



# Recipe Cards

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These recipe cards are designed to help you utilise some of the ingredients in the food hamper you have received. Although we have tried to provide a range of ingredients, these recipes may require a few extras to create a nutritious and substantial meal. Below are some ideas of how the whole family can be included in the process of preparing and cooking meals, as well as building on some skills that would've been taught at school!



## Early Explorers

- Practise your maths skills by helping to weigh out different ingredients and count how many items you will need for your meal
- Can you create a pattern with your ingredients?
- Use all of your senses to start a family discussion about what your food looks, smells, feels, sounds and tastes like

## Adrenaline Adventure

- Practise your maths skills by working out fractions– can you double or half the recipe depending on how many people are eating?
- Can you create your own recipe cards? Thinking about your favourite meal, follow the plan of these recipe cards to design your own.



## Creative Crew

- Get involved with the presentation process– imagine you are in a restaurant and help your adults to plate up the meal like a professional!
- Can you create your own menu? Think about who is eating with you for the meal and design your own menu of all of their favourite things!

## Next Generation

- Can you prepare a meal independently? Planning with an adult, check that you have everything you need and see how you get on!
- Can you edit the recipe? Take a look at the instructions and see if you can add to them, including adding new punctuation and adjectives to describe the food.



# Healthy Tuna Pasta

This recipe uses the tuna, sweetcorn and pasta found in your food hamper. Work through the recipe as a family, making changes to suit your preferences!

## STEP 1

Chop the leek into thin slices. Boil the penne with the leek in a pan of salted water following packet instructions.

## STEP 2

Meanwhile, heat the oil in a large pan over a medium-high heat and fry the tomatoes for a few minutes, until they start to soften. Add the sweetcorn and cook for 2-3 mins to heat through. Drain the pasta and leeks, saving a little of the pasta water. Tip the drained pasta and leeks into the pan with the tomatoes, then toss through the ricotta and tuna.

## STEP 3

Season with black pepper. If you want to loosen the consistency, stir in some of the saved pasta water. Serve scattered with the salad leaves.

## Serves 2

150g penne

1 large leek (200g)

1 tsp olive oil

160g cherry tomatoes

1x can sweetcorn, drained

75g ricotta (or similar, such as cottage cheese)

160g can tuna in spring water, drained

Handful of salad leaves



Recipe adapted and image taken from [bbcgoodfood.com](http://bbcgoodfood.com)

Serves 2

1x packet Golden Vegetable Rice

Oil spray

2 Peppers, halved and core removed

1 White Onion, chopped

1 Garlic Clove, crushed

1x 400g Tin Chopped Tomatoes

1 Courgette, chopped

100g Spinach, washed

50g Parmesan Cheese, grated

20g Fresh Chives, chopped

Optional: 250g Beef Mince to add protein



Recipe adapted and image taken from [bensoriginal.com](https://www.bensoriginal.com)

## Stuffed Peppers

This recipe uses up the microwave rice & chopped tomatoes you have, or could be followed with leftover rice from other meals. Pack in lots of veggies for a flavour packed meat-free dinner or add mince for extra protein.

Step 1: Heat the oven to 180°C. Spray the halved peppers with oil and place on a baking tray lined with foil. Bake for 15 minutes.

Step 2: Place a frying pan on a medium heat and spray with oil. Add the onion and soften for 2-3 minutes, followed by the garlic. Continue to cook until the mince is brown.

Step 3: Add the courgette, chopped tomatoes and spinach and mix through to combine.

Step 4: Cook the rice as per the instructions. Fill the peppers with the mixture and top with parmesan cheese. Bake for 10-15 minutes.

Step 5: Remove the peppers from the oven and serve with a leaf salad.

# Chicken & Stuffing traybake

This recipe uses the potatoes & stuffing mix found in your hamper. For 4 servings, double the recipe to feed more!

Recipe adapted and image taken from realfood.fesco.com



## Serves 2

500g chicken thighs  
1.5 tbsp olive oil  
400g potatoes (can use tinned new potatoes)  
200g parsnips, peeled and quartered  
250g carrots, peeled and cut into batons  
1x pack sage and onion stuffing mix  
150g frozen peas  
Optional: gravy to serve

Step 1: Preheat the oven to gas 7, 220°C or fan 200°C. Put the chicken thighs in a large deep baking tray, drizzle over 1 tbsp olive oil and season. Roast for 15 mins.

