

Recipe
8

Serves
6+

Roast Chicken



Ingredients

1 x 2-3kg whole chicken or legs
(enough for the group)

Equipment

1 Baking tray and a knife or skewer.

Method

1. Preheat the oven to 190°C or Gas Mark 5.
2. The chicken could be stuffed with onion, lemon and garlic to add flavour. Chicken legs require around 30-40 minutes.
3. Put the chicken into the baking tray. Place it into the oven and roast for 1 - 1 ½ hours. Chicken legs require around 30-40 minutes.
4. Check that the chicken is cooked completely by piercing the thickest part of the leg with a clean knife or skewer. The chicken is cooked when the juices run clear.

Options

Use lemons, garlic or stuffing mixture to add extra flavour to the chicken.

Nutrition Information

Roast Chicken	per 100g	per portion (leg, no skin)
Energy (kJ)	736	1075
Energy (kcal)	176	257
Protein (g)	25.0	36.5
Fat (g)	8.4	12.3
of which saturates (g)	2.3	3.4
Carbohydrate (g)	0	0
of which sugars (g)	0	0
Fibre (g)	0	0
Sodium (mg)	75	109
Salt (g)	0.2	0.3

Notes

Key Messages

Healthy eating

- Roast chicken is an excellent source of protein. By removing the skin before eating, you can reduce the fat content by 60%.
- If you brush chicken with oil, use a healthy oil, such as olive or sunflower. Set the chicken on a rack in the roasting tin, so excess fat can drain away.

Money

- Leftover cooked chicken, stored correctly in the fridge, can be used the next day to make a sandwich, or put in a salad or on a pizza.
- Use chicken legs or thighs, these cuts of chicken are cheaper than breasts.

Food safety

- Keep raw chicken on the bottom shelf of the fridge until required.
- Thaw frozen chicken in the fridge, not on the countertop. A 2kg chicken will take approximately 24 hours to thaw thoroughly.
- Refrigerate chicken immediately when returning home from shopping.

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Serves
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Nut Roast



Ingredients

200g (8oz) ground nuts
100g (4oz) nuts, chopped
300g (12oz) mixture of root vegetables, e.g. potato, carrot, parsnip
1 onion, chopped
1x15ml spoon (1 Tablespoon) oil
2 medium eggs
1x5ml spoon (1 teaspoon) mixed herbs

Equipment

Chopping board, knife, frying pan, measuring spoon, loaf tin and grease proof paper.

Method

1. Preheat the oven to 170°C, Gas Mark 3.
2. Line loaf tin with grease proof paper.
3. Fry the vegetables and onion in oil for 10 minutes.
4. Mix the vegetables with the other ingredients.
5. Press the mixture into the loaf tin and bake for 1 hour.

Nutrition Information

Nut Roast	per 100g	per recipe	per portion ($\frac{1}{4}$ recipe)
Energy (kJ)	1117	9874	2468
Energy (kcal)	267	2360	590
Protein (g)	10.1	89.7	22.4
Fat (g)	21.7	192.0	48.0
of which saturates (g)	3.5	30.6	7.6
Carbohydrate (g)	8.5	75.0	18.7
of which sugars (g)	3.9	34.1	8.5
Fibre (g)	3.2	28.4	7.1
Sodium (mg)	126	1110	277
Salt (g)	0.3	2.8	0.7

Notes

Key Messages

Healthy eating

- The nuts in the nut roast are a good source of protein and provide vitamins and minerals such as vitamin E and potassium.

Money

- Nuts can be relatively expensive, so keep the cost down of the other ingredients by using frozen or canned vegetables, or those in season.

Food safety

- Wash fresh vegetables thoroughly and peel when necessary.

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Serves
6+

Roast Dinner Extras



Roast Potatoes

Ingredients

4 potatoes, oil

Equipment

Baking dish, saucepan, colander and large spoon.

Method

1. Preheat the oven to 200°C or Gas Mark 6.
2. Peel the potatoes.
3. Cut the potatoes into the same size.
4. Place in a saucepan with water, bring to the boil and simmer for 5 minutes.
5. Drain the potatoes. Place baking tray, with oil, into oven to warm.
6. Place potatoes on hot tray and roast for 40-45 minutes, turning occasionally until brown and crispy.

