

Cooking and nutrition

We have some great low-cost, healthy recipes for you to try at home, as well as resources to help with your families nutrition.

Tuna and sardine pasta bake

Ingredients to cook for 4 people

1 onion

2 cloves of garlic

vegetable oil

2 tins (400g) of chopped tomatoes

1 tsp mixed herbs

400g dried wholewheat pasta e.g. penne

1 x 145g tins of tuna (or tin of kidney beans in making vegetarian)

120g tin sardines in tomato sauce

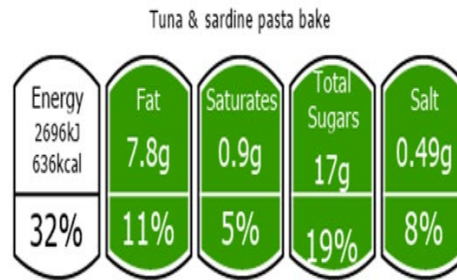
1 tin of sweetcorn (326g)

1 tin of garden peas



Nutrition Information Typical Values

	Per 100g	Per portion (496g)
Energy (kJ)	543	2696
Energy (kcal)	128	636
Fat (g)	1.6	7.8
Saturates (g)	0.2	0.9
Carbohydrate (g)	23	115
Total Sugars (g)	3.5	17
Fibre (g)	2.2	11
Protein (g)	6.9	34
Salt (g)	0.1	0.49



of an adult's Reference Intake.
Typical values per 100g: Energy 543kJ/128kcal

Make it your own (optional extras to get creative)

100 g mature Cheddar cheese grated

Handful of olives

1 tbsp of tomato ketchup

Chopped up red pepper.

If you are making the vegetarian/vegan option simply add the kidney beans where the tuna is added.

This can be cooked on the stove and served as a sauce over pasta with grated cheese or mixed together and baked in the oven.

What to do

1. Peel and finely chop the onion and garlic. Place a large pan over a medium heat. Add 2 tablespoons of oil, the onion, garlic and fry for 5 minutes, or until softened, stirring occasionally. Turn the heat up to high and pour in the chopped tomatoes. Add the mixed herbs and stir into the sauce. Bring to the boil, reduce the heat to low and simmer for 8-10 minutes.
2. Meanwhile, place a large pan of water on to boil. Once boiling, add the pasta. Cook according to the packet instructions usually 8-10 minutes.
3. Turn the oven on to 200°C/400°F/gas 6 if you are going to mix the sauce and pasta together and bake it.

4. Open and stir in the tin of sardines including the sauce, mash up. Drain the tuna (add kidney beans here for vegetarian/vegan option) and sweetcorn then stir through the sauce, making sure you don't break it up too much. Season with salt and pepper to your own taste. Add any optional extras here to make it your own!
5. When the pasta is ready, drain and tip straight into the sauce. Toss and coat the pasta in the sauce, then transfer to an ovenproof baking dish (roughly 25cm x 30cm). OR simply serve pasta with the sauce poured over the top and the heated tinned peas.
6. Coarsely grate the cheese if you are using it and sprinkle over the pasta. then place in the oven for 15 to 20 minutes, or until golden and bubbling. Leave to stand for 5 minutes, then serve with the tinned peas (cook these according to the tin instructions).

The above is for one serving without optional extras, the recipe makes 4 adult portions

Analysed using British Nutrition

Foundation: <https://explorefood.foodafactoflife.org.uk/Calculator/Diet>

Chickpea curry & rice

Ingredients to cook for 4 people

1 tbsp sunflower oil

1 clove garlic, chopped

1 medium onion, finely chopped

2cm piece fresh root ginger, peeled and chopped or grated

1 tbsp medium curry powder

400g can chopped tomatoes

410g can chickpeas

150g bag Spinach, roughly shredded (optional, not included in the bag)

4 tbsp natural yogurt

250g Rice (brown)

