lamb coated in flour for a further five minutes.
3. Add all other ingredients and simmer until vegetables are cooked through.

Lentil and mushroom ragout with wholemeal pasta (Serves 35)

Ingredients:

400 g red lentils (soaked)
200 g green lentils (soaked)
200 g onions
50 g garlic purée
20 ml vegetable oil
2500 g chopped tomatoes
300 g mushrooms
75 g green pepper
75 g red pepper
1000 g wholemeal spaghetti
10 g dried parsley

Method:

1. Fry diced onions and garlic for five minutes. Add chopped mushrooms and peppers.
2. Add tomatoes and lentils and bring to boil. Simmer for 20 minutes.
3. Cook spaghetti as per manufacturer's instructions and pour over ragout.
4. Sprinkle with parsley.

Lentil and vegetable curry (Serves 30)

Ingredients:

200 g onions
210 g green pepper
210 g red pepper
200 g spinach
2550 g chopped tomatoes
200 g mild curry paste
10 ml vegetable oil
20 g dried parsley
400 g red lentils (soaked)
200 g green lentils (soaked)

Method:

1. Heat oil and fry diced onions, add curry paste and cook for five minutes.
2. Add tomatoes and lentils and bring to the boil. Simmer for 10 minutes. Water can be added if curry too thick.
3. Add diced peppers and chopped spinach and cook for a further 10 minutes.
4. Stir in parsley.

Lentil soup (Serves 12)

Ingredients:

350 g red lentils (soaked)
1000 ml water
150 g onions
150 g potatoes
70 g celery
80 g carrots
12 g vegetable stock cubes

Method:

1. Prepare vegetables and place all the ingredients into a large saucepan and bring to the boil.
2. Cover and simmer for about 30 minutes until the lentils and vegetables are cooked.
3. Cool and purée the soup until smooth.

Macaroni cheese with spinach (Serves 45)

Ingredients:

1000 g macaroni
100 g margarine
90 g plain flour
30g wholemeal flour
**500 g cheddar cheese
(grated)**
2000 ml whole milk
**600 g spinach (finely
chopped)**

Method:

1. Cook macaroni as per manufacturer's instructions.
2. Melt margarine and stir in flour to make a roux. Add milk, gradually stirring continuously until thick and creamy.
3. Stir in cheese and spinach, leaving enough cheese to cover.
4. Add macaroni and mix well.
5. Put into dish or tin and sprinkle with remaining cheese.
6. Bake in oven until golden brown. 220°C, 425°F, Gas 6.

Mandarin orange sponge (Serves 35)

Ingredients:

10 eggs
60 g sugar
60 g Demerara sugar
155 g plain flour
75 g wholemeal flour
50 ml whole milk
**1000 g canned mandarin
orange slices (in juice)**

Method:

1. Mix flour and margarine then gradually add eggs and milk. Mix well.
2. Place drained mandarins in a dish or tin and cover with sponge mixture.
3. Bake at 180–190°C, 350–375°F, Gas 4–5 for 30–40 minutes, until sponge is cooked.

Milk jelly (Serves 50)

Ingredients:

780 g jelly (sugar-free)

3000 ml water

2600 ml whole milk

Method:

1. Make as per manufacturer's instructions using water and milk.

Mint yogurt (Serves 12)

Ingredients:

150 g natural yogurt

20 g fresh mint

Method:

1. Finely chop or blend mint and add to yogurt.

Mixed bean and vegetable casserole (Serves 12)

Ingredients:

450 g butter beans
450 g kidney beans
30 ml vegetable oil
20 g wholemeal flour
3 g mixed herbs
10 g dried parsley
7 g vegetable stock cubes
10 g garlic purée
200 g onions
200 g carrots
100 g celery
1000 ml water

Method:

1. Gently fry the diced onions, garlic and carrots in the oil.
2. Add the flour and cook for two minutes.
3. Mix in the tomato purée, herbs, water and stock.
4. Bring to the boil and cook for 15 minutes.
5. Add the celery and beans and bring back to the boil.
6. Place in a deep tin and cook for 30 minutes at 180°C, 350°F, Gas.

