

# Meatballs

How To  
Mains  
Serves 4

## Ingredients:

- 1 medium onion (finely diced)
- 250g lean beef mince
- 1 teaspoon dried mixed herbs
- black pepper to taste
- 3 mugs dried pasta (any kind)

## Tomato sauce:

- 1 medium onion (finely diced)
- 1 dessertspoon olive or vegetable oil
- 2 teaspoons garlic pureé
- 1 teaspoon dried mixed herbs
- 1 tin chopped tomatoes
- 1 dessertspoon tomato pureé
- ½ mug water
- 1 stock cube (any kind)

## How to... for meatballs:

1. Pre-heat oven to 180°C or gas mark 4.
2. Peel and dice the onion.
3. In a large bowl add mince, onion, herbs and black pepper to taste. Mix well, then divide mixture into equal small balls.
4. Place the meatballs onto a baking tray and bake for 15 minutes, remove and set aside.

## How to... for tomato sauce:

1. Peel and dice the onion.
2. Whilst meatballs are cooking - place a large pot on a medium heat and add oil. When the oil is hot add onion, garlic pureé, herbs and cook for 3 minutes. Then add chopped tomatoes, tomato pureé, water, stock cube and stir well.
3. Cook on a low heat for 20 minutes.
4. Add the cooked meatballs to the sauce and simmer for a further 10 minutes.
5. To cook pasta, bring a large pot of water to the boil, add pasta and stir well. Cook as per manufacturer's instructions.
6. Once cooked, drain off water using colander.

### Tip

These could also be made into burgers. Add chilli flakes to spice them up.

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[www.nhsforthvalley.com/nutrition](http://www.nhsforthvalley.com/nutrition)



# Bolognaise

How To  
Mains  
Serves 4

## Ingredients:

- 1 medium carrot (grated)
- 1 medium onion
- 1 pepper (any colour - deseeded)
- 6 mushrooms (sliced)
- 250g lean mince
- 2 teaspoons garlic pureé
- 1 tin chopped tomatoes
- 1 teaspoon dried mixed herbs
- ½ mug water
- 3 mugs dried pasta (any kind)
- black pepper to taste

Notes: .....  
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## How to...

1. Peel, chop and grate all the vegetables.
2. Place a large pot on a medium heat, add mince, stir well and cook until brown. Drain off any excess fat.
3. Add carrot, onion, pepper, mushrooms, garlic pureé and stir well.
4. Reduce heat to low, then add chopped tomatoes, herbs, water and cook for 40 minutes.
5. To cook pasta, bring a large pot of water to the boil, add pasta and stir well. Cook as per manufacturer's instructions.
6. Once cooked, drain off water using a colander.
7. Add black pepper to taste.

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### Tip

You can use 250g or ½ a bag of lentils to make a vegetarian option.

# Turkey or Beef Bean Chilli

How To  
Mains  
Serves 4

## Ingredients:

- 1 medium onion (finely diced)
- 2 peppers (any colour - deseeded)
- 250g fresh turkey or beef mince
- ¼ teaspoon chilli flakes
- 2 teaspoons garlic pureé
- 1 teaspoon paprika
- 1 teaspoon cumin
- 1 tin chopped tomatoes
- 2 dessertspoons tomato pureé
- 1 tin mixed beans (kidney, cannellini and pinto - drained and washed)
- 1 mug water

Notes: .....  
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### Tip

If you want to make this vegetarian replace the turkey or beef mince with courgettes or sweet potato.

## How to...

1. Peel, chop and dice all the vegetables.
2. Place a large pot on a medium heat. Add mince, stir well and cook until brown. Drain off any excess fat.
3. Add onion and peppers. Stir and cook on a low heat for 2 minutes.
4. Add chilli flakes, garlic pureé, paprika, cumin and mix well.
5. Then add chopped tomatoes, tomato pureé, mixed beans, water and stir well.
6. Cook over a low heat for 30 minutes.
7. Serve with boiled rice or a hot baked potato.

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# Cottage Pie

How To  
Mains  
Serves 4

## Ingredients:

- 2 medium carrots
- 1 medium onion
- 250g lean mince
- 1 stock cube (any kind)
- 1 teaspoon dried mixed herbs
- 2 dessertspoons worcestershire sauce
- 2 dessertspoons tomato pureé
- 1 mug water

## Topping:

- 8 medium potatoes
- 3 dessertspoons semi-skimmed milk
- 1 dessertspoon low fat spread

Notes: .....  
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### Tip

You can use beef, turkey, lamb or quorn mince for these dishes. You can add a mug of frozen mixed veg to the mince.

## How to...

1. Pre-heat oven to 180°C or gas mark 4.
2. Peel and chop all the vegetables.
3. Place a large pot on a medium heat. Add mince, stir well and cook until brown. Drain off any excess fat.
4. Add carrots, onion, stock cube, herbs, worcestershire sauce, tomato pureé and mix well. Add water and then cook on a low heat for 30 minutes.
5. Place a large pot of water on a medium heat. Add potatoes, make sure they are covered, boil until soft. Drain, mash with milk and low fat spread and set aside.
6. Place mince in a deep oven proof dish, spread potato mix on top.
7. Cook in oven for 20 minutes or until golden brown.

