

Spanish Chicken, with rice and broccoli



Serves: 4 **Cost per serving*:** 84p

Portions of fruit and vegetables per serving: 2.5

Allergens: Celery

Ingredients

- 8 chicken thighs, skin on and bone in
- 1 large onion, thinly sliced
- 2 tsp paprika
- Zest and juice of 1 lemon
- 150 ml chicken stock
- 300g brown basmati rice (or white)
- Broccoli, or any other green vegetable

Method

1. Heat oven to 190C/170C fan/Gas Mark 5.
2. Place the chicken thighs, onion, paprika, lemon zest and juice into a large, wide ovenproof dish and pour over the chicken stock. Mix everything together.
3. Bake for 20 minutes; remove from the oven, give it a good mix again and turn the chicken skin side up. Return to the oven for a further 25 minutes.
4. Cook your rice according to the packet instructions, and boil/steam your chosen vegetable.
5. Serve your Spanish Chicken with the cooked rice and green vegetable on the side.

Each 566g portion contains:

ENERGY	FAT	SATFATS	SUGARS	SALT
839kcal 3517kJ	36g	9.7g	9.5g	0.44g
42%	51%	49%	11%	7%

of an adult's reference intake

Typical energy as sold per 100g: 148kcal/621kJ



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Chilli Pork Noodles



Serves: 4 **Cost per serving*:** 91p

Portions of fruit and vegetables per serving: 2

Allergens: Gluten | Wheat | Soya

Ingredients

- 250g wholewheat noodles (or other noodles)
- 1 tbsp vegetable oil
- 500g pork mince
- 400g can of chopped tomatoes
- 1 onion, sliced
- 1 clove of garlic, crushed
- 1 tsp chilli powder
- 1 red pepper, deseeded and sliced (or a handful of frozen sliced peppers)
- 3 tbsp soy sauce (reduced salt if possible)

Each 370g portion contains:

ENERGY	FAT	SATFATS	SUGARS	SALT
459kcal 1925kJ	17g	5g	9g	1.8g
23%	24%	25%	10%	30%

of an adult's reference intake

Typical energy as sold per 100g: 124kcal/520kJ

Method

1. Cook your noodles according to the packet instructions; drain and set aside. (If you are using fresh egg noodles then they won't need pre-cooking – just add them at the end)
2. Heat the oil in a large frying pan until hot.
3. Add the onion, garlic, chilli powder and mince and stir fry over a high heat for around 12-15 minutes until the mince is brown all over.
4. Add the red pepper and fry for a further two minutes.
5. Add the tomatoes and cook for a further three minutes.
6. Stir in the cooked noodles and soy sauce; heat through and serve immediately.



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Tuna Pasta Bake



Serves: 4 **Cost per serving*:** 75p

Portions of fruit and vegetables per serving: 1.5

Allergens: Milk | Fish | Gluten | Wheat

Ingredients

- 1 can of Cream of Tomato soup
- 100ml semi skimmed milk
- 300g wholemeal pasta (or white)
- 2 cans of tuna, drained
- 1 can of sweetcorn, drained
- Black pepper, to taste
- 80g reduced fat cheddar cheese, grated

Method

1. Cook the pasta as per the packet instructions.
2. Pour the soup and milk into a large saucepan and bring to the boil, stirring frequently.
3. Add the cooked, drained pasta, tuna, sweetcorn and black pepper to the pan, and simmer (bubble gently) for 1 minute stirring continuously.
4. Pour the mixture into an ovenproof dish, and top it with grated cheese.
5. Place the dish under the grill for 5 minutes or until the cheese is golden.

Each 382g portion contains:

ENERGY	FAT	SATFATS	SUGARS	SALT
452kcal 1904kJ	9.8g	3.8g	7.4g	1.1g
23%	14%	19%	8%	18%

of an adult's reference intake

Typical energy as sold per 100g: 118kcal/499kJ



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Creamy Chicken and Rice Casserole



Serves: 4 **Cost per serving*:** 99p

Portions of fruit and vegetables per serving: 1

Allergens: Milk | May contain gluten/wheat

Ingredients

- 1 can of Cream of Chicken soup
- 300ml water
- 1 medium onion, chopped
- 125g long grain rice
- 240g frozen mixed vegetables
- 4 chicken breast fillets, skinless (frozen)
- 80g reduced fat cheddar cheese, grated
- Black pepper, to taste