Mixed berries (Serves 12)

Ingredients:

170 g raspberries
170 g strawberries
170 g blueberries

Method:

Mix berries together and serve.

Mixed salad (Serves 12)

Ingredients:

100 g red pepper
50 g cucumber
50 g spring onions
140 g tomatoes
50 g celery
150 g lettuce

Method:

Chop and mix ingredients together and serve.

Oaty plum crumble (Serves 45)

Ingredients:

375 g oats
375 g wholemeal flour
300 ml sunflower oil
350 g sugar
250 g Demerara sugar
1500 g plums

Method:

1. Place finely sliced plums in a deep tin or dish.
2. Mix all other ingredients together and spread over plums.
3. Bake at 180°C, 350°F, Gas 4 for 30–40 minutes.

Orange and chocolate brownie (Serves 35)

Ingredients:

100 g oranges
**800 g canned mandarins
(in juice)**
300 g margarine
2 eggs
200 g sugar
100 g Demerara sugar
75 g cocoa powder
10 g baking powder
400 g plain flour
140 g wholemeal flour

Method:

1. Cream margarine and sugar. Gradually add eggs, flour, baking powder and cocoa powder.
2. Drain mandarins and add to mixture.
3. Place mixture in a greased tin. Thin orange slices can be used to decorate.
4. Bake for 40–45 minutes
180°C, 350°F, Gas 4.

Pork and vegetable fajitas (Serves 30)

Ingredients:

1200 g pork (diced)
15 ml lime juice
25 g sugar
5 g mixed herbs
600 g onions
200 g green pepper
200 g red pepper
200 g yellow pepper
9 ml vegetable oil
200 g tomato purée
3 g garlic purée
100 ml water
840 g tortillas

Method:

1. Fry diced onions, peppers and garlic in oil until soft.
2. Add pork, lime juice, tomato purée, herbs and water, bring to the boil.
3. Simmer until cooked.
4. Warm tortillas as per manufacturer's instructions.
5. Fill warm tortillas with mixture.

Pork meatballs in tomato and basil sauce (Serves 30)

Ingredients:

1200 g minced pork
84 g wholemeal breadcrumbs
25 ml soy sauce
600 g onions
2 g mixed herbs
2 eggs
3000 g canned tomatoes
20 g garlic purée
20 g dried basil
100 g green lentils (soaked)
50 g tomato purée
10 g dried parsley

Method:

Meatballs

1. Gently dry-fry half of the diced onions.
2. Mix pork with the onions and add the herbs, soy sauce, breadcrumbs and egg.
3. Roll mixture into balls.
4. Bake in oven for 15–20 minutes, 150°C, 300°F, Gas mark 3.
5. Serve with sauce.

Sauce

1. Dry-fry the remaining diced onions and garlic for five minutes.
2. Add tomato purée, tomatoes and basil and bring to the boil.
3. Simmer for 15 minutes.
4. Add parsley and serve.

Potato omelette slice (Serves 12)

Ingredients:

50 ml vegetable oil
500 g new potatoes
300 g onions
9 eggs

Method:

1. Cube the potatoes and boil until tender.
2. Coarsely chop the onions and lightly beat the eggs.
3. Gently heat the oil in a medium-sized frying pan and add the potatoes and onions.
4. Fry, stirring occasionally for 10–15 minutes until golden brown.
5. Quickly stir in the eggs.
6. Cook for five minutes, shaking the saucepan occasionally to prevent sticking.
7. Place under a hot grill to lightly brown the top.
8. Serve cut into slices.

Potato topped cheese and vegetable pie (Serves 30)

Ingredients:

135 g plain flour
45 g wholemeal flour
225 g margarine
1800 g potatoes
400 g cheddar cheese
10 g fresh parsley
150 g carrots
100 g broccoli
100 g cauliflower
10 g dried parsley
2000 ml whole milk

Method:

1. Melt 180 g margarine on a low heat, add flour to make a roux.
2. Gradually add milk stirring continuously until sauce thickens.
3. Place parboiled vegetables and fresh parsley into a deep dish or tin. Pour sauce over vegetables.
4. Boil potatoes until soft and cream with remaining margarine.
5. Top vegetables with potatoes and sprinkle with grated cheese and dried parsley.
6. Bake in oven for 30–45 minutes at 160–180°C, 300–350°F, Gas 3–4 until golden brown.