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# Chicken Curry

How To  
Mains  
Serves 4

## Ingredients:

- 3 chicken breasts (remove any skin)
- 1 medium onion
- 2 peppers (any colour - deseeded)
- 1 dessertspoon olive or vegetable oil
- 2 teaspoons garlic pureé
- 1 dessertspoon fresh ginger grated (or dried)
- ½ teaspoon chilli flakes
- 1 teaspoon ground cumin, turmeric and coriander
- 1 tin chopped tomatoes
- 1 dessertspoon tomato pureé
- 1 mug water
- 1 stock cube (any kind)

Notes: .....

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### Tip

To make a vegetable curry replace chicken with vegetables of your choice.

## How to...

1. Cut chicken into strips (remember to wash your hands, chopping boards and worktops after handling raw chicken).
2. Peel and chop all the vegetables.
3. Place a large pot on a medium heat and add oil. When the oil is hot add chicken, stir well until cooked through.
4. Then add onion, peppers, garlic pureé, ginger and cook for 5 minutes or until vegetables are soft.
5. Add chilli flakes, cumin, turmeric, coriander and cook for a further 3 minutes.
6. Then add chopped tomatoes, tomato pureé, water, stock cube and stir well.
7. Cook on low heat for 25 minutes until all vegetables are cooked and chicken is no longer pink in the middle.
8. Serve with boiled rice.

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# Kedgeree

How To  
Mains  
Serves 4

## Ingredients:

- 1 medium onion (finely chopped)
- 4 eggs
- 1 dessertspoon olive or vegetable oil
- ½ teaspoon turmeric
- 1 dessertspoon curry powder
- 2 mugs rice
- 500ml of water
- 1 stock cube (any kind)
- ½ mug frozen peas
- 3 smoked haddock fillets (frozen)
- semi-skimmed milk
- handful of chopped parsley

Notes: .....

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### Tip

You can serve with a side salad.

## How to...

1. Peel and chop the onion.
2. Place a large pot of water on a medium heat. Add eggs and boil for 7 minutes. Remove, cool, peel and set aside.
3. Place another large pot on a medium heat and add oil. When the oil is hot add onions and cook for 4 minutes.
4. Stir in turmeric and curry powder. Mix well and cook for a further 2 minutes.
5. Add rice and mix together. Then add water, stock cube, cover with a lid and bring to the boil. Reduce the heat to medium and cook for 12 minutes until the water is absorbed. Add peas, cover with a lid and simmer for a further 4 minutes.
6. While rice is cooking put fish in a large pot. Cover with milk on a medium heat and bring to the boil. Reduce the heat and simmer for 10 minutes until fish flakes easily. Remove fish with a slotted spoon and set aside.
7. Gently flake the fish into the rice, cut each egg into 4 and add to rice. Garnish with chopped parsley.

Notes: .....

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# Chicken Stir Fry

How To  
Mains  
Serves 4

## Ingredients:

- 3 chicken breasts (remove any skin)
- 1 medium courgette
- 6 mushrooms
- 2 peppers (any colour - deseeded)
- 1 dessertspoon olive or vegetable oil
- 1 teaspoon garlic pureé
- 1 teaspoon Chinese 5 Spice
- ½ teaspoon chilli flakes
- 1 teaspoon ground ginger or lazy ginger
- 5 dessertspoons soy sauce (low salt if you can)
- 6 mugs fresh bean sprouts

Notes: .....

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### Tip

You can use frozen chicken fillets (check packaging for instructions).

## How to...

1. Cut chicken into strips (remember to wash hands, chopping boards and worktops after handling raw chicken).
2. Peel and chop all the vegetables.
3. Place a large pot on a medium heat and add oil. When the oil is hot add chicken, stir well until cooked through.
4. Reduce to medium heat, add courgette, mushrooms, peppers and stir well until cooked. Should take about 5 minutes.
5. Add garlic pureé, Chinese 5 Spice, chilli flakes, ginger, soya sauce, bean sprouts and stir fry for a further 3 minutes.
6. Serve with boiled rice or noodles.

Notes: .....

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# Sausage Sizzler

How To  
Mains  
Serves 4

## Ingredients:

- 1 medium onion
- 2 peppers (any colour - deseeded)
- ½ mug button mushrooms
- 8 lean beef or pork sausages
- 1 dessertspoon olive or vegetable oil
- 1 teaspoon garlic pureé
- 3 dessertspoons tomato pureé
- 3 dessertspoons soy sauce
- ½ mug water

Notes: .....

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### Tip

If you want you can spice it up using 1 teaspoon chilli powder.

## How to...

1. Peel and chop all the vegetables.
2. Put sausages on a baking tray and bake for 10 minutes or until not pink inside. Remove and set aside.
3. Place a large pot on a medium heat and add oil. When the oil is hot add onion, peppers and mix well. Cook for 3 minutes.
4. Then add mushrooms, garlic and tomato pureé, soy sauce and water, Stir well until cooked, this should take about 5 minutes.
5. Slice each cooked sausage into 4 pieces and add to the pot.
6. Continue to cook on a low heat until all the vegetables are cooked through.
7. Serve with noodles, boiled rice or cous cous.

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