

Tayside   
contracts

# *Recipe Book*

## *2024-25*



**“Why not try some out at home.”**

## RECIPES

To view the recipe please click on the dish

| Soups/Starters              | Mains                                       |  | Puddings           | Accompaniments      |
|-----------------------------|---|--|--------------------|---------------------|
| Cream of Tomato             | BBQ Chicken Pizza                           | Lasagne (V)                              | Gingerbread Cookie | Coleslaw            |
| Lentil                      | Beef Lasagne                                | Steak Pie                                | Chocolate Sponge   | Mixed Salad         |
| Vegetable                   | Cheese & Tomato Pizza                       | Sweet Potato & Coconut Curry             | Vanilla Sponge     | Golden Savoury Rice |
| Lentil & Tomato Soup        | Chicken Burrito                             | Tomato Pasta                             | Gingerbread Sponge |                     |
| Cheese & Chive Oat Biscuits | Chicken Fajita Baked Potato                 | Traditional Mince & Yorkshire Pudding    | Marble Sponge      |                     |
|                             | Chicken Fillet in Gravy & Yorkshire Pudding | Vegeballs in Tomato Sauce                | Oatie Biscuit      |                     |
|                             | Chicken Fillet in Tomato Sauce              | Veggie Nuggets                           | Shortbread         |                     |
|                             | Chicken Meatballs in Tomato Sauce           | Katsu Chicken Curry                      | Tiffin             |                     |
|                             | Cauliflower Cheese                          | Chicken Tikka Mayo Roll                  |                    |                     |
|                             | Chicken & Tomato Pasta                      | Chickpea & Sweetcorn Wrap                |                    |                     |
|                             | Chilli Loaded Wedges                        | Sweet Potato & Coconut Curry             |                    |                     |
|                             | Mild Chicken Tikka Curry                    |  |                    |                     |
|                             | Macaroni Cheese                             |  |                    |                     |
|                             | Mexican Burrito                             |  |                    |                     |
|                             | Mild Chicken Curry                          |  |                    |                     |
|                             | Mild Quorn Curry                            |  |                    |                     |
|                             | Mild Quorn Korma Curry                      |  |                    |                     |
|                             | Vegeballs in Gravy                          |  |                    |                     |
|                             | Pasta Bolognese                             | <b>Oven Temperature Conversion Table</b> |                    |                     |
|                             | Quorn Sausage Casserole                     |  |                    |                     |

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*All oven temperatures are shown as °C  
please use the conversion chart below for all other  
types.*

### *Oven Temperature Conversion Chart*

| °C     | °F     | GAS MARK |
|--------|--------|----------|
| 140 °C | 275 °F | 1        |
| 150 °C | 300 °F | 2        |
| 170 °C | 325 °F | 3        |
| 180 °C | 350 °F | 4        |
| 190 °C | 375 °F | 5        |
| 200 °C | 400 °F | 6        |
| 220 °C | 425 °F | 7        |
| 230 °C | 450 °F | 8        |
| 240 °C | 475 °F | 9        |

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## Cream of Tomato Soup

Serves 4

### INGREDIENTS

|                                     |       |
|-------------------------------------|-------|
| Diced Onions                        | 60g   |
| Diced Carrots                       | 70g   |
| Ground Black Pepper                 | pinch |
| Tomato Paste                        | 60g   |
| Chopped Tomatoes                    | 200g  |
| Sugar Soft Brown Light              | 1.5g  |
| Vegetable Flavour Bouillon Paste    | 10g   |
| Hot Water                           | 320ml |
| Meadowland Double Cream Alternative | 40ml  |

### METHOD

1. Add all ingredients to a pot except for the cream.
2. Bring to boil, simmer for approx. 30 minutes.
3. Liquidise the soup then add the cream.

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## Lentil & Tomato Soup

Serves 4

### INGREDIENTS

|                                  |       |
|----------------------------------|-------|
| Hot Water                        | 640ml |
| Pulses—Red Lentils               | 90g   |
| Vegetable Flavour Bouillon Paste | 10g   |
| Diced Carrots                    | 100g  |
| Sliced Leeks                     | 55g   |
| Ground Black Pepper              | Pinch |
| Tomato Paste                     | 40g   |

### METHOD

1. Rinse lentils thoroughly.
2. Place boiling water and bouillon in pot, dissolve bouillon and bring to boil.
3. Add lentils and tomato paste bring to the boil and then simmer gently for approx. 50-60 minutes, skim if necessary.
4. Add the carrots, leeks and the pepper and continue to simmer for a further 15 minutes or until vegetables are cooked.
5. Liquidise if desired.

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## Cheese & Chive Oat Biscuit

Serves 4

### INGREDIENTS

|                                    |       |
|------------------------------------|-------|
| Plain Flour                        | 20g   |
| Baking Powder                      | 1g    |
| Stork Spread                       | 40g   |
| Oatflakes                          | 60g   |
| Salt                               | Pinch |
| Dried Chives                       | Pinch |
| Grated Mature White Cheddar Cheese | 50g   |
| Cold Water                         | 25ml  |

### METHOD

1. Sift flour and baking powder together.
2. Place all ingredients into bowl (except grated cheese) & mix until dough is formed.
3. Add in the cheese and mix thoroughly .
4. Roll out the dough to approx. 1.5–2 cm thick & cut out biscuits
5. Place biscuits on a baking tray and bake at 185oC for approx. 18-20 minutes.
6. Allow to cool on wire cooling rack.

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## Lentil Soup

Serves 4

### INGREDIENTS

|                                  |       |
|----------------------------------|-------|
| Hot Water                        | 640ml |
| Red Lentils                      | 90g   |
| Vegetable Flavour Bouillon Paste | 10g   |
| Diced Carrots                    | 100g  |
| Leeks Sliced                     | 55g   |
| Ground Black Pepper              | Pinch |

### METHOD

1. Rinse lentils thoroughly.
2. Place boiling water and bouillon in pot, dissolve bouillon and bring to boil.
3. Add lentils, bring to the boil and then simmer gently for approx 50-60 minutes, skim if necessary.
4. Add vegetables, pepper and continue to simmer for approx 15 minutes or until vegetables are cooked.
5. Liquidise if desired.

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## Vegetable Soup

Serves 4

### INGREDIENTS

|                                  |       |
|----------------------------------|-------|
| Yellow Split Peas                | 75g   |
| Diced Potatoes                   | 90g   |
| Hot Water                        | 500ml |
| Ground Black Pepper              | pinch |
| Vegetable Flavour Bouillon Paste | 10g   |
| Stew Pack Vegetables Diced       | 80g   |

### METHOD

1. Rinse yellow split peas thoroughly and drain,
2. Place in pot with desired amount of water,
3. Bring to the boil, simmer gently for approx 1 1/2 - 2 hours.
4. Skim soup if necessary, add remaining ingredients, simmer until cooked.
5. Liquidise if desired.