Options

Remember to serve lots of different vegetables with your roast dinner.

Stuffing

Ingredients

1 onion, chopped
100g (4oz) breadcrumbs
25g (1oz) butter or margarine
1x5ml spoon (1 teaspoon) parsley
1x5ml spoon (1 teaspoon) thyme
1 egg

Equipment

Measuring spoons, chopping board, knife, baking dish, mixing bowl and mixing spoon.

Method

1. Mix all the ingredients together to form a firm paste.
2. Place into a greased dish and bake for 10-15 minutes with the chicken or nut roast.

Gravy

Ingredients

½ onion, finely chopped
25g (1oz) plain flour
1x15ml spoon (1 Tablespoon) oil
425ml (¾ pint) stock (water and stock cube)

Equipment

Measuring spoon, mixing spoon, chopping board, knife and saucepan.

Method

1. Fry the onion in oil for 5 minutes.
2. Add flour and stir into a paste.
3. Gradually add stock, stirring until thickened.
4. Simmer for 5 minutes. Season.

Nutrition Information

Roast Dinner Extras	per 100g	per portion
Energy (kJ)	474	2368
Energy (kcal)	113	566
Protein (g)	2.7	13.6
Fat (g)	4.2	21.2
of which saturates (g)	0.6	2.8
Carbohydrate (g)	17.2	85.9
of which sugars (g)	1.5	7.3
Fibre (g)	1.8	8.8
Sodium (mg)	108	542
Salt equivalent (g)	0.3	1.4

• Calculation based on 3 roast potatoes, a portion of stuffing, 3 Tablespoons of gravy and serving of broccoli and carrots.

Notes

Key Messages

Healthy eating

- Cut the potatoes thicker so the surface area on the potatoes is reduced and less fat is absorbed.
- Serve with lots of vegetables to add variety. e.g. Brussel sprouts, peas, red cabbage.

Money

- Use vegetables in season or frozen vegetables.

Food safety

- Always wash fresh vegetables thoroughly to remove dirt and peel where necessary.
- Take care when removing hot items from the oven and always use oven gloves.



Fruit Crumble



Ingredients

500g (1lb) cooking apples
75g (3oz) flour
25g (1oz) oats
100g (4oz) sugar
50g (2oz) butter or margarine,
 $\frac{1}{2}$ x 5 ml spoon ($\frac{1}{2}$ teaspoon)
cinnamon

Equipment

Mixing spoon, one large or four small baking dishes, chopping board, knife, mixing bowl and vegetable peeler.

Method

1. Preheat the oven to 190°C or Gas Mark 5.
2. Rub the butter or margarine into the flour.
3. Stir in 75g of the sugar and all the oats.
4. Peel and core apples.
5. Slice the apples and lay these in a baking dish (or small dishes).
6. Sprinkle the remaining sugar on top, with cinnamon (optional).
7. Cover with the crumble mixture and bake in the oven for 40 minutes.

Nutrition Information

Fruit Crumble	per 100g	per recipe	per portion ($\frac{1}{4}$ recipe)
Energy (kJ)	721	5427	1357
Energy (kcal)	172	1297	324
Protein (g)	1.6	12.1	3.0
Fat (g)	5.9	44.8	11.2
of which saturates (g)	3.5	26.2	6.6
Carbohydrate (g)	30.1	226.3	56.6
of which sugars (g)	20.0	150.9	37.7
Fibre (g)	1.6	12.0	3.0
Sodium (mg)	44	329	82
Salt (g)	0.1	0.8	0.2

Notes

Key Messages

Healthy eating

- The oats in the crumble provide fibre.
- Use different fruit, such as blackberries, rhubarb or plums.
- Foods high in fat or sugar should only form a small part of your diet.
- To reduce the sugar content of this recipe, use a sugar substitute which is suitable for baking (or use half and half).

Money

- Use fruit in season when it will be at its cheapest.
- Use frozen fruit, so you can use what you need and store the rest for later use.

Food safety

- Wash and peel the apples before using.
- Wash hands thoroughly before rubbing the butter or margarine into the flour.