Potato-topped fish pie (Serves 30)

Ingredients:

300 g salmon
300 g pollock
135 g plain flour
45 g wholemeal flour
2000 ml whole milk
225 g margarine
1800 g potatoes
200 g cheddar cheese
10 g dried parsley

Method:

1. Melt 180 g margarine on a low heat and add flour to make a roux.
2. Gradually add milk, stirring continuously until sauce thickens.
3. Place diced fish into a deep dish or tin. Pour sauce over fish.
4. Boil potatoes until soft and cream with remaining margarine.
5. Top fish with potatoes and sprinkle with grated cheese and parsley.
6. Bake in oven for 30–45 minutes at 160–180°C, 300–350°F, Gas 3–4 until golden brown.

Potato wedges (Serves 15)

Ingredients:

1000 g potatoes
50 ml vegetable oil

Method:

1. Cut the potatoes into wedges. Rinse and drain.
2. Toss in oil.
3. Place in the oven and cook until soft, turning after 30 minutes.

Quorn and pepper pasta (Serves 30)

Ingredients:

200 g onions
5 g garlic
1200 g Quorn pieces
100 g red pepper
100 g yellow pepper
25 g mixed herbs
20 ml vegetable oil
125 g plain flour
125 g margarine
1136 ml whole milk
1000 g pasta
10 g dried parsley

Method:

1. Cook pasta as per manufacturer's instructions and drain.
2. Fry diced onions and garlic in oil for two minutes. Add Quorn, peppers and herbs.
3. Melt margarine in another pan and add flour to make a roux. Gradually add milk stirring continuously until sauce thickens.
4. Add Quorn mixture to the sauce and heat gently.
5. Stir in pasta and parsley and heat through.

Quorn and vegetable fajitas (Serves 30)

Ingredients:

1200 g Quorn pieces

15 ml lime juice

25 g sugar

5 g mixed herbs

600 g onions

200 g green pepper

200 g red pepper

200 g yellow pepper

9 ml vegetable oil

200 g tomato purée

3 g garlic

100 ml water

840 g tortilla

Method:

1. Fry diced onions, peppers and garlic in oil until soft.
2. Add pork, lime juice, tomato purée, herbs and water, bring to the boil.
3. Simmer until cooked.
4. Warm tortillas as per manufacturer's instructions.
5. Fill warm tortillas with mixture.

Quorn meatballs in tomato and basil sauce (Serves 30)

Ingredients:

1200 g Quorn mince
84 g wholemeal breadcrumbs
25 ml soy sauce
600 g onions
2 g mixed herbs
2 eggs
3000 g canned tomatoes
20 g garlic
20 g basil
50 g tomato purée
100 g green lentils (soaked)
10 g dried parsley

Method:

Meatballs

1. Gently dry-fry half of the diced onions.
2. Mix Quorn with the onions and add the herbs, soy sauce, breadcrumbs and egg.
3. Roll mixture into balls.
4. Bake in oven for 15–20 minutes at 150°C, 300°F, Gas 3.
5. Serve with sauce.

Sauce

1. Dry-fry the remaining diced onions and garlic for five minutes.
2. Add tomato purée, tomatoes and basil and bring to the boil.
3. Simmer for 15 minutes.
4. Add parsley and serve.

Rice pudding (Serves 35)

Ingredients:

400 g short grain rice
10 g margarine
240 g sugar
3000 ml whole milk

Method:

1. Add sugar, milk, rice and margarine to pan and cook gently for approximately 20 minutes until soft and creamy.

Salmon and pepper pasta (Serves 30)

Ingredients:

200 g onions
5 g garlic
1200 g salmon (diced)
100 g red pepper
100 g yellow pepper
25 g mixed herbs
20 ml vegetable oil
125 g plain flour
125 g margarine
1136 ml whole milk
1000 g pasta
10 g dried parsley

Method:

1. Cook pasta as per manufacturer's instructions and drain.
2. Fry diced onions and garlic in oil for two minutes. Add salmon, peppers and herbs.
3. Melt margarine in another pan and add flour to make a roux. Gradually add milk stirring continuously until sauce thickens.
4. Add salmon mixture to the sauce, heat gently until salmon is cooked.
5. Stir in pasta and parsley and heat through.