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## BBQ Chicken Pizza

Serves 4

### INGREDIENTS

|                                    |       |
|------------------------------------|-------|
| Warm Water                         | 75ml  |
| Pizza & Bread Mix                  | 115g  |
| Non stick sunflower oil            | 1.5ml |
| Minced Chicken thigh meat          | 50g   |
| Diced Onions                       | 10g   |
| Diced Mixed Peppers                | 10g   |
| Garlic Puree                       | 4g    |
| Chopped Tomatoes                   | 65g   |
| Tomato Paste                       | 10g   |
| Mixed Herbs                        | 0.25g |
| Ground Black Pepper                | Pinch |
| Granulated Sugar                   | 1.5g  |
| Chicken bouillon                   | 1.5g  |
| Salt                               | 0.5g  |
| Hot Water                          | 10ml  |
| Black Treacle                      | 4g    |
| Rice Vinegar                       | 3ml   |
| Cornflour                          | 1.5g  |
| Cold Water for Cornflour           | 1.5ml |
| Grated Cheese (Mozz & Cheddar Mix) | 100g  |

### METHOD

Oven Temp 200°C/400°F/Gas 6

#### PIZZA BASE

1. Mix pizza base mix with tepid water on slow speed with dough hook for approx. 5 mins. Then roll out.
2. Place on baking tray sprayed with oil, pierce the base all over with fork and then set aside while making sauce.

#### PIZZA SAUCE (Set aside cornflour, cold water for cornflour & grated cheese)

1. Saute chicken mince gently for 5 minutes then add remaining ingredients.
2. Combine cornflour with cold water and mix to form paste.
3. Add to mixture, stir until thickened.
4. Spread pizza sauce over the pizza base & sprinkle with cheese
5. Bake in a pre-heated oven for 10-15 mins or until golden brown.

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## Beef Lasagne

Serves 4

### INGREDIENTS

|                                       |       |
|---------------------------------------|-------|
| Farm Assured Steak Mince              | 240g  |
| Diced Onions                          | 60g   |
| Diced Carrots                         | 60g   |
| Diced Mixed Peppers                   | 40g   |
| Chopped Tomatoes                      | 145g  |
| Tomato Paste                          | 45g   |
| Hot Water                             | 80ml  |
| Vegetable Flavour Bouillon Paste      | 4g    |
| Garlic Purée                          | 6g    |
| Ground Black Pepper                   | 0.1g  |
| Lo Salt                               | 1.5g  |
| Dried Mixed Herbs                     | 0.5g  |
| Cornflour                             | 4g    |
| Cold Water                            | 4ml   |
| Semi-Skimmed Milk                     | 300ml |
| Ground Black Pepper                   | 0.2g  |
| Cornflour                             | 10g   |
| Cold Water                            | 10ml  |
| Italian Non Pre-Cook Lasagne          | 100g  |
| Mozzarella & Cheddar Cheese Mix 70/30 | 40g   |

### METHOD

Oven Temp 180 °C

#### Bolognese Sauce

1. Dry fry the mince and skim off any fat.
2. Add the onions, carrots, ground pepper, chopped tomatoes, tomato puree the garlic puree and herbs.
3. Add boiling water with the bouillon and cook until tender.
4. Thicken with 10g cornflour blended with 10ml cold water.
5. Add peppers just before removing from heat

#### White Sauce

1. Heat milk in a pot.
2. Combine 26g cornflour and 26ml cold water to form a paste.
3. Whisk into milk until the sauce thickens, add pepper.

Assemble by layering bolognese, lasagne, bolognese, lasagne then white sauce topped with grated cheese.

Place assembled lasagne into oven to cook. Bake at 180C, for approx. 40 minutes.

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## Cauliflower Cheese

Serves 4

### INGREDIENTS

|                                      |       |
|--------------------------------------|-------|
| Semi Skimmed Milk                    | 440ml |
| Sunflower Spread                     | 16g   |
| English Mustard                      | 3g    |
| Ground Black Pepper                  | 0.1g  |
| Cornflour                            | 20g   |
| Cold Water                           | 20ml  |
| Grated Cheese (Mature white cheddar) | 140g  |
| Fine Sea Salt                        | 0.2g  |
| Cauliflower Florets                  | 480g  |

### METHOD

Oven Temp 180oC

1. Add milk, ground pepper and sunflower spread into a pan and heat until boiling.
2. Mix the cornflour with cold water to form a paste.
3. Add the cornflour paste, whisking until the milk thickens into a sauce.
4. Stir in the cheese (retain some cheese for topping) and the mustard.
5. Cook cauliflower in boiling water for 8-10 mins or until nearly cooked then drain.
6. Combine sauce with cauliflower, place into ovenproof dish.
7. Sprinkle with remaining cheese.
8. Place in oven until cheese topping turns golden brown.

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## Cheese & Tomato Pizza

Serves 4

### INGREDIENTS

|                                       |       |
|---------------------------------------|-------|
| Tepid Water                           | 75ml  |
| Pizza & Bread Mix                     | 115g  |
| Non-Stick Spray Sunflower Oil         | 1ml   |
| Extended Life Rapeseed Oil            | 1ml   |
| Diced Onions                          | 7g    |
| Diced Carrots                         | 6g    |
| Sliced Courgettes                     | 3g    |
| Diced Mixed Peppers                   | 7g    |
| Greens Garlic Herbs                   | 2g    |
| Chopped Tomatoes                      | 30g   |
| Tomato Paste                          | 5g    |
| Dried Mixed Herbs                     | 0.1g  |
| Ground Black Pepper                   | 0.03g |
| Caster Sugar                          | 0.6g  |
| Fine Sea Salt                         | 0.25g |
| Hot Water                             | 5ml   |
| Cornflour                             | 0.6g  |
| Cold Water                            | 0.6ml |
| Mozzarella & Cheddar Cheese Mix 70/30 | 75g   |

### METHOD

#### Oven Temp 200 °C

1. Mix pizza base mix with tepid water on slow speed with dough hook for approx. 5 mins.
2. Roll out. place on baking tray sprayed with oil, pierce the base all over with a fork.
3. Base can be cooked for 15-20 minutes before the topping is applied.
4. Sauté the onions, carrots, courgettes, peppers and garlic in oil.
5. Add rest of ingredients (except cornflour & cold water, triple cheese ) and simmer until cooked.
6. Blend sauce, taste and adjust seasoning and consistency as required.
7. Combine cornflour and cold water to form a paste, stir into sauce, cook out for a few minutes.
8. Spread pizza sauce over the pizza base & sprinkle with cheese.
9. Bake in preheated oven for approx. 10 - 15 minutes.

