



FOOD POSSIBILITIES

RECIPE BOOK



STRAWBERRY AND BANANA SMOOTHIE

SERVINGS: 2

PREPPING TIME: 3 MIN

COOKING TIME: N/A

INGREDIENTS

1 cup strawberries
1 cup milk or yoghurt
1 banana
8–10 ice cubes
1 tablespoon local
honey

DIRECTIONS

1. Mash the strawberries up with a fork.
2. Mash up half of the banana
3. Mix the strawberries with the banana.
4. Add the milk (or yoghurt) and drizzle in the honey.
5. Put it all in a clean jam jar and shake until it's mixed
6. Put the ice cubes in a plastic bag and crush them with a rolling pin
7. Add them to the smoothie and enjoy!

LOCAL FOODS

Some of the ingredients in this recipe are produced locally. Dairy cows in Northern Ireland/Ireland produce milk which is processed in local factories and used to make other products such as yoghurt. Local factories also produce freshly cut fruit. Strawberries are in season here in summer and autumn



BREAKFAST BIRCHER POTS

SERVINGS: 2

PREPPING TIME: 3 MIN

COOKING TIME: N/A

INGREDIENTS

1 small apple
2 tbsp whole oats
2 tbsp low-fat natural
yogurt
some blueberries; can
use raisins instead,
chopped grapes, sliced
dried apricots

DIRECTIONS

1. Grate 1 small apple and mix with 2 tbsp whole oats and 2 tbsp low-fat natural yogurt. Layer in a pot with some blueberries.

LOCAL FOODS

Some of the ingredients in this recipe are produced locally. Dairy cows in Northern Ireland/Ireland produce milk which is processed in local factories and used to make other products such as yoghurt. Local farms, allotments and gardens produce fresh fruit. Oats are grown here all year round.



POTATO & LEEK SOUP

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 3-4 MIN

INGREDIENTS

1 tablespoon vegetable
oil
1 onion
250 g potatoes
2 medium leeks
Handful of fresh parsley
1.5 litres vegetable stock
150 ml crème fraîche
Salt and freshly ground
black pepper

DIRECTIONS

1. Peel and slice the onion.
2. Peel and dice the potatoes.
3. Wash, trim and slice the leeks.
4. Heat the oil in a large pan and add the onions, potatoes and leeks. Cook for 3-4 minutes until starting to soften.
5. Add the vegetable stock and turn up the heat until the soup bubbles.
6. Add salt and pepper and simmer until the vegetables are tender.
7. Whizz in a blender until smooth. Reheat in a clean pan, then stir in the crème fraîche

LOCAL FOODS

Potatoes and leeks are grown in Northern Ireland. These vegetables can grow in autumn and winter, along with carrots, parsnips and Brussel sprouts



LEMON PEA SPAGHETTI

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 3-4 MIN

INGREDIENTS

350g spaghetti
450g frozen peas
1 ciabatta roll
2 tbsp olive oil
2 garlic cloves, crushed
1 lemon, zested and juiced
15g fresh parsley, finely
chopped
50g spring onions, sliced
120g Creamfields soft
cheese

DIRECTIONS

1. Cook the spaghetti to pack instructions, adding the peas for the last 3 mins. Drain well, reserving 150ml of the cooking water.
 2. Meanwhile, blitz the roll in a food processor to make breadcrumbs. Heat 1 tbsp oil in a large frying pan over a medium heat. Fry the garlic for 1 min, then add the breadcrumbs. Toast for 3-4 mins, stirring frequently, until crunchy. Stir in the lemon zest and half the parsley; season, then transfer to a bowl and leave to cool.
 3. Heat the remaining oil in the frying pan over a medium heat and fry the spring onions for 2-3 mins until soft. Add the soft cheese and 100ml of the reserved pasta water and stir well. Leave to bubble for 2 mins.
 4. Toss the pasta and peas into the creamy sauce, then stir in the lemon juice and remaining parsley. Add a splash more of the reserved pasta water if you prefer a thinner sauce. Season, then serve with the lemony crumbs scattered over the top.
- flatbreads, and sprinkle over another pinch of cayenne, if you like.