Scrambled egg (Serves 12)

Ingredients:

10 eggs
90 ml whole milk
30 g margarine

Method:

1. Melt margarine on a low heat.
2. Add milk and eggs and whisk until cooked.

Shepherdess pie (Serves 30)

Ingredients:

1200 g Quorn mince
280 g onions
2200 ml water
1000 g canned tomatoes
100 g tomato purée
50 g plain flour
2000 g potatoes
100 g margarine
350 g Cheddar cheese

Method:

1. Dry-fry diced onions for five minutes.
2. Add Quorn, tomato purée, tomatoes, flour and water. Bring to the boil, then simmer gently.
3. Boil potatoes until soft and cream with margarine.
4. Place reduced mixture into a deep dish and cover with potatoes. Sprinkle with grated cheese.
5. Bake in oven for 30–45 minutes at 160–180°C, 300–350°F, Gas 3–4 until golden brown.

Shepherd's pie (Serves 30)

Ingredients:

1200 g minced lamb
280 g onions
2200 ml water
1000 g canned tomatoes
100 g tomato purée
50 g plain flour
2000 g potatoes
100 g margarine
350 g Cheddar cheese

Method:

1. Dry-fry diced onions for five minutes.
2. Add mince, tomato purée, tomatoes, flour and water. Bring to the boil then simmer gently.
3. Boil potatoes until soft and cream with margarine.
4. Place reduced mixture into a deep dish and cover with potatoes. Sprinkle with grated cheese.
5. Bake in oven for 30–45 minutes at 160–180°C, 300–350°F, Gas 3–4 until golden brown.

Stewed apple (Serves 20)

Ingredients:

800 g apples
50 g Demerara sugar
80 ml water

Method:

1. Stew the sliced apple with the water and sugar.

Stewed rhubarb (Serves 12)

Ingredients:

525 g rhubarb
30 ml water
60 g sugar

Method:

1. Stew the chopped rhubarb with the water and sugar.

Tomato and spinach pasta bake (Serves 30)

Ingredients:

250 g onions
800 g chopped tomatoes
100 g tomato purée
10 g mixed herbs
300 g red lentils (soaked)
100 g green lentils (soaked)
2500 ml water
300 g cheddar cheese
250 g spinach
10 g garlic purée
10 g dried parsley
1000 g pasta

Method:

1. Cook pasta as per manufacturer's instructions. Drain and cool.
2. Dry-fry diced onions and garlic. Add herbs, lentils, tomato purée and chopped tomatoes. Simmer for 30 minutes stirring regularly.
3. Add finely chopped spinach and cook for a further five minutes.
4. Mix sauce with pasta and sprinkle with grated cheese and parsley.
5. Bake in oven 230°C, 450°F, Gas 6 until golden brown.

Tomato salsa (Serves 12)

Ingredients:

300 g chopped tomatoes
5 g sugar
70 g red onions (chopped)
1 g mixed herbs

Method:

1. Drain the tomatoes and mix with all the other ingredients.
2. Chill before serving.

Vegetable soup (Serves 30)

Ingredients:

160 g onions
1000 g potatoes
2500 ml water
55 g unsalted butter
160 g parsnips
160 g celery
320 g carrots
10 g vegetable stock cubes

Method:

1. Melt butter over a medium heat. Add diced onion, carrot, parsnip and celery. Cover and sweat on a low heat for up to 20 minutes.
2. Add potatoes, water and stock cubes, cover and cook for 20 minutes or until potatoes are soft.
3. Purée the mixture.
4. Reheat when ready to serve.

Vegetable sticks (Serves 24)

Ingredients:

300 g carrots
360 g red pepper
360 g cucumber

Method:

Cut the vegetables into strips and arrange on a plate.



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