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## Chicken & Tomato Pasta

Serves 4

### INGREDIENTS

|                                |       |
|--------------------------------|-------|
| Oil- Rapeseed                  | 5ml   |
| Garlic Puree                   | 5g    |
| Diced Onions                   | 35g   |
| Diced Carrots                  | 35g   |
| Diced Mixed Peppers            | 35g   |
| Tomato Paste                   | 35g   |
| Chopped Tomatoes               | 175g  |
| Mixed Herbs                    | 0.75g |
| Hot Water                      | 175ml |
| Ground Black Pepper            | 0.1g  |
| Granulated Sugar               | 2.5g  |
| Vegetable Bouillon             | 5g    |
| Cornflour                      | 7.5g  |
| Cold Water                     | 7.5ml |
| Cooked Breast of chicken diced | 120g  |
| Penne Pasta                    | 120g  |

### METHOD

Oven Temp 180 °C

1. Heat chicken from frozen, place on a lined baking tray, cover and bake for 18-22 minutes.
2. Saute garlic, onion, carrots and peppers in a little oil.
3. Add hot water, chopped tomatoes and tomato paste.
4. Bring to boil and simmer until vegetables are soft.
5. Blend sauce until smooth if desired.
6. Combine cornflour and cold water to form a paste.
7. Stir into sauce until thickened.
8. Place the pasta into a pan of boiling water and simmer until pasta is cooked (approx. 10-12 mins) - Drain
9. Combine pasta, chicken and sauce.

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## Chicken Meatballs in Tomato Sauce

Serves 4

### INGREDIENTS

|                               |       |
|-------------------------------|-------|
| Oil- Rapeseed                 | 2ml   |
| Garlic Puree                  | 3g    |
| Diced Onions                  | 35g   |
| Diced Carrots                 | 40g   |
| Diced Mixed Peppers           | 40g   |
| Tomato Paste                  | 32g   |
| Chopped Tomatoes              | 160g  |
| Mixed Herbs                   | 0.75g |
| Hot Water                     | 120ml |
| Ground Black Pepper           | 0.75g |
| Granulated Sugar              | 2g    |
| Vegetable Bouillon            | 8g    |
| Cornflour                     | 2g    |
| Cold Water                    | 2ml   |
| Red Tractor Chicken Meatballs | 16    |

### METHOD

#### Oven Temp 180 °C

1. Saute onions and carrots in the oil until they are soft
2. Ad remaining ingredients, except for cornflour, cold water and meatballs.
3. Cook until vegetables are tender.
4. Blend the sauce until it is smooth
5. Combine cornflour and cold water to form a paste, stir into sauce until thickened.
6. Taste, adjust consistency of sauce as required.
7. Oven cook meatballs from frozen in a covered baking tray with a small amount of water, for 25-30 mins.
8. Combine meatballs and sauce.
8. Place the pasta into a pan of boiling water and simmer until pasta is cooked (approx. 10-12 mins) - Stain
9. Combine pasta, chicken and sauce.

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## Chickpea & Sweetcorn Mayo Wrap

Serves 4

### INGREDIENTS

|                     |                |
|---------------------|----------------|
| Chickpeas in Water  | 200g (drained) |
| Sweetcorn in Water  | 80g            |
| Light Mayonnaise    | 4 x 24ml       |
| Bran Tortilla Wraps | 4              |

### METHOD

1. Drain chickpeas and sweetcorn.
2. Combine with mayonnaise
3. Place filling on centre of wrap, fold neatly.
4. Refrigerate and cover until required.

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## Chicken Tikka Mayo Roll

Serves 4

### INGREDIENTS

|                               |          |
|-------------------------------|----------|
| Cooked Diced Brest of Chicken | 4 x 40g  |
| Tikka Mix (See below)         | 5g       |
| Light Mayonnaise              | 4 x 24ml |
| Roll—high fibre bun           | 4 x 50g  |

### TIKKA MIX (Ingredients)

|                     |      |
|---------------------|------|
| Paprika             | 12g  |
| Coriander           | 1g   |
| Garam Masala        | 1g   |
| Cumin               | 1g   |
| Madras Curry Powder | 1g   |
| Tumeric             | 0.5g |
| Garlic Powder       | 1g   |
| Fine Sea Salt       | 0.4g |
| Ground Black Pepper | 0.1g |

### METHOD—For Tikka Mix

1. Combine all ingredients. (Surplus mix can be stored in an air tight container)
2. Use approx. 5g/1 x level teaspoon of tikka mix per 4 portions.
3. Add an equal quantity of cold water to mix when cooking spices in microwave.
4. Cover and place in microwave for approx for a few seconds.
5. Allow to cool .

### METHOD FOR CHICKEN TIKKA MAYO ROLL

1. Defrost the chicken, chop into smaller pieces if required.
2. Combine chicken with spices and mayonnaise.
3. Put your measured filling in the roll.

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## Katsu Chicken Curry

Serves 4

### INGREDIENTS

|                             |          |
|-----------------------------|----------|
| Oil—Rapeseed                | 5ml      |
| Diced Onions                | 75g      |
| Garlic Puree                | 7.5g     |
| Diced Carrots               | 60g      |
| Madras Curry Powder         | 4gg      |
| Chicken Bouillon            | 7g       |
| Hot Water                   | 220ml    |
| Honey—squeezy clear blossom | 25g      |
| Light Soy Sauce             | 7ml      |
| Garam Masala                | 1g       |
| Cornflour                   | 10g      |
| Cold Water                  | 10ml     |
| Breaded Chicken Goujon      | 12 x 28g |

### METHOD

Oven Temp 200oC

#### SAUCE

1. Heat oil in a pan
2. Add the onion and garlic, saute for 2 minutes
3. Add curry powder and garam masala and cook for a minute
4. Dissolve bouillon in the boiling water, add to the pan.
5. Add carrots, honey, soy sauce and gently simmer for 20 minutes with the lid on, stir occasionally.
6. Combine cornflour with cold water, mix to form a paste.
7. Add mix, stir until thickened.
8. Skim off the fat.
9. Add the tomatoes, tomato puree, chilli powder, garlic, vegetable bouillon, salt and ground black pepper.

#### BREADED CHICKEN

1. Place on a non-stick baking tray, do not over fill tray with product.
2. Place in a pre heated oven for approx. 12-15 mins.

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## Chicken Burrito

Serves 4

### INGREDIENTS

|                                |         |
|--------------------------------|---------|
| Diced Onions                   | 90g     |
| Sliced Mixed Peppers           | 90g     |
| Garlic Purée                   | 10g     |
| Mild Chilli Powder             | 0.5g    |
| Cayenne Pepper                 | 0.5g    |
| Fat Reduced Cocoa Powder       | 0.5g    |
| Tomato Paste                   | 32g     |
| Hot Water                      | 60ml    |
| Chicken Fillet Minced          | 260g    |
| Cornflour                      | 8g      |
| Cold Water                     | 8ml     |
| Lo Salt                        | 0.5g    |
| Chopped Tomatoes               | 80g     |
| Chicken Flavour Bouillon Paste | 4g      |
| Mission Wheat Tortilla         | 4 x 56g |
| Mild Grated Coloured Cheddar   | 4 x 10g |

### METHOD

Oven Temp 180 °C

1. Hold back cornflour, cold water and Tortilla.
2. Brown mince in a pan.
3. Place remaining ingredients into pan.
4. Bring to boil.
5. Simmer until vegetables are tender.
6. Combine cornflour and cold water to form a paste.
7. Stir into sauce until it thickens.
8. Place filling onto centre of the tortilla wrap.
9. Sprinkle with grated cheese.
10. Fold sides of wrap over and roll to ensure filling is enclosed.
11. Place in the oven to bake for approx. 5 minutes.