Each 489g portion contains:

ENERGY	FAT	SATFATS	SUGARS	SALT
412kcal 1739kJ	10g	3.7g	5.5g	1.2g
21%	14%	19%	6%	20%

of an adult's reference intake

Typical energy as sold per 100g: 84kcal/356kJ

Method

1. Preheat the oven to 190C/375F/Gas Mark 5.
2. In a large ovenproof dish mix the soup, water, onion, rice, frozen vegetables and black pepper.
3. Add the chicken breasts and mix again.
4. Bake in the oven for 50 minutes or until the chicken is cooked through and the rice is tender.
5. Top the chicken dish with the grated cheese and place under the grill for 5 minutes until the cheese is golden brown.



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Sausage and Bean Casserole



Serves: 4 **Cost per serving*:** 81p

Portions of fruit and vegetables per serving: 3

Allergens: Celery | Milk | May contain wheat/gluten | May contain sulphites

Ingredients

- 1 tablespoon vegetable oil
- 8 pork or vegetarian sausages (reduced fat)
- 1 small onion, chopped
- 2 garlic cloves, crushed
- 400g tin chopped tomatoes
- 400ml chicken stock (reduced salt if possible)
- 2 teaspoons smoked paprika
- 400g tin cannellini beans, drained and rinsed
- 400g tin mixed peas and carrots, drained

Each 345g portion contains:

ENERGY	FAT	SATFATS	SUGARS	SALT
288kcal 1208kJ	8.5g	2.2g	9.5g	1.9g
14%	12%	11%	11%	32%

of an adult's reference intake

Typical energy as sold per 100g: 83kcal/350kJ

Method

1. Heat the oil in a large lidded frying pan or flameproof casserole dish. Add the sausages and cook for 5 minutes over a medium-high heat, turning regularly. When they are brown all over remove them from the pan and set aside.
2. Turn the heat down to medium and add the onions and garlic. Cook for 5 minutes until just softened.
3. Turn the heat up to medium-high and return the sausages to the pan with the tomatoes, paprika and stock, and stir well. Bring to the boil, and then reduce the heat back to medium and leave to simmer for 20 minutes, until the sauce has thickened.
4. Stir in the beans and tinned vegetables.
5. Put the lid on and cook for a further 5 minutes.



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Chicken Tray Bake



Serves: 4 **Cost per serving*:** £1.00

Portions of fruit and vegetables per serving: 3

Allergens: Celery

Ingredients

- 1kg chicken thighs, skin removed
- 500g sweet potato, peeled and cut into chunks
- 2 red onions, peeled and cut into wedges
- 350g broccoli, broken into florets
- 8 garlic cloves, unpeeled
- 1.5 tablespoons vegetable oil
- 2 teaspoons smoked paprika
- Juice of 1 lemon
- 150ml chicken stock (reduced salt if possible)

Method

1. Preheat the oven to 190C/170C (fan)/Gas Mark 5.
2. Add the chicken, sweet potato, onions, broccoli and garlic cloves to a large roasting pan or tin.
3. Pour the vegetable oil and lemon juice over the ingredients in the tin, sprinkle over the paprika and using your hands mix well to coat everything.
4. Place in the oven and bake for 20 minutes.
5. After 20 minutes take the dish out of the oven, give it all a good shake and pour in the stock. Pop it back in the oven for a final 20-25 minutes until the chicken is cooked through and the vegetables are tender.

Each 275g portion contains:

ENERGY	FAT	SATFATS	SUGARS	SALT
449kcal 1892kJ	9g	2.6g	23g	0.23g
22%	13%	13%	26%	4%

of an adult's reference intake

Typical energy as sold per 100g: 163kcal/688kJ



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Fantastic Family Frittata



Serves: 4 **Cost per serving*:** 62p

Portions of fruit and vegetables per serving: 1

Allergens: Eggs | Milk

Ingredients

- 1 tablespoon vegetable oil
- 8 medium eggs
- 567g tin of new potatoes, sliced
- 1 medium onion, sliced
- 150g frozen mixed sliced peppers (or replace with any tinned vegetable e.g. mushrooms)
- 100g peas (frozen or tinned)
- 1 teaspoon smoked paprika
- 80g cheddar cheese, reduced fat, grated
- Black pepper, to taste

Each 332g portion contains:

ENERGY	FAT	SATFATS	SUGARS	SALT
382kcal 1600kJ	18g	6.5g	5.7g	0.93g
19%	26%	33%	6%	16%

of an adult's reference intake

Typical energy as sold per 100g: 115kcal/482kJ

Method

1. Preheat the oven to 200C/Gas Mark 7.
2. Place an ovenproof frying pan over a medium heat and add the vegetable oil. Fry the onions for 5 minutes until just softened, and then add the paprika and sliced new potatoes. Fry for 2 minutes.
3. Add the peppers and peas to the pan and fry for 3 more minutes.
4. Break the eggs into a jug and beat a little with a fork or whisk. Season with black pepper and pour into the pan. Stir gently and cook for 2-3 minutes until the egg just starts to set around the edges.
5. Scatter the cheese over the frittata and pop into the oven to bake for 8-10 minutes, or until golden brown, and just set. Leave to cool for 2 minutes before running a spatula or knife round the edge and sliding the frittata out onto a board or plate.



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Butter Bean Stew with Rice



Serves: 4 **Cost per serving*:** 79p

Portions of fruit and vegetables per serving: 6

Allergens: Celery

Ingredients

- 1 tablespoon vegetable oil
- 2 red onions, chopped
- 200g mixed sliced frozen peppers (or replace with any tinned vegetable e.g. mushrooms)
- 2 medium carrots, chopped (or tinned)
- 150ml vegetable stock (reduced salt if possible)
- 2 tablespoons tomato puree
- 2 x 400g tin chopped tomatoes
- 400g tin of butter beans
- 400g tin of kidney beans
- 200g frozen spinach (or tinned)
- 1.5 tablespoons garam masala
- 300g brown (or white) basmati rice

Method

1. Heat the oil in a deep casserole dish or frying pan over a medium heat. Add the onions, leek, peppers and carrots and fry for about 5 minutes until softened.
2. Stir in the stock, tinned tomatoes and tomato puree and bring to the boil. Turn the heat down and simmer for 15 minutes.
3. While your stew simmers put your rice on to cook, following your packet instructions.
4. Once the stew has simmered for 15 minutes, add the butter beans and red kidney beans and cook for a further 10 minutes.
5. Stir the spinach and garam masala into the stew and heat through. Season to taste with black pepper.
6. Serve with your cooked basmati rice.

Each 700g portion contains:

ENERGY	FAT	SATFATS	SUGARS	SALT
588kcal 2481kJ	7g	1g	20g	0.33g
29%	10%	5%	22%	6%

of an adult's reference intake
Typical energy as sold per 100g: 84kcal/354kJ



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Creamy Broccoli Pasta Bake



Serves: 4 **Cost per serving*:** 63p

Portions of fruit and vegetables per serving: 1.5

Allergens: Milk | Gluten | Wheat | May contain eggs

Ingredients

- 300g wholemeal pasta
- 1 can of Cream of Mushroom soup
- 100ml semi skimmed milk
- 320g broccoli florets, fresh or frozen*
- 1 tin of sweetcorn, drained
- 125g mozzarella cheese, grated
- Black pepper, to taste

* If you don't have fresh broccoli you could leave out and add another tin of vegetables in with the sweetcorn. Tinned mushrooms would work well.

Method

1. Cook the pasta in a large saucepan as per the packet instructions, adding the broccoli florets for the last four minutes.
2. Preheat the oven to 180C/Gas Mark 4.
3. Drain the pasta and broccoli and return to the warm pan.
4. Stir in the soup, milk, black pepper, sweetcorn and 100g of the mozzarella cheese. Give it a good mix and pour into a shallow ovenproof dish.
5. Sprinkle the remaining mozzarella over the top and place in the oven for 25 minutes, or until hot and bubbling.

Each 377g portion contains:

ENERGY	FAT	SATFATS	SUGARS	SALT
454kcal 1907kJ	13g	4.7g	6.6g	1.2g
23%	19%	24%	7%	20%

of an adult's reference intake

Typical energy as sold per 100g: 120kcal/506kJ



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Chickpea Ratatouille



Serves: 4 **Cost per serving*:** 68p

Portions of fruit and vegetables per serving: 3.5

Allergens: Gluten | Wheat

Ingredients

- 1 tablespoon vegetable oil
- 1 red onion, sliced
- 1 small aubergine, cut into chunks
- 1 courgette, cut into chunks
- 1 garlic clove, crushed
- ½ tsp chilli flakes
- 1 tsp cumin
- 400g tin chopped tomatoes
- 400g tin chickpeas, drained
- Black pepper, to taste
- 150g couscous