1 packet of Naan bread

Nutrition Information Typical Values		
	Per 100g	Per portion (462g)
Energy (kJ)	607	2805
Energy (kcal)	143	663
Fat (g)	2.9	14
Saturates (g)	0.3	1.2
Carbohydrate (g)	27	125
Total Sugars (g)	4.9	23
Fibre (g)	2.5	11
Protein (g)	3.8	18
Salt (g)	0.14	0.63

Chick pea curry final				
Energy 2805kJ 663kcal	Fat 14g	Saturates 1.2g	Total Sugars 23g	Salt 0.63g
33%	19%	6%	25%	11%

of an adult's Reference Intake.
Typical values per 100g: Energy 607kJ/143kcal

Chickpea curry method

1. Put rice on to cook see method below.
2. Heat the oil in a medium saucepan and cook the garlic, onion and ginger together for 5 minutes until softened and golden. Stir in the curry powder and cook for a minute, then add the tinned tomatoes and simmer for 5 minutes to make a thick sauce, stirring occasionally.
3. Stir in the chickpeas with their liquid and bring to the boil. Simmer for 10 minutes, then season and stir in the shredded spinach (if adding). Cook gently together for a couple of minutes. Check seasoning and serve with a spoonful of yogurt (if using).
4. Heat the naan bread according to the instructions on the packet.

Brown rice method

Serves 4

1. Put the rice in a saucepan and pour over 500ml water, put the lid on. Bring to a rolling boil and then reduce the heat to a gentle simmer.
2. Cook for 25-30 mins or until the rice is soft, then turn off the heat.
3. Leave tightly covered with the lid for another 5-10 minutes to absorb any remaining water.
4. Serve immediately with the chickpea curry.

All rice should be eaten on the day it's cooked. If you cook too much rice and want to eat it cold or save some for later, you need to cool it down quickly (within an hour)

and put it in the fridge – don't leave it out at room temperature. Once stored, use it up within 24 hours, and if you're reheating it you must do so thoroughly and only do so once.

The above is for one serving, the recipe makes 4 adult portions.

Analysed using British Nutrition

Foundation: <https://explorefood.foodafactoflife.org.uk/Calculator/Diet>

Cheap school holiday lunches for kid's

Discover the Change4Life range of easy, tasty, low-cost lunches for the school holidays - each set of recipes contains 5 easy, tasty lunches for around £15.

<https://www.nhs.uk/change4life/recipes/lunch/cheap-holiday-lunch-ideas>



Learn about cutting back sugar

Help your family cut back on their sugar intake with Change4Life's guide to sugar, with tips for all ages including adults!

<https://www.nhs.uk/change4life/recipes/lunch/cheap-holiday-lunch-ideas>



Be a Sugar Superhero

Take this quick quiz to help the children and young people in your house to understand how much sugar is in popular drinks.

<https://www.nhs.uk/change4life/food-facts/sugar>

Full time - Marcus Rashford and Tom Kerridge

A collection of recipes designed to help give children and families the skills and confidence to cook good, proper food in their own kitchens, using the equipment available to them. Encouraging them to be creative, have fun and spend valuable time together cooking and eating.

<https://endchildfoodpoverty.org/full-time-meals>

Healthy Start Vouchers

Healthy Start Vouchers

If you are pregnant or have children under four and you are on certain benefits you might be able to get Healthy Start vouchers. These food vouchers are worth £4.25 a week. When your baby is under a year old they get two vouchers a week, worth £8.50



If you are under 18 and pregnant you can sign up for Healthy Start even if you are not on any benefits.

You can spend the vouchers on fruit, vegetables and milk. You can also spend them on infant formula milk but only if it is the type of milk that babies can have from birth. Most of the big supermarkets and some of your local shops accept them. Some supermarkets also have extra offers for people using Healthy Start vouchers.

Apply now by going to the Healthy Start website and downloading the application form: visit: www.healthystart.nhs.uk/how-to-apply or ring the Healthy Start helpline **0345 607 6823**. They can post you an application form.



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