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## Chicken Fajita Baked Potato

Serves 4

### INGREDIENTS

|                                |       |
|--------------------------------|-------|
| Diced Onions                   | 90g   |
| Sliced Mixed Peppers           | 90g   |
| Garlic Purée                   | 10g   |
| Mild Chilli Powder             | 0.8g  |
| Cayenne Pepper                 | 0.4g  |
| Fat Reduced Cocoa Powder       | 0.4g  |
| Tomato Paste                   | 32g   |
| Hot Water                      | 60ml  |
| Chopped Tomatoes               | 80g   |
| Cornflour                      | 8g    |
| Cold Water                     | 8ml   |
| Chicken Fillet Minced          | 260g  |
| Lo Salt                        | pinch |
| Chicken Flavour Bouillon Paste | 4g    |
| Potato Baker 60's (250g)       | 4     |

### Method

Oven Temp 220°C/190°C

#### Baked Potato

1. Heat the oven to 220°C
2. Bake for 20 mins, then turn down the oven to 190°C and bake for 45 mins-1 hr more until the skin is crisp and the inside soft. Make a cross in the centre of each potato for filling.

#### Fajita Filling

1. Brown mince in a pot.
2. Place remaining ingredients into the pot except cornflour, cold water,
3. Simmer approx. 45 minutes.
4. Combine cornflour and cold water to form a paste.
5. Stir into sauce until thickens.

Serve with baked potato

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## Chicken Fillet in Gravy with Yorkshire Pudding

Serves 4

### INGREDIENTS

|                                       |         |
|---------------------------------------|---------|
| Red Tractor Raw Chicken Breast Fillet | 4 x 57g |
| Hot Water                             | 360ml   |
| Gluten Free Gravy Granules            | 30g     |
| 3" Fully Baked Yorkshire Puddings     | 4       |

### METHOD

#### Oven Temp 180°C

1. To oven bake chicken, cook from frozen on a lined baking tray. Cover and bake for 15-18 minutes.
2. Pour off excess liquid if any.
3. Bring water to the boil
4. Whisk the gravy granules in to the boiling water until thickened.
5. Place Yorkshire pudding on a baking tray in the oven approximately 4 minutes.
6. Place chicken in a suitable warmed serving dish, cover with gravy and serve with a Yorkshire pudding

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## Chicken Fillet in Tomato Sauce

Serves 4

### INGREDIENTS

|                                       |         |
|---------------------------------------|---------|
| Diced Onions                          | 40g     |
| Garlic Puree                          | 5g      |
| Ground Black Pepper                   | 0.15g   |
| Diced Carrots                         | 40g     |
| Diced Mixed Peppers                   | 40g     |
| Chopped tomatoes                      | 160g    |
| Tomato Paste                          | 37.5g   |
| Mixed Herbs                           | 0.75g   |
| Hot Water                             | 200ml   |
| Granulated Sugar                      | 2.5g    |
| Vegetable Bouillon                    | 5g      |
| Cornflour                             | 7.5g    |
| Cold water                            | 7.5ml   |
| Red Tractor Raw Chicken Breast Fillet | 4 x 57g |

### METHOD

Oven Temp 180 °C

1. To oven bake chicken, cook from frozen on a lined baking tray. Cover and bake for 15-18 minutes.
2. Pour off excess liquid if any.
3. Add all remaining ingredients to the pot (except cornflour, cold water).
4. Cover with lid, simmer gently until vegetables are tender.
5. Blend the sauce until it is smooth
6. Combine cornflour and cold water to form a paste.
7. Stir into sauce until thickened.
8. Combine chicken and tomato sauce.

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## Golden Savoury Rice

Serves 4

### INGREDIENTS

|                                  |       |
|----------------------------------|-------|
| Extended Life Rapeseed Oil       | 2ml   |
| Diced Onions                     | 60g   |
| Garlic Purée                     | 8g    |
| Lo Salt                          | 0.8g  |
| Ground Black Pepper              | pinch |
| Turmeric                         | 2g    |
| Mild Chilli Powder               | 2g    |
| Vegetable Flavour Bouillon Paste | 8g    |
| Hot Water                        | 220ml |
| Garden Peas                      | 60g   |
| Diced Mixed Peppers              | 60g   |
| Sweetcorn                        | 60g   |
| Easy Cook Long Grain Rice        | 120g  |

### METHOD

1. Heat oil, gently sauté onion, garlic puree, turmeric, chilli powder, salt and pepper.
2. Add bouillon and water to onion mix, simmer for a few minutes.
3. Place raw rice, frozen peas, sweetcorn, peppers mix into dish and cover.
4. Place in oven 150°C for approx. 30-40 minutes or until rice is cooked.
5. Add a little extra stock if rice is too dry.

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## Lasagne (V)

Serves 4

### INGREDIENTS

|  |       |
|--|-------|
| Meat Free Mince                        | 200g  |
| Diced Onions                           | 60g   |
| Diced Carrots                          | 60g   |
| Diced Mixed Peppers                    | 40g   |
| Chopped Tomatoes                       | 145g  |
| Tomato Paste                           | 45g   |
| Hot Water                              | 80ml  |
| Vegetable Bouillon                     | 4g    |
| Garlic Puree                           | 6g    |
| Ground Black Pepper                    | 0.1g  |
| LoSalt Salt                            | 1.5g  |
| Mixed Herbs                            | 0.5g  |
| Cornflour                              | 4g    |
| Cold Water                             | 4ml   |
| Semi Skimmed Milk                      | 300ml |
| Ground Black Pepper                    | 0.2g  |
| Cornflour                              | 10g   |
| Cold Water                             | 10ml  |
| Pasta—Lasagne Sheets                   | 100g  |
| Grated Mozz & Cheddar Mix Cheese 70/30 | 40g   |

### METHOD

Oven temp—180oC

#### Bolognese Sauce

1. Add Meat Free Mince, onions, carrots, ground pepper, chopped tomatoes, tomato puree, the garlic puree and herbs to a pot.
2. Heat for 10–15 mins.
3. Add boiling water with the bouillon and cook until vegetables are tender.
4. Thicken with cornflour (4g) blended with cold water (4ml)
5. Add Peppers just before removing from heat.

#### White Sauce

1. Heat milk in pot
2. Combine 10g cornflour and 10ml cold water to form a paste
3. Whisk into milk until the sauce thickens, add pepper.
4. Assemble by layering Bolognese, lasagne, Bolognese, lasagne white sauce topped with grated cheese.
5. Place assembled lasagne into oven to cook . Baked for approx. 35–40 min.