Each 310g portion contains:

ENERGY	FAT	SATFATS	SUGARS	SALT
309kcal 1303kJ	6.3g	0.7g	8.6g	0.13g
15%	9%	4%	10%	2%

of an adult's reference intake

Typical energy as sold per 100g: 100kcal/420kJ

Method

1. Heat the oil in a large casserole or saucepan on a medium heat. Add the red onion and fry until softened, around 5 minutes.
2. Turn the heat up high and add the aubergine chunks. Fry until browned. Then add the courgette and fry for a further minute.
3. Turn the heat back down to medium and add the garlic, chilli and cumin. Fry for another minute.
4. Add the chopped tomatoes, and half a tin of water, and bring to the boil. Add the chickpeas and turn the heat down low to simmer. Cook for 10 minutes stirring occasionally.
5. Prepare the couscous by placing it in a bowl and pouring over 200ml boiling water. Cover the bowl and leave to stand for 5 minutes. After 5 minutes take off the cover and fluff with a fork. Leave to stand for a further 5 minutes.
6. Serve the Chickpea Ratatouille with the couscous.



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Creamy Mushroom Risotto



Serves: 4 **Cost per serving*:** 56p

Portions of fruit and vegetables per serving: 1.5

Allergens: Gluten | Celery | Milk

Ingredients

- 1 tbsp. vegetable oil
- 300g white basmati rice
- 1 tin of cream of mushroom soup
- 1 medium onion, chopped
- 1 tin of garden peas
- 1 tin of sliced mushrooms (or any other tinned vegetable you have)
- 500ml vegetable stock (reduced salt if possible)
- Black pepper, to taste

Method

1. Heat the oil in a saucepan over a medium-high heat and fry the onion until softened.
2. Add the rice to the pan and stir well so that it becomes coated in the oil.
3. Pour in the soup. Bring almost to the boil and then reduce the heat to a simmer.
4. Gradually add the vegetable stock a little at a time, letting it fully absorb before adding more each time. Add all of the stock over 20 minutes, stirring and watching to make sure it doesn't stick.
5. When all the stock has been used, and the rice is nice and tender, add the tinned peas and mushrooms, and warm through.
6. Season to taste with black pepper.

Each 493g portion contains:

ENERGY	FAT	SATFATS	SUGARS	SALT
394kcal 1664kJ	4.5g	0.7g	5.8g	1.1g
20%	6%	4%	6%	18%

of an adult's reference intake

Typical energy as sold per 100g: 80kcal/338kJ



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Sweet Potato Dhal with Naan



Serves: 4 **Cost per serving*:** 87p

Portions of fruit and vegetables per serving: 2

Allergens: Celery | Gluten | Wheat | Sesame | Milk

Ingredients

- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 garlic clove, crushed
- Thumb-sized piece of ginger, grated
- 1 red chilli, de-seeded and finely chopped
- 1.5 teaspoons turmeric
- 1.5 teaspoons ground cumin
- 2 sweet potatoes (fresh or tinned), peeled and cut into even bite-sized pieces
- 250g red split lentils, rinsed
- 600ml vegetable stock (reduced salt if possible)
- 80g spinach (fresh, frozen or tinned)
- 4 wholemeal/white Chappatis or Naan

Each 373g portion contains:

ENERGY	FAT	SATFATS	SUGARS	SALT
631 kcal 2662kJ	10g	1.4g	13g	0.77g
32%	14%	7%	14%	13%

of an adult's reference intake

Typical energy as sold per 100g: 169kcal/714kJ

Method

1. Heat the oil in a large saucepan.
2. Add the onion and cook over a medium-low heat for 10 minutes, until softened, stirring occasionally.
3. Add the garlic, ginger and red chilli, and cook for 1 minute before adding the turmeric and cumin. Cook for 1 minute more.
4. Turn up the heat to medium-high and add the sweet potatoes, stirring to coat them in the spice mixture.
5. Add the red lentils, vegetable stock and season with black pepper.
6. Bring to the boil, then reduce the heat to low, cover and cook for around 20 minutes. The lentils and potatoes should be just tender.
7. Taste and adjust the seasoning, and gently stir in the spinach until wilted. Serve with your chosen bread.



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