

Dhal-Split Red Lentils

Ingredients

- 2 cups split red lentils (dhal)
- water (approx 2 cups)
- 1/2 tin peeled tomatoes
- 2 cm peeled, grated ginger*
- 1 teaspoon of cumin*
- 1 level teaspoon salt (optional)
- 1/2 teaspoon red chilli powder
OR cayenne pepper*
- 1 teaspoon turmeric powder
*(haldi)

Serves: 6

**Preparation and
Cooking Time: 20 mins**



*If you don't have these spices, use 1 tbsp curry powder.

Method

1. Wash the lentils thoroughly with lukewarm water until the water is not cloudy any more.
2. Put all the ingredients in a pan with the water level about 2-3 inches above the level of the lentils and simmer for 15 -30 minutes on a low heat until it is a thick consistency.
3. Serve with rice, naan, chappati or pitta bread

Scone-based pizza

Ingredients

For the base:

- 225g (12 dessertspoons) self-raising flour
- 50g (2 dessertspoons) sunflower margarine
- 1/4 pint milk

For the sauce:

- 2 dessert spoon tomato puree
- ½ tsp garlic granules/garlic (frozen or puree)
- 100ml water

Serves: 4

Preparation time: 15 mins

Cooking time: 25 mins



Toppings options: tinned mushrooms, tinned tuna, frozen pepper, frozen sweetcorn, red onion, tinned pineapple chunks, grated cheddar cheese

Method

1. Place the flour in a bowl and rub in the margarine with your fingertips until the mixture looks like breadcrumbs. Add the milk and mix to a soft dough
2. On a floured surface, flatten out or roll into a dinner plate sized circle and place on a greased baking tray.
3. Mix the sauce ingredients, making more if needed.
4. Spread the tomato sauce onto the pizza base
5. Add your chosen toppings and sprinkle the grated cheese over the top bake in the oven at 220°C/ Gas mark 7 for 15– 20 minutes.

Lentil Bolognese

Ingredients

- 1 dessertspoon oil
- 2 cups of red split lentils
- 1 onion, finely chopped (can be frozen)
- 1 clove garlic/ 1 tsp garlic granules
- 1 tin chopped tomatoes
- 1 dessertspoons of tomato puree
- 1 teaspoon mixed herbs
- 1 vegetable stock cube
- 335g (12oz) spaghetti, white or wholemeal

Serves: 4-5

Preparation time: 10 mins

Cooking time: 35 mins



Add some extra vegetables if you have it: 1 sliced pepper (frozen or jarred), 2 grated carrots, 1 finely chopped courgette/celery, 6 sliced mushrooms (any frozen/tinned vegetables will work well).

Method

1. Fry the onions and garlic and continue to cook until the onions become soft
2. Add the vegetables, lentils, tinned tomatoes, tomato puree and herbs
3. Crumble the stock into the mixture (if using) and stir well
4. Bring to the boil and simmer for 25 minutes, adding a little water if required.
6. Cook spaghetti according to the pack instructions.
7. Serve the bolognese sauce with the spaghetti

Leek and Potato Soup

Ingredients

- 2 medium leeks*
- 2 medium potatoes
- 1 vegetable stock cube dissolved in 1.5 pints water
- Pepper for seasoning
- Chives or other herbs of your choice (optional)

Serves: 4

Preparation time: 10 mins

Cooking time: 20 mins



*If you don't have leeks, try adding frozen broccoli and 2 onions.

Method

1. Wash & peel the leeks and potatoes
2. Chop the vegetables finely, into bite sized pieces
3. Put all the chopped vegetables in a large pan with the stock and heat until boiling.
4. Turn down the heat and cook gently for 20 minutes.
5. You can now blend this soup if you like it thick.
6. Season with herbs and pepper, and serve the soup hot.

Tuna Pasta Bake

Ingredients

- 300g pasta
- 2 x 400g tins chopped tomatoes
- 3 x 120g tuna in spring water
- 325g tin/frozen sweetcorn
- 1 broccoli/ 2 handfuls frozen broccoli
- 1 tbsp dried herbs (any)
- 100g mature cheese

Serves: 4

Preparation time: 5 mins

Cooking time: 40 mins



Method

1. Preheat the oven to 200°C/gas mark 6.
2. Bring a large pan of water to the boil, then add the pasta and cook for time specified on packaging
3. Drain the cooked pasta then tip it back into the pan and stir through the chopped tomatoes, tuna, sweetcorn, and herbs.
4. Tip the mixture into a baking dish and sprinkle the cheese over the top. Cook for 30 minutes until golden and bubbling.