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## Macaroni Cheese

Serves 4

### INGREDIENTS

|                                |       |
|--------------------------------|-------|
| Semi-Skimmed Milk              | 440ml |
| Sunflower Light Spread         | 16g   |
| Colman's English Mustard       | 3g    |
| Ground Black Pepper            | 0.1g  |
| Cornflour                      | 20g   |
| Cold Water                     | 20ml  |
| Mature Grated Coloured Cheddar | 140g  |
| Fine Sea Salt                  | 0.2g  |
| Macaroni                       | 120g  |

### METHOD

Oven Temp 180°C

1. Add milk, ground pepper and sunflower spread into a pan and heat until boiling.
2. Mix the cornflour with cold water to form a paste.
3. Add the cornflour paste, whisking until the milk thickens into a sauce.
4. Stir in the cheese (retain some cheese for topping) and the mustard.
5. Cook pasta in boiling water 8-10 minutes, drain.
6. Combine sauce with macaroni, place into ovenproof dish.
7. Sprinkle with remaining cheese.
8. Place in oven until cheese topping turns golden brown.

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## Mexican Burrito

Serves 4

### INGREDIENTS

|                                    |       |
|------------------------------------|-------|
| Meat Free Mince                    | 180g  |
| Diced Onions                       | 100g  |
| Chopped Tomatoes                   | 150g  |
| Tomato Paste                       | 30g   |
| Mild Chilli Powder                 | 60g   |
| Diced Mixed Peppers                | 60g   |
| Red Kidney Beans                   | 40g   |
| Garlic Puree                       | 8g    |
| Vegetable Bouillon                 | 4g    |
| LoSalt Salt                        | 0.2g  |
| Ground Black Pepper                | 0.1g  |
| Hot Water                          | 100ml |
| Cornflour                          | 5g    |
| Cold Water                         | 5ml   |
| Grated Mature White Cheddar Cheese | 40g   |
| Bran Tortilla Wrap                 | 4     |

### METHOD

Oven Temp 180 °C

1. Set aside, Cornflour, cold water, kidney beans, Grated Cheese & tortilla wraps.
2. Add all remaining ingredients into a pan.
3. Bring to boil
4. Combine cornflour with cold water to form paste.
5. Stir into mince until thickens
6. Add drained kidney beans
7. Place filling onto centre of each tortilla wrap and sprinkle with cheese.
8. Fold sides of wrap over and roll to ensure filling is enclosed.
9. Place on a baking tray and bake in oven for approx, 5 minutes

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## Chilli Loaded Wedges

Serves 4

### INGREDIENTS

|                                  |       |
|----------------------------------|-------|
| Meat Free Mince                  | 180g  |
| Diced Onions                     | 100g  |
| Chopped Tomatoes                 | 150g  |
| Tomato Paste                     | 30g   |
| Mild Chilli Powder               | 1tsp  |
| Diced Mixed Peppers              | 60g   |
| Red Kidney Beans in Water        | 100g  |
| Garlic Purée                     | 8g    |
| Vegetable Flavour Bouillon Paste | 4g    |
| Lo Salt                          | pinch |
| Ground Black Pepper              | pinch |
| Hot Water                        | 100ml |
| Cornflour                        | 5g    |
| Cold Water                       | 5ml   |
| Potato Wedges                    | 120g  |
| Oil— Rapeseed                    | 15ml  |

### METHOD

**Preheat oven to 220oC/425oF/Gas Mark 7**

1. Add all ingredients (minus the kidney beans, cornflour and cold water) into a pot and bring to the boil and simmer for around 30 minutes.
2. Combine the cornflour with the cold water to form a paste.
3. Then mix into the mince until it thickens.
4. Add in the kidney beans and cook until heated through.
5. Place the potato wedges into a large bowl with the rapeseed oil and toss.
6. Then spread the potato wedges evenly onto a baking tray and cook in the oven for 20-25 minutes, turning once during cooking\*
7. Serve the potato wedges in a suitable dish and place the chilli on top or at the side of them.

\* Cooking times may vary

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## Mild Chicken Curry

Serves 4

### INGREDIENTS

|   |       |
|---|-------|
| Extended Life Rapeseed Oil                | 2ml   |
| Garlic Purée                              | 5g    |
| Diced Onions                              | 60g   |
| Diced Carrots                             | 60g   |
| Diced Mixed Peppers                       | 60g   |
| Tomato Paste                              | 6g    |
| Turmeric                                  | 0.8g  |
| Madras Curry Powder                       | 2g    |
| Garam Masala                              | 1g    |
| Chicken Flavour Bouillon Paste            | 8g    |
| Hot Water                                 | 320ml |
| Cornflour                                 | 5g    |
| Cold Water                                | 5ml   |
| Lo Salt                                   | 0.2g  |
| Ground Black Pepper                       | 0.1g  |
| Fresh Coriander                           | 1.2g  |
| Cooked Diced Chicken Breast (Red Tractor) | 200g  |

### METHOD

#### Oven Temp 180°C

1. Sauté the onion, carrots, peppers and garlic in the oil.
2. Add curry powder, garam masala and turmeric, cook gently over a low heat.
3. Add tomato puree and cook gently over a low heat.
4. Add all the water, chopped coriander, seasoning and bouillon.
5. Cook for 20 minutes, blitz before thickening with cornflour and cold water mix.
6. Heat chicken from frozen, place on a lined baking tray, cover and bake for 18 - 22 minutes.
7. Add hot sauce when ready to the hot chicken.
8. Place in a suitably warmed serving dish.

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## Mild Chicken Tikka Curry

Serves 4

### INGREDIENTS

|   |       |
|---|-------|
| Garlic Puree                              | 5g    |
| Diced Onions                              | 50g   |
| Diced Mixed Peppers                       | 50g   |
| Diced Carrots                             | 50g   |
| Ginger                                    | 1g    |
| Cumin                                     | 2.5g  |
| Garam Masala                              | 3g    |
| Turmeric                                  | 1.75g |
| Mild Chill Powder                         | 1.25g |
| Ground Black Pepper                       | 0.25g |
| Chopped Tomatoes                          | 185g  |
| Tomato Paste                              | 8g    |
| Hot Water                                 | 50ml  |
| Semi Skimmed Milk                         | 60ml  |
| Coriander                                 | 1.5g  |
| Chicken Bouillon                          | 7.5g  |
| Natural Low Fat Yoghurt                   | 100g  |
| Cornflour                                 | 5g    |
| Cold Water                                | 5ml   |
| Diced Cooked Chicken Breast (red Tractor) | 200g  |

### METHOD

#### Oven Temp 180°C

1. Heat oil in a pot, gently saute onion & garlic for 5-10 mins.
2. Add spices and gently cook for a few minutes on a low heat.
3. Add tomato paste & gently cook for a few minutes on a low heat.
4. Add the boiling water, peppers and chopped tomatoes, simmer for 20 mins.
5. Add milk & yoghurt, stir well .
6. Combine cornflour and cold water to form paste, stir into sauce
7. Heat chicken from frozen, place on a lined baking tray, cove rand bake for 18-22 mins.
8. Add drained chicken and fresh chopped coriander to Curry Sauce.

