

Recipe

4

Serves

3-4

# Shepherd's Pie



## Ingredients

250g (8oz) lean minced beef or lamb  
1x15ml spoon (1 Tablespoon) oil  
1 onion, chopped  
1 carrot, diced  
25g (1oz) frozen peas  
150ml (1/4 pint) water, with 1/2 stock cube  
200g can of tomatoes  
500g (1lb) potatoes  
25g (1oz) butter or margarine  
50ml (1/4 pint) semi skimmed milk

## Equipment

Saucepan, frying pan, potato masher, measuring jug, mixing spoon, baking dish, colander, chopping board, knife and vegetable peeler.

## Method

1. Preheat the oven to 200°C or gas mark 6.
2. Heat the oil in a frying pan, add the onion and cook for 5 minutes.
3. Add the minced beef or lamb, and cook until it browns.
4. Add the stock, carrots and canned tomatoes.
5. Simmer for 20 minutes, stir occasionally, then add the peas.
6. While the meat filling is cooking, boil the potatoes for 15 minutes, until tender.
7. Drain the potatoes and add the butter or margarine and milk. Mash until smooth and creamy.
8. Put the meat filling into an baking dish, and top with the mashed potato.
9. Bake for 20 minutes, until golden brown.

# Nutrition Information

Shepherd's Pie	per 100g	per recipe	per portion ( $\frac{1}{3}$ recipe)
Energy (kJ)	403	5460	1820
Energy (kcal)	96	1305	435
Protein (g)	5.4	73.2	24.4
Fat (g)	4.6	62.5	20.8
of which saturates (g)	1.9	26.0	8.7
Carbohydrate (g)	8.8	119.7	39.9
of which sugars (g)	2.3	30.5	10.2
Fibre (g)	1.1	14.6	4.9
Sodium (mg)	41	551	184
Salt (g)	0.1	1.4	0.5

## Notes

# Key Messages

## Healthy eating

- Choose lean minced beef or lamb. To remove any excess fat, allow cooked meat to settle and then skim away any fat from the surface with a spoon. (Before proceeding to step 8.)
- Try adding a little low fat cream cheese and some skimmed milk instead of cream and butter to the mashed potato topping to reduce fat content and increase calcium content.

## Money

- Meat can be expensive, so add lentils, canned beans or soya or Quorn to make the meat go further.

## Food safety

- When handling raw meat, make sure all surfaces are wiped down and hands are washed before preparing other ingredients.



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# Tuna Pasta Bake



## Ingredients

250g (8oz) pasta shapes  
1x200g can tuna fish (in brine or water), drained  
1x150g can sweetcorn (or frozen)  
2 tomatoes, cut into chunks  
75g (3oz) Cheddar cheese, grated

### Sauce:

25g (1oz) butter or margarine  
25g (1oz) plain flour  
250ml (1/2 pint) semi-skimmed milk  
mixed herbs  
seasoning

## Equipment

Saucepan, colander, measuring jug, mixing spoon, baking dish, grater, knife, can opener and a chopping board.

## Method

1. Preheat the oven to 200°C or Gas Mark 6.
2. Boil the pasta for 10 minutes, until tender. Drain the pasta.
3. **Make the sauce.**  
Melt the butter or margarine in a saucepan. Add the flour and stir into a paste. Gradually add the milk, stirring constantly. The sauce will become thick. Reduce the heat, and allow to simmer for 2 minutes. Add seasoning and mixed herbs, if desired.
4. Add the pasta, tuna and vegetables to the sauce and stir the mixture together.
5. Pour the pasta mixture into a baking dish.
6. Sprinkle grated cheese over the top.
7. Bake for 20 minutes, until golden brown.