Spicy Bean Burger

Ingredients

- 2 tins beans (kidney, pinto, butter beans, cannellini)
- 60g breadcrumbs/oats
- 1 grated carrot (optional)
- ½ tsp garlic granules
- 1 tsp curry powder
- 1 tbsp tomato puree
- 60g mature cheddar cheese

Serves: 4

Preparation time: 10 mins

Cooking time: 40 mins

Serving options: In burger buns with salad, or with homemade chips and frozen vegetables.

Method

1. Preheat the oven to 200C/400F or Gas Mark 6
2. Drain and mash the kidney beans in a bowl
3. Mix the mashed beans with the grated carrot, herbs and spices, tomato puree, breadcrumbs/oats and cheese
4. Shape into 4 small or 8 large burgers
5. Place the burgers on a baking sheet and cook in the oven for 25 minutes until crisp.

Salmon Fish Cakes

Ingredients

- 1 large potatoes/ 1 tin potatoes
- 1 medium (213g) or 1/2 large (418g) tin salmon, drained
- Black pepper
- 1 egg, beaten
- Breadcrumbs, plain flour or crushed cornflakes (To make breadcrumbs, grate stale bread / toast using a cheese grater. To crush cornflakes, place in a plastic bag and crush with a rolling pin)

Method

1. If using fresh potatoes, peel and chop, boil and mash, then leave to cool
 2. Mash the fish in a large bowl, remove the skin, but mash in the bones if possible.
 3. Add the potato and mix thoroughly. Season with pepper.
 4. Divide the mixture into 8 balls and shape into flat cakes. Place on a tray and chill in the fridge for 20 minutes
 5. Put the beaten egg on one plate and the breadcrumbs/flour/crushed cornflakes on another plate
 6. Dip the fishcakes in the egg, then roll in the flour/ breadcrumbs/ cornflakes
 7. Bake in the oven for 10-15 minutes or until golden brown.
- Serve with carrots, peas or mixed vegetables

Serves: 4

Preparation time: 30 mins

Cooking time: 10-15 mins



Peach and Chickpea Curry

Ingredients

- 1 tsp vegetable oil
- 1 large onion, chopped
- 1 clove of garlic, chopped
- 1/4 tsp ground cumin
- 1/4 tsp chilli flakes (optional)
- 1 vegetable stock cube
- 1 tin of chopped tomatoes
- 1 tin of beans (chick peas/butter beans/cannellini beans)
- 1 tin of peaches in juice

Method

1. Put oil in saucepan and add onion and garlic, cook till softened.
2. Add the cumin, chilli flakes (optional), vegetable stock cube, chopped tomatoes and chickpeas. Stir and simmer for 20 minutes.
3. Then add the tinned peaches. Stir and continue to simmer for another 10 minutes or until the sauce thickens. Add a splash of water if the sauce becomes too thick.

Serves: 4

Preparation time: 20 mins

Cooking time: 30 mins



Serve with rice or toasted pitta bread

Simple Scone

Ingredients

- 200g (Approx 12 dessertspoons) self-raising flour
- 50g (Approx 2 dessertspoon) margarine
- ¼ pint (150ml) semi-skimmed milk

Sweet

- 100g dried fruit

Savoury

- 100g mature cheese



Tips: You can use apricots, sultanas, cherries or mixed dried fruit in your scones depending on your preference

Method

1. Sieve the flour into a bowl. Add the margarine and rub into the flour to until it looks like breadcrumbs.
2. Add the dried fruit/cheese and mix well.
3. Add the milk to the bowl slowly and mix into a soft dough.
4. Place the dough on a floured surface. Split the mixture into 8 pieces, roll each piece into a ball and pat down with the palm of your hand.
5. Place the scones on a greased baking tray, and lightly brush the tops with milk to moisten.
6. Bake on the top shelf of the oven at 220° C/425°F/ Gas Mark 7 for 10-15 minutes until golden brown.

Flat Bread

Ingredients

- 350 g self-raising flour , plus extra for dusting
- 1 teaspoon baking powder
- 350 g natural yoghurt

Makes: 12

Preparation time: 10 mins

Cooking time: 35 mins



Method

1. Add all the flatbread ingredients to a mixing bowl and mix together with a spoon, then use clean hands to pat and bring everything together.
2. Dust a clean work surface with flour, then tip out the dough.
3. Knead for a minute or so to bring it all together (this isn't a traditional bread recipe, so you don't need to knead it for long – just enough time to bring everything together).
4. Make 12 even balls and flatten out with a rolling pin.
5. On a hot, non-stick pan, cook each one for 1 to 2 minutes on each side, or until puffed up, turning with tongs.