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## Mild Quorn Korma Curry

Serves 4

### INGREDIENTS

|                                  |               |
|----------------------------------|---------------|
| Diced Onions                     | 100g          |
| Diced Carrots                    | 100g          |
| Diced Mixed Peppers              | 100g          |
| Garlic Purée                     | 20g           |
| Turmeric                         | 3g            |
| Ground Cumin                     | 6.5g          |
| Coriander                        | 6g            |
| Mild Chilli Powder               | 4g            |
| Ground Ginger                    | 2g            |
| Coconut Milk Light               | 2 x 400ml tin |
| Vegetable Flavour Bouillon Paste | 15g           |
| Cornflour                        | 15g           |
| Cold Water                       | 15ml          |
| Quorn pieces                     | 500g          |

### METHOD

1. Sauté onions, carrots, peppers and garlic in oil for 10 -15 minutes.
3. Add spices, continue sautéing very gently for a few minutes.
4. Add Coconut Mix and bouillon to pot.
6. Simmer until vegetables are soft, add fresh coriander.
7. Blitz until smooth.
8. Combine cornflour and cold water, stir into sauce until thickened.
9. Combine Quorn to sauce, simmer until piping hot

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## Mild Quorn Curry

Serves 4

### INGREDIENTS

|                     |        |
|---------------------|--------|
| Oil—Rapeseed        | 10ml   |
| Garlic Puree        | 10g    |
| Diced Onions        | 75g    |
| Diced Carrots       | 75g    |
| Diced Mixed Peppers | 75g    |
| Tomato Paste        | 10g    |
| Turmeric            | 1g     |
| Madras Curry Powder | 2.5g   |
| Garam Masala        | 1.25g  |
| Vegetable Bouillon  | 10g    |
| Hot Water           | 250ml  |
| Cornflour           | 10g    |
| Cold Water          | 10ml   |
| LoSalt Salt         | 0.125g |
| Ground Black Pepper | 0.125g |
| Coriander           | 1.5g   |
| Quorn pieces        | 250g   |

### METHOD

1. Sauté onions, carrots, peppers and garlic in oil.
3. Add Madras Curry Powder, garam masala and turmeric.
4. Cook gently over a low heat.
5. Add tomato puree and cook gently over a low heat.
6. Add all the water, bouillon, chopped coriander.
7. Simmer until cooked.
8. Blend sauce until smooth.
9. Add diced Quorn.
10. Combine cornflour and cold water to form a paste.
11. Add mix, stir until thickened.

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## Pasta Bolognese

Serves 4

### INGREDIENTS

|                                  |      |
|----------------------------------|------|
| Farm Assured Steak Mince         | 240g |
| Diced Onions                     | 60g  |
| Diced Carrots                    | 60g  |
| Diced Mixed Peppers              | 40g  |
| Chopped Tomatoes                 | 150g |
| Tomato Paste                     | 45g  |
| Hot Water                        | 80ml |
| Vegetable Flavour Bouillon Paste | 4g   |
| Garlic Purée                     | 6g   |
| Ground Black Pepper              | 0.1g |
| Lo Salt                          | 1g   |
| Dried Mixed Herbs                | 0.5g |
| Cornflour                        | 4g   |
| Cold Water                       | 4ml  |
| Penne Pasta                      | 120g |

### METHOD

1. Dry fry the mince and skim off any fat.
2. Add the onions, carrots, ground pepper, chopped tomatoes, tomato puree , garlic puree and herbs.
3. Add boiling water with the bouillon and cook until tender.
4. Combine cornflour with cold water to form a paste.
5. Stir into bolognese until thickened.
6. Add peppers near the end of cooking.
7. Cook pasta as per manufacturers instructions.
8. Serve bolognese with pasta.

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## Quorn Sausage Casserole

Serves 4

### INGREDIENTS

|                            |       |
|----------------------------|-------|
| Quorn Vegan Sausages       | 8     |
| Oil—Rapeseed               | 2.5ml |
| Diced Onions               | 50g   |
| Stew Pack                  | 100g  |
| Hot Water                  | 350ml |
| Gluten Free Gravy Granules | 30g   |

### METHOD

**Pre Heat Oven Temp—200oC/180oC Fan/Gas Mark 6**

1. Place sausages on a lightly oiled baking tray.
2. Cook for approx. 16 minutes.
3. Add hot water, onions and vegetables to pot.
4. Bring to boil, simmer until veg is nearly tender.
5. Whisk in gravy granules, stir until thickened and smooth.
6. Add sausages to gray and vegetables.

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## Steak Pie

Serves 4

### INGREDIENTS

|                            |         |
|----------------------------|---------|
| Diced Beef 20mm            | 280g    |
| Diced Onions               | 100g    |
| Carrots Roundels           | 60g     |
| Hot Water                  | 300ml   |
| Gluten Free Gravy Granules | 23g     |
| Puff Pastry 13cm squares   | 2 x 55g |
| Semi-Skimmed Milk          | 10ml    |

### METHOD

#### Oven Temp follow manufacturers instructions

1. Brown the diced steak and onion.
2. Slowly add boiling water and stir. Cover and simmer until tender for approx. 2.5 - 3 hours.
3. Add carrots after 2 hours, simmer until meat is tender.
4. Add gravy granules to the meat and stir to avoid lumps.
5. Place in warm serving tin

#### Pastry

1. Prepare the puff pastry, cut in half and glaze with a little milk.
2. Bake in a pre-heated oven following manufacturers instructions.
3. Serve with the pie filling.

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## Tomato Pasta

Serves 4

### INGREDIENTS

|                                  |       |
|----------------------------------|-------|
| Extended Life Rapeseed Oil       | 4ml   |
| Diced Onions                     | 35g   |
| Greens Garlic Herbs              | 4g    |
| Ground Black Pepper              | 0.1g  |
| Diced Carrots                    | 35g   |
| Diced Mixed Peppers              | 35g   |
| Chopped Tomatoes                 | 130g  |
| Tomato Paste                     | 30g   |
| Dried Mixed Herbs                | 0.5g  |
| Hot Water                        | 190ml |
| Caster Sugar                     | 2g    |
| Vegetable Flavour Bouillon Paste | 4g    |
| Sliced Mixed Peppers             | 90g   |
| Sweetcorn                        | 80g   |
| Penne Pasta                      | 120g  |

### METHOD

1. Sauté onions, garlic, carrot and diced peppers gently for approx. 5 minutes.
2. Add chopped tomatoes, tomato puree, mixed herbs, water, ground pepper and sugar.
3. Simmer until vegetables are tender.
4. Blend until sauce is a smooth consistency.
5. Add sweetcorn and sliced peppers, simmer until cooked.
6. Cook pasta as manufacturers guidelines.
7. Combine sauce with cooked pasta.