Step 2: Boil the potatoes in boiling water for 10 mins. (If using tinned new potatoes, there is no need to boil.) Add the carrots and parsnips to the pan and boil for a further 5 mins; drain.

Step 3: Put a sachet of the stuffing mix into a heatproof bowl. Pour over 400ml boiling water and mix well. Leave to stand for 5 mins. Roll the stuffing into 12–14 balls.

Step 4: Remove the chicken tray from the oven and add the veg and stuffing balls. Drizzle with the remaining oil and season the veg. Roast for 25–30 mins until the potatoes are golden and crunchy, the vegetables are tender and the chicken is cooked.

Step 5: Add the peas to a pan of boiling water and cook for 5 mins until tender. Serve together & with gravy if desired.

# Angel Delight Cheesecake

*This recipe uses the angel delight and shortbread found in your food hamper. You might like to add different fruit on top to suit your taste!*

Step 1: Crush the shortbread biscuits. Melt the butter either on the hob or in the microwave and mix into the biscuit crumbs. Spoon the mixture into 4 small glass jars or glasses and chill in the fridge for 15 minutes.

Step 2: Make the Angel Delight by mixing the powder with 300ml of milk. Whisk until smooth and all the lumps have disappeared. Allow the Angel Delight to thicken by itself in the bowl but do not allow it to set completely.

Step 3: Remove the jars from the fridge and pour the Angel Delight on top of the biscuit mixture. Return to the fridge for 5 minutes.

Step 4: Chop the strawberries and put them in a pan with the water. Bring to the boil and mash the strawberries with a potato masher. Simmer for 5 minutes. You might want to strain the fruit to get a smoother sauce.

Step 5: Allow the sauce to cool slightly before spooning it onto the Angel Delight. Top each jar with the remaining strawberries.

Recipe adapted and image taken from myfussy eater.com



## Serves 4

14 shortbread finger biscuits  
1 packet (47g) Strawberry Angel Delight  
300ml milk  
20g butter  
125g strawberries, plus extra to garnish  
on top  
2 tbsp water

# Peach Breakfast Oats

This recipe uses the canned peaches and oats in your food hamper. The peaches can be swapped for any other canned or fresh fruit.

Step 1: Add the oats, milk, sweetener, cinnamon and peaches into a jar or small dish. Stir ingredients together and cover with a lid/cling film.

Step 2: Place in the fridge overnight (or just 30–60 minutes if you're making these in the morning).

Step 3: Remove lid/cover from jar and top with extra chopped peaches. You can add any extra fruit here to top the breakfast!

Note: Overnight oats should last up to 5 days in the fridge in a sealed airtight container.

## One Portion

40g oats

150ml milk

2 tbsp chopped peaches

1–2 tbsp honey or sugar

1/2 tsp cinnamon

## Optional:

Vanilla essence (for taste)

Almond butter (for extra protein)



Image taken from [reciperunner.com](http://reciperunner.com)

# Sausage and Bean Stew

Recipe adapted and image taken from [tesco.goodfood.com](https://www.tesco.co.uk/goodfood)



## Serves 4

1 tbsp olive oil  
2 onions, finely sliced  
1 large garlic clove, finely chopped  
8 frozen pork sausages  
400g tin chopped tomatoes  
2 tsp Dijon mustard  
½ chicken or vegetable stock cube, made up to 175ml  
1x 420g tin baked beans  
100g spring greens, sliced, thick stems discarded

*This recipe uses the baked beans and chopped tomatoes from your hamper.  
This recipe can be created with pork or vegetarian/vegan sausages for a warming winter treat.*

Step 1: Heat half the oil in a lidded saucepan over a medium heat. Add the onions and fry for 6 mins. Stir in the garlic and fry for 2 mins. Transfer to a plate and set aside.

Step 2: Increase the heat to medium-high, add the remaining oil and the frozen sausages and cook for 5 mins until browned all over.

Step 3: Return the onion and garlic to the pan with the tomatoes and mustard. Add the stock, season with pepper and cook over a medium heat for 10 mins, adding the beans after 5 mins.

Step 4: Stir through the spring greens, cover and cook for 4–5 mins more until the sausages are cooked through and the spring greens are tender.

*Tip: this is a great meal served with mashed potato!*