S1

Healthy Eating

Recipe Book

Perth Grammar School



**Minestrone Soup**

**Ingredients**

½ onion

Small carrot

Piece celery

¼ green pepper

15ml frozen peas or sweetcorn

2 x 15ml tinned tomatoes

5ml tomato puree

400ml water

1 stock cube

2.5ml mixed herbs

25g pasta shapes

**Method**

1 Peel onion and carrot, wash pepper and celery

2 Chop onion, slice pepper and celery, grate carrot

3 Add water and stock cube to pot

4 Stir in all the ingredients **except the pasta**

5 Stir well and bring to boil on high heat

6 Reduce heat and simmer the soup (lid on) for 15mins

7 Add the pasta and cook for a further 15mins

8 Serve piping hot

**Quorn Stir Fry**

**Ingredients**

1 fillet of Quorn ½ onion

¼ small green pepper

15ml spoon oil

15ml spoon soy sauce

50g long grain rice

**Method**

1. Half fill pan with boiling water and cook rice for 12-15 minutes. When the rice is cooked, drain and put in your container.
2. Prepare vegetables:

Slice the pepper into strips;

Peel and slice the onion;

1. Cut the Quorn fillet into thin strips.
2. Heat the oil in the wok. Gently fry the Quorn strips until lightly coloured.
3. Add the vegetables to the frying pan and stir fry for 3-4 minutes.
4. Pour in the soy sauce and cook for a further minute.
5. Arrange the ingredients on top of the rice.



**Potato Wedges with Salsa Dip**

**Ingredients**

1 medium potato

15ml vegetable oil

15ml mixed herbs **or** paprika

30ml chopped tomato

¼ red onion

¼ yellow pepper

**Method**

1. Set oven to 200’C or Gas mark 6.
2. Collect equipment.
3. Collect ingredients.
4. Cut potato into wedge shapes.
5. Put the oil, wedges and either the mixed herbs or paprika in a large bowl and mix well.
6. Lay the wedges on a baking tray and cook for 20 min.
7. While the wedges are cooking – finely chop the onion and pepper and mix with the chopped tomatoes.
8. Serve the wedges with the salsa on the side.

**Pasta with Tomato Sauce**

**Ingredients**

50g pasta shapes

½ a carrot

½ an onion

15ml vegetable oil

200ml chopped tomatoes

½ vegetable stock cube

5ml mixed herbs

**Method**

1. ½ fill a large pan with water and put on a high heat until it comes to the boil.
2. Whilst you are waiting peel and chop the carrot in to small pieces.
3. Finely chop the onion.
4. Add the pasta to the boiling water and cook for 12-15 minutes (until al dente)
5. Heat the oil in a small pan for 2 minutes and then add the carrots and onion. Fry for 4-5 minutes.
6. Add the chopped tomatoes, stock cube and mixed herbs and simmer for 10 minutes. (Add a little water if the sauce becomes too dry)
7. Drain the pasta and serve with the sauce on top.

**Apple and Sultana Cakes**

**Ingredients**

50g soft margarine

50g caster sugar

50g SR flour

1 egg

½ eating apple

25g sultanas

**Method**

1. Set oven to 180’C or Gas mark 5.
2. Cream margarine and sugar in large bowl until light and fluffy.
3. Beat egg in a cup, sieve flour on to a plate and grate the apple on a chopping board
4. Beat in the flour and eggs into the margarine and sugar mixture until smooth. Beat in the apple and sultanas.
5. Divide the mixture evenly between 6 paper cases.
6. Bake in the oven until they spring back when touched and are golden brown.

**Chilli Pockets**

**Ingredients:**

1 pitta bread

½ onion

50g mince

2.5 ml spoon chilli powder

3 tablespoons chopped tomatoes

50g kidney beans

100mls beef stock

**Method:**

1. Peel and finely chop the onion.
2. Measure the stock in the jug; add the chilli powder, tomatoes and kidney beans.
3. Place the mince in the stew pan and brown on a low heat; stirring continuously with a wooden spoon.
4. Add the chopped onion and cook for 2 minutes.
5. Add the contents of the jug to the stew pan, bring to the boil.
6. Reduce the heat and simmer for 15 minutes.
7. Slit the pitta bread lengthways and place in your container.
8. Fill the pitta bread with the mince mixture and serve.

**Healthy Apple Crumble**

**Ingredients:**

25g plain flour

25g plain wholemeal flour

50g rolled oats

25g margarine

25g caster sugar

1 apple

**Method:**

1. Set oven to 200’C or Gas mark 6.
2. Chop the apple into small pieces and place in your oven-proof dish.
3. Measure the flour and margarine into a baking bowl, rub-in the margarine until the mixture looks like breadcrumbs.
4. Stir in the caster sugar and oats.
5. Sprinkle the crumble mix over the top, do not flatten this.
6. Bake until golden brown.

**Fish Goujons**

**Ingredients – Between 2**

2 pieces of white fish

1 egg

25g plain flour

50g golden breadcrumbs

**Method**

1. Set oven to 200’C or Gas mark 6.
2. On a red chopping board chop the fish into long dipper shapes.
3. Measure the flour and put it on a paper towel.
4. Measure the golden breadcrumbs and put them on a separate paper towel.
5. Beat the egg in a small bowl.
6. Then coat each piece of fish by dipping it in the flour, then the egg and then covering it in the golden breadcrumbs.
7. Lay the coated fish goujons on a greased baking tray and bake for approximately 15-20 minutes.

**Easter Nests**

**Ingredients-Between 2**

8 Shredded Wheat biscuits

250g milk chocolate

100g mini eggs

Bun cases

**Method**

1. Crush the shredded wheat biscuits into a bowl using your hands.
2. Break or chop the chocolate into pieces and melt in a glass bowl over boiling water. Remove from heat when it is melted.
3. Pour the shredded wheat on top of the melted chocolate and mix together.
4. When mixed and all the shredded wheat is covered with chocolate, spoon the mixture into bun cases and press down in the middle of each to create a place for the eggs.
5. Press 2 or 3 mini eggs into each nest.
6. Leave to set.