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## Sweet Potato & Coconut Curry

Serves 4

### INGREDIENTS

|                              |                |
|------------------------------|----------------|
| Diced Onions                 | 40g            |
| Diced Carrots                | 40g            |
| Garlic Puree                 | 8g             |
| Ginger                       | 0.8g           |
| Turmeric                     | 1.2g           |
| Cinnamon                     | 1.6g           |
| Coconut Milk                 | 60ml           |
| Hot Water                    | 120ml          |
| Vegetable flavoured Bouillon | 6g             |
| Diced Sweet Potatoes         | 100g           |
| Sliced Green Beans           | 80g            |
| Diced Mixed Peppers          | 80g            |
| Chickpeas in Water           | 120g (drained) |
| Cornflour                    | 16g            |
| Cold water for Cornflour     | 16ml           |

### METHOD

1. Dissolve vegetable bouillon in hot water, stir until dissolved in a pan.
2. Add coconut milk, onions, carrots, garlic and spices.
3. Simmer gently until vegetables are soft.
4. Blitz until smooth.
5. Add drained chickpeas, peppers, green beans and sweet potato.
6. Simmer until vegetables are just cooked.
7. Combine cornflour and cold water to form a paste, add to pot and stir in, cook until vegetable are cooked.

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## Traditional Mince & Yorkshire Pudding

Serves 4

### INGREDIENTS

|                                   |       |
|-----------------------------------|-------|
| Farm Assured Steak Mince          | 260g  |
| Diced Onions                      | 60g   |
| Carrots Roundels                  | 60g   |
| Gluten Free Gravy Granules        | 24g   |
| Hot Water                         | 320ml |
| 3" Fully Baked Yorkshire Puddings | 4     |

### METHOD

1. Brown the mince.
2. Drain off the excess fat. Add the diced carrots.
3. Add the water and bring to the boil, simmer approx. 45 minutes.
4. Add gravy granules to the meat and stir to avoid lumps.
5. Cook out for a further 5 minutes.
6. Place Yorkshire Pudding on a baking tray place in oven for approximately 4 minutes.

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## Vegeballs in Gravy

Serves 4

### INGREDIENTS

|  |       |
|--|-------|
| Vegan Meatballs                                | 16    |
| Hot Water                                      | 360ml |
| Gluten Free Vegetable flavoured Gravy Granules | 36g   |

### METHOD

Oven heat—200oC/Fan 180oC/Gas Mark 6

1. Place vegan meatballs onto a preheated baking tray in the centre of the oven and cook for 12-14 mins. Turning once half-way through cooking.
2. Bring water to boil.
3. Stir in gravy granules, stirring until thickened and smooth.
4. Place frozen Vegeballs into a suitable dish.
5. Pour over gravy.

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## Vegeballs in Tomato Sauce

Serves 4

### INGREDIENTS

|                                  |          |
|----------------------------------|----------|
| Extended Life Rapeseed Oil       | 4ml      |
| Diced Onions                     | 40g      |
| Garlic Purée                     | 3g       |
| Ground Black Pepper              | 0.2g     |
| Diced Carrots                    | 40g      |
| Diced Mixed Peppers              | 40g      |
| Chopped Tomatoes                 | 160g     |
| Tomato Paste                     | 32g      |
| Dried Mixed Herbs                | 0.8g     |
| Hot Water                        | 120ml    |
| Caster Sugar                     | 2g       |
| Vegetable Flavour Bouillon Paste | 8g       |
| Cornflour                        | 2g       |
| Cold Water                       | 2ml      |
| Vegan Meatballs                  | 16 x 14g |

### METHOD

Oven Temp 200 °C

1. Sauté onions and carrots in the oil until they are soft.
2. Add remaining ingredients to pan (except for cornflour, cold water, roll and vegeballs).
3. Cook until the vegetables are tender.
4. Blend the sauce until it is smooth,
5. Combine cornflour and cold water to form a paste, stir into sauce until thickened.
6. Preheat oven, place vegan meatballs onto a preheated baking tray in the centre of the oven and cook for 12-14mins. Turning once half-way through cooking.
7. Combine sauce and vegeballs.
8. Place in finger roll.

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## Veggie Nuggets

Serves 4

### INGREDIENTS

|                                       |       |
|---------------------------------------|-------|
| Grated Carrot                         | 90g   |
| Diced Onion - 10mm                    | 50g   |
| Chives                                | 2g    |
| Sweetcorn in water                    | 65g   |
| Mozzarella & Cheddar Cheese Mix 70/30 | 60g   |
| Garlic Purée                          | 4g    |
| Paprika                               | 1g    |
| Ground Black Pepper                   | Pinch |
| Baking Powder                         | 1g    |
| Breadcrumbs Uncoloured                | 70g   |
| Cold Water                            | 15ml  |

### METHOD

Oven Temp 180 °C

1. Open and drain all vegetables.
2. Combine all dry ingredients, hold back a third of breadcrumbs.
3. Cut or chop chives into small pieces.
4. Combine all ingredients, except remaining breadcrumbs.
5. Allow sufficient time for breadcrumbs to soak up liquid.
6. Shape mixture into preferred shape and size.
7. Pass through remaining breadcrumbs.
8. Place bites onto tray and spray the top of the bites with oil.
9. Bake for approx 20-25 minutes.

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## Sweet Potato & Coconut Curry

Serves 4

### INGREDIENTS

|                              |                |
|------------------------------|----------------|
| Diced Onions                 | 40g            |
| Diced Carrots                | 40g            |
| Garlic Puree                 | 8g             |
| Ginger                       | 0.8g           |
| Turmeric                     | 1.2g           |
| Cinnamon                     | 1.6g           |
| Coconut Milk                 | 60ml           |
| Hot Water                    | 120ml          |
| Vegetable flavoured Bouillon | 6g             |
| Diced Sweet Potatoes         | 100g           |
| Sliced Green Beans           | 80g            |
| Diced Mixed Peppers          | 80g            |
| Chickpeas in Water           | 120g (drained) |
| Cornflour                    | 16g            |
| Cold water for Cornflour     | 16ml           |

### METHOD

1. Dissolve vegetable bouillon in hot water, stir until dissolved in a pan.
2. Add coconut milk, onions, carrots, garlic and spices.
3. Simmer gently until vegetables are soft.
4. Blitz until smooth.
5. Add drained chickpeas, peppers, green beans and sweet potato.
6. Simmer until vegetables are just cooked.
7. Combine cornflour and cold water to form a paste, add to pot and stir in, cook until vegetable are cooked.