SLOW COOKER SHEPARD'S PIE

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 3-4 MIN

INGREDIENTS

- 1 tbsp olive oil
- 1 onion, finely chopped
- 3-4 thyme sprigs
- 2 carrots, finely diced
- 250g lean (10%) mince lamb or beef
- 1 tbsp plain flour
- 1 tbsp tomato purée
- 400g can lentils, or white beans
- 1 tsp Worcestershire sauce
- 650g potatoes, peeled and cut into chunks
- 250g sweet potatoes, peeled and cut into chunks
- 2 tbsp half-fat crème fraîche

DIRECTIONS

1. Heat the slow cooker if necessary. Heat the oil in a large frying pan. Tip the onions and thyme sprigs and fry for 2-3 mins. Then add the carrots and fry together, stirring occasionally until the vegetables start to brown. Stir in the mince and fry for 1-2 mins until no longer pink. Stir in the flour then cook for another 1-2 mins. Stir in the tomato purée and lentils and season with pepper and the Worcestershire sauce, adding a splash of water if you think the mixture is too dry. Scrape everything into the slow cooker
2. Meanwhile cook both lots of potatoes in simmering water for 12-13 minutes or until they are cooked through. Drain well and then mash with the crème fraîche. Spoon this on top of the mince mixture and cook on Low for 5 hours - the mixture should be bubbling at the sides when it is ready. Crisp up the potato topping under the grill if you like.



BEAN & PEPPER CHILLI

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 3-4 MIN

INGREDIENTS

1 tbsp olive oil
1 onion , chopped
350g pepper , deseeded and
sliced
1 tbsp ground cumin
1-3 tsp chilli powder ,
depending on how hot you
want your chilli to be
1 tbsp sweet smoked paprika
400g can kidney bean in chilli
sauce
400g can mixed bean, drained
400g can chopped tomato
Rice

DIRECTIONS

1. Heat the oil in a large pan. Add the onion and peppers, and cook for 8 mins until softened. Tip in the spices and cook for 1 min.
2. Tip in the beans and tomatoes, bring to the boil and simmer for 15 mins or until the chilli is thickened. Season and serve with rice, if you like.



POTATO WEDGES

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 3-4 MIN

INGREDIENTS

As many potatoes as you need
Rapeseed or olive oil
Salt and pepper

DIRECTIONS

1. Preheat your oven to 200°C (400°F) or gas mark 6.
2. Scrub the potatoes clean and cut off any gnarly bits.
3. Cut the potatoes into chunky wedges.
4. Transfer to a roasting tray.
5. Drizzle with a good glug of oil and season with salt and pepper.
6. Toss together so all the wedges are coated in the oil, then spread out in one layer.
7. Cook in the oven for 30 minutes until golden, crisp and cooked through.



QUICK GLAZED SALMON

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 15 MIN

INGREDIENTS

1/4 cup (80ml) soy sauce
4 tbsp brown sugar
3 salmon fillets
2 cups basmati rice
coriander leaves and lime
wedges, to serve

DIRECTIONS

1. Mix the soy sauce and sugar together and cut the salmon into chunks.
2. Gently toss the salmon in the sauce and set aside for a couple of minutes.
3. Pour the rice into a saucepan and cover with three cups of cold water, bring this to the boil then reduce heat to low. Cover and cook 12–14 min.
4. Set your oven's grill to medium high and line a baking tray with baking paper.
5. Place the salmon pieces on this (reserving the marinade) and pop the tray under the grill for about 6 minutes, or until the salmon looks just caramelised on top but nice and pink inside.
6. While the salmon cooks, tip the reserved marinade into a small saucepan and bring to a gentle simmer, reduce for a minute or so and set aside.
7. To serve, spoon rice into bowls, top with the salmon pieces and drizzle with the reduced marinade. Top with coriander leaves and serve with a wedge of lime



CHICKEN CASSEROLE

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 15 MIN

INGREDIENTS

1 tsp of olive oil
1 kg skinless chicken
thighs (cut in half)
1 large onion (finely sliced)
2 stalks of celery (chopped)
3 cloves of garlic (minced)
200g button mushrooms
(sliced)
400g can of plum tomatoes
1 chicken stock cube
100g frozen broad beans
Bunch of fresh thyme leaves
Salt and cracked black pepper
to season

DIRECTIONS

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Heat the olive oil in a pan over a medium heat. Add the chicken and cook for 5 minutes, or until brown. When cooked, transfer the chicken to a casserole dish.
3. Add the onion and celery to the pan and cook for 5 minutes, until the onions are soft.
4. Add the mushrooms and garlic. Cook for a further 2 minutes, until the mushrooms start to soften.
5. Mix in the tomatoes and crumble in the stock cube. Bring to the boil and pour everything into the casserole dish.
6. Cover the dish tightly and bake in the oven for 35 minutes, or until the chicken is cooked.
7. Add the broad beans and half of the thyme, cook for another 10 minutes.
8. Season and add remaining thyme, and serve with pasta or rice.