**Note:** You may wish to garnish this dish with additional tomato slices and chopped parsley.

# Nutrition Information

Tuna Pasta Bake	per 100g	per recipe	per portion (¼ recipe)
Energy (kJ)	717	8213	2053
Energy (kcal)	171	1963	491
Protein (g)	9.8	112.6	28.2
Fat (g)	5.2	59.3	14.8
of which saturates (g)	2.9	33.4	8.4
Carbohydrate (g)	22.9	264.8	65.4
of which sugars (g)	3.5	40.3	10.1
Fibre (g)	1.0	11.8	3.0
Sodium (mg)	163	1870	467
Salt (g)	0.4	4.7	1.2

## Notes

# Key Messages

## Healthy eating

- Tuna fish canned in water is lower in salt than tuna canned in brine, and lower in fat than tuna canned in oil.
- Make the sauce using semi-skimmed, or skimmed milk to reduce the fat content and increase the calcium content.
- Use a reduced fat cheese.
- Wholewheat pasta has more fibre than white pasta.
- Eat at least 2 portions of fish every week, one of which should be oily, e.g. mackerel, salmon, sardines.

## Money

- Add plenty of pasta to the bake to make it go further.
- Use frozen sweetcorn or peas so you can use just what you need.

## Food safety

- Wash hands frequently.
- Do not use dented cans.

## Options

- Serve a side salad and some crusty bread with the pasta bake.
- Use a can of reduced fat condensed mushroom soup to make your own sauce if you are in a hurry.



# Stir-fry Vegetables



## Ingredients

1 carrot, cut into strips  
1 leek, sliced  
100g (4oz) broccoli, broken into florets  
1 red pepper (optional)  
1 x 5ml spoon (1 teaspoon) oil

## Equipment

Frying pan or wok, spatula and measuring spoons.

## Method

1. Wash and prepare the vegetables.
2. Add the oil to pan or wok and allow to heat.
3. Add vegetables and stir.
4. Cook for 3-5 minutes.

# Nutrition Information

Stir-fry Vegetables	per 100g	per recipe	per portion (½ recipe)
Energy (kJ)	163	694	347
Energy (kcal)	39	166	83
Protein (g)	1.9	8.1	4.0
Fat (g)	1.7	7.2	3.6
of which saturates (g)	0.2	1.1	0.6
Carbohydrate (g)	4.2	18.1	9.0
of which sugars (g)	3.7	15.8	7.9
Fibre (g)	2.3	9.9	5.0
Sodium (mg)	11	47	24
Salt (g)	0.0	0.1	0.0

## Notes

# Key Messages

## Healthy eating

- Experiment with herbs and spices to make vegetables appeal to even the most reluctant eater.
- Use other vegetables to add colour and variety, e.g. bean sprouts, mushrooms, spring onions and courgettes.
- Stir-frying vegetables is a good method of cooking because very little oil is used and they cook very quickly so there is less vitamin loss.

## Money

- Use vegetables in season or frozen vegetables.

## Food safety

- Always wash the vegetables to remove dirt and peel when necessary.



# Fruit Salad



## Ingredients

1 banana, sliced  
1 apple, sliced  
1 orange, segmented  
4 strawberries, quartered  
10 grapes, halved  
1 kiwi fruit, sliced  
100ml unsweetened orange juice

## Equipment

Chopping board, knife, spoon, mixing bowl and measuring jug.

## Method

1. Wash the fruit.
2. Prepare the fruit and place into a large serving dish.
3. Add orange juice.

# Nutrition Information

Fruit Salad	per 100g	per recipe	per portion (½ recipe)
Energy (kJ)	210	1297	648
Energy (kcal)	50	310	155
Protein (g)	0.8	5.1	2.6
Fat (g)	0.2	1.1	0.5
of which saturates (g)	0.0	0.1	0.0
Carbohydrate (g)	12.0	74.3	37.1
of which sugars (g)	11.6	71.9	36.0
Fibre (g)	1.2	7.7	3.8
Sodium (mg)	5	28	14
Salt (g)	0.0	0.1	0.0

## Notes

# Key Messages

## Healthy eating

- Add as many fruits as possible to your fruit salad to increase variety and use fruit juice instead of syrup to keep the sugar content low.
- Fruit salad is low in fat and provides plenty of vitamins.
- One small bowl of fruit salad counts as one portion towards your 5 A DAY.

## Money

- Use fruit in season.
- Long life fruit juice is generally cheaper than freshly squeezed juice.
- Use a can of fruit salad, canned in juice, as a base.

## Food safety

- Always wash fresh fruit thoroughly.