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## Coleslaw

Serves 4

### INGREDIENTS

|                      |       |
|----------------------|-------|
| White Cabbage        | 100g  |
| Carrots              | 55g   |
| Red Onions           | 30g   |
| Hellman's Light Mayo | 55ml  |
| Ground Black Pepper  | pinch |

### METHOD

1. Shred cabbage and grate carrots.
2. Finely slice onions.
3. Mix all ingredients together with mayonnaise and chill.

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## Mixed Salad

Serves 4

### INGREDIENTS

|                 |     |
|-----------------|-----|
| Iceberg Lettuce | 80g |
| Cherry Tomatoes | 80g |
| Cucumber        | 80g |

### METHOD

1. Finely shred iceberg.
2. Dice cucumber, (approx. 1-1.5cm dice)
3. 1/4 or 1/2 cherry tomatoes depending on size
4. Mix together, serve chilled

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## Gingerbread Sponge

Serves 4

### INGREDIENTS

|                              |      |
|------------------------------|------|
| Reduced Sugar Plain Cake Mix | 100g |
| Free Range Whole Liquid Egg  | 36g  |
| Extended Life Rapeseed Oil   | 36ml |
| Cold Water                   | 10ml |
| Mixed Spice                  | 0.4g |
| Ground Ginger                | 0.8g |
| Treacle                      | 15g  |
| Solid Pack Apples            | 20g  |

### METHOD

Oven Temp 180°C

1. Finely chop or puree apple, set aside.
2. Place dry cake mix, spices & treacle in bowl fitted with a beater.
3. Add egg and water, mix at slow speed over 1 minute, scrape down.
4. Beat for 3 minutes on second speed.
5. Add oil and apple, mix at slow speed over 1 minute, scrape down.
6. Beat for 3 minutes on second speed.
7. Spread into tins.
8. Bake in oven for approx 25 minutes.

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## Marble Sponge

Serves 4

### INGREDIENTS

|                             |      |
|-----------------------------|------|
| Extra Moist Cake Mix        | 50g  |
| Free Range Whole Liquid Egg | 18g  |
| Extended Life Rapeseed Oil  | 18ml |
| Cold Water                  | 11ml |

|                                |      |
|--------------------------------|------|
| Chocolate Extra Moist Cake Mix | 50g  |
| Free Range Whole Liquid Egg    | 18g  |
| Extended Life Rapeseed Oil     | 18ml |
| Cold Water                     | 11ml |

### METHOD

Oven Temp 180°C

Mix both batches separately.

1. Place dry cake mix in bowl fitted with a beater.
2. Add egg and approx half water, mix at slow speed over 1 minute, scrape down.
3. Beat for 3 minutes on second speed.
4. Add oil and remaining water, mix at slow speed over 1 minute, scrape down.
5. Beat for 3 minutes on second speed.
6. Place into tins. Swirl in both mixes gently to give a marble effect.
7. Bake in an oven for approx. 25 minutes or until cooked.

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## Oatie Biscuit

Serves 4

### INGREDIENTS

|                        |      |
|------------------------|------|
| Porridge Oats          | 32g  |
| Desiccated Coconut     | 23g  |
| Flour Plain            | 42g  |
| Caster Sugar           | 16g  |
| Sunflower Light Spread | 42g  |
| Syrup Golden           | 23g  |
| Bicarbonate of Soda    | 1.5g |
| Hot Water              | 10ml |

### METHOD

Oven Temp 160°C

1. Melt sunflower spread & syrup together.
2. Combine oats, sugar, coconut & flour.
3. Dissolve bicarbonate of soda with boiling water,
4. then add to butter mixture.
5. Mix wet ingredients into the dry ingredients.
6. Portion into required size, place onto lightly oiled foil container,
7. Slightly flatten biscuit.
8. Bake for approx. 10-12 mins

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## Shortbread

Serves 4

### INGREDIENTS

|              |     |
|--------------|-----|
| Icing Sugar  | 32g |
| Stork Spread | 64g |
| Flour Plain  | 64g |
| Cornflour    | 32g |

### METHOD

Oven Temp 180°C

1. Sift all dry ingredients except for caster sugar in mixer, add stork.
2. Carefully mix until pastry dough is formed. Advisable to chill for approx 30 minutes before rolling.
3. Roll out approx 1 cm thick - cut with 68mm cutter.
4. Bake for 18-20 minutes.
5. Leave to cool.

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## Tiffin

Serves 4

### INGREDIENTS

|                          |      |
|--------------------------|------|
| Stork Spread             | 25g  |
| Milk Condensed           | 68g  |
| Digestive Biscuits       | 118g |
| Fat Reduced Cocoa Powder | 6g   |

### METHOD

1. Melt stork.
2. Crush digestive biscuits leaving some larger pieces.
3. Place biscuits, cocoa, condensed milk and melted stork in a mixer and gently mix.
4. Spread into baking tin and chill approx. 30 minutes

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## Vanilla Sponge

Serves 4

### INGREDIENTS

|                             |      |
|-----------------------------|------|
| Cake Mix—Plain Extra Moist  | 250g |
| Egg—Whole Liquid—Free Range | 90g  |
| Oil—Rapeseed                | 90ml |
| Cold Water                  | 50ml |
| Vanilla Essence             | 5ml  |

### METHOD

Oven Temp—180oC

1. Place dry cake mix in bowl fitted with a beater.
2. Add egg and approx half of the water and vanilla essence.
3. Mix at slow speed over 1 minute, scape down.
4. Beat for 3 minutes on second speed.
5. Add oil and remaining water, mix at slow speed over 1 minute, scape down.
6. Beat for 3 minutes on second speed.
7. Spread into baking tin.
8. Bake in oven for approx, 25 minutes or until cooked.

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## Gingerbread Cookie

Serves 4

### INGREDIENTS

|                  |           |
|------------------|-----------|
| Cookie Mix—Plain | 115g      |
| Mixed Spice      | pinch     |
| Ginger           | 2 pinches |
| Cold Water       | 10ml      |
| Black Treacle    | 5g        |

### METHOD

Oven Temp—190oC

1. Place the weighed out mix in a mixing bowl
2. Select the beater attachment.
3. Add water to mix and blend for 1 min. on slow speed until dough is formed. Do not overmix. Blend for a further 1 min. on medium speed.
4. To portion, form the dough into a roll 2” in diameter, wrap in cling fil and chill for 25 mins in the fridge.
5. Slice into 1cm/1/2” thick portions and place on a greased baking tray.
6. 9-11 mins for soft, chewy cookies or 13-15 mins for crispy ones.
7. Leave on tray to cool for 2-3 mins before transferring them to a cooling rack.

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## Chocolate Sponge

Serves 4

### INGREDIENTS

|                             |      |
|-----------------------------|------|
| Cake Mix—Chocolate RS       | 100g |
| Egg—Whole Liquid—Free Range | 36g  |
| Oil—Rapeseed                | 36ml |
| Cold Water                  | 22ml |

### METHOD

Oven Temp—190oC

1. Place the weighed out mix in a mixing bowl
2. Select the beater attachment.
3. Add egg and approx. half of the water, mix at slow speed over 1 minute, scape down.
4. Beat for 3 minutes on second speed.
5. Add oil and remaining water, mix at slow speed over 1 minute, scrape down.
6. Beat for 3 minutes on second speed, mix well.
7. Scale into muffin cases or a baking tin.
8. Bake for approximately 30-35 minutes.

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