SPAGHETTI & MEATBALLS

SERVINGS: 1

PREPPING TIME: 30 MIN

COOKING TIME: 30 MIN

INGREDIENTS

1kg beef mince
1 onion, finely chopped
½ a large bunch flat-leaf
parsley, finely chopped
85g cheese grated
100g fresh breadcrumbs
2 eggs, beaten with a fork
olive oil, for roasting
100g spaghetti per portion
3 tsp olive oil
4 garlic cloves, crushed
4 x 400g cans chopped tomato
125ml red wine (optional)
3 tsp caster sugar
½ a large bunch flat-leaf
parsley, finely chopped
few basil leaves

DIRECTIONS

1. First make the meatballs. Split the skins of 8 good-quality pork sausages and squeeze out the meat into your largest mixing bowl.
2. Add 1kg beef mince, 1 finely chopped onion, ½ large bunch flat-leaf parsley, 85g grated parmesan, 100g fresh breadcrumbs, 2 beaten eggs and lots of seasoning. Get your hands in and mix together really well – the more you squeeze and mash the mince, the more tender the meatballs will be.
3. Roll the mince mixture into about 50 golf-ball-size meatballs. Set aside any meatballs for freezing, allowing about 5 per portion, then spread the rest out in a large roasting tin – the meatballs will brown better if spaced out a bit.
4. Drizzle with a little oil (about 1 tsp per portion), shake to coat, then roast for 20–30 mins until browned.
5. Meanwhile, make the sauce. Heat 3 tsp olive oil in your largest pan. Add 4 crushed garlic cloves and sizzle for 1 min.
6. Stir in four 400g cans chopped tomatoes, 125ml red wine, if using, 3 tsp caster sugar, ½ a large bunch flat-leaf parsley and seasoning. Simmer for 15–20 mins until slightly thickened.
7. Stir in a few basil leaves, if using, spoon out any portions for freezing, then add the cooked meatballs to the pan to keep warm while you boil the spaghetti (you'll need about 100g per portion).
8. Spoon the sauce and meatballs over spaghetti, or stir them all together and serve with extra parmesan and a few basil leaves, if you like.



BAKED APPLES

SERVINGS: 1

PREPPING TIME: 30 MIN

COOKING TIME: 30 MIN

INGREDIENTS

- 4 Bramley apples
- 4 tablespoons honey
- 1 teaspoon ground mixed spice
- 80 g raisins
- 80 g sultanas
- 80 g currants
- zest and juice of $\frac{1}{2}$ orange
- zest and juice of $\frac{1}{2}$ lemon

DIRECTIONS

1. Preheat the oven to 160°C, 320°F or gas mark 3.
2. Core the apples and place them on an ovenproof tray.
3. In a bowl, combine the dried fruit, spices, honey, and orange and lemon zest.
4. Put an equal amount of the mixture into the cavity of each apple.
5. Pour the orange and lemon juice onto the ovenproof tray.
6. Bake the apples for 60 minutes, occasionally spooning the juices over the top of them as they cook.
7. Serve with low fat fromage frais or crème fraîche.



PANCAKES

SERVINGS: 1

PREPPING TIME: 30 MIN

COOKING TIME: 30 MIN

INGREDIENTS

110 g plain flour
2 eggs
200 ml milk
75 ml water
Olive oil spray
Pinch of salt

DIRECTIONS

1. Sift the flour and salt into a large mixing bowl with a sieve held high above the bowl so the flour gets an airing.
2. Crack the eggs into a small bowl and beat them.
3. Make a well in the centre of the flour and whisk the eggs into it.
4. In a jug mix the water and milk and gradually pour this mixture in, still whisking until the batter is a smooth consistency.
5. Warm up the pan and spray some oil on it. Ladle in the pancake batter and tip it around from side to side to get the base of the pan evenly coated with batter