

- Mix in the salt, pepper, and herbs. Add a little of the egg so that the mixture sticks together. The mixture should be wet enough so the ingredients mould together, but not soggy.
- Divide this into 2 portions (or more if you prefer smaller burgers), shape each into a bowl, and then flatten into a circle about 2cm thick. Heat the oil in the frying pan over a medium heat (don't have the heat too high as you need to cook the inside without burning the outside). Put the beefburgers carefully in the pan, and fry for 10-15 minutes according to size, turning occasionally to cook both sides.

### Tropical Sundae – Serves Four

Preparation time – 4 minutes

- 2 large bananas, sliced
- 225g tinned pineapple in natural juice, chopped
- 2 peaches, peeled
- 150ml crème fraîche or plain yoghurt

- Mix the fruits together.
  - Add some pineapple juice from the tin if you wish
  - Spoon the mixture into 4 glasses
- Top with the crème fraîche or yoghurt and serve.

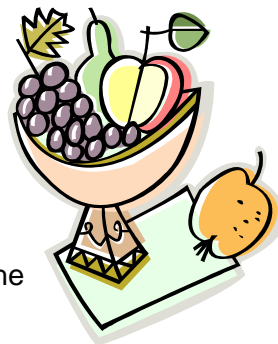


### Chunky Fruit Fool – Serves Four

Preparation time – 5 minutes

- 410g can of apricots (or another fruit) in natural juice, drained, keeping the juice
- 400g can or carton of custard
- 150ml plain yoghurt

- Mash the fruit with a fork, leaving chunky bits if you wish.
- Stir in the custard, then fold in the yoghurt
- Spoon into glasses
- Serve chilled with the juice poured over at the last minute.



## World Food Day

**BIG 1 F**  
**2007**

Healthy Eating  
on a budget



# Healthy Recipes you can try

## Pasta Salad - Serves One

Preparation Time 20 minutes

50g dry pasta  
1 tablespoon finely chopped onion  
1 tomato cut into chunks  
1 small pepper of any colour  
2 tablespoons mayonnaise  
25-50g cooked chicken, turkey, ham,  
salami or sausage  
Parsley (as garnish)



1. Bring a saucepan of water to the boil and add the pasta. Boil for 10-15 minutes.
  2. Whilst the pasta is cooking, chop the onion, tomato and pepper. Slice the meat into bite-sized pieces.
  3. Once the pasta is cooked, drain the pasta using a colander. You may wish to run cold water over the pasta whilst it is in the colander so that it cools down. Place the pasta in a mixing bowl.
  4. Add the chopped onion, tomato, pepper, meat and mayonnaise to the mixing bowl and stir the mixture gently until everything is well coated.
  5. Turn the salad into a serving dish, garnish with the snipped parsley, and cover.
- Leave the salad to chill for at least 30 minutes if possible.

The salad can be served as an accompaniment to cold cooked meats, fish or prawns.

Pinch of salt, and pepper  
Pinch of herbs if you wish  
75g spaghetti  
A sprinkle of grated cheese (optional)

1. Peel and chop the onion. Peel and chop the carrot.
  2. Fry the onion in the oil in a saucepan, stirring until the onion is soft (2 to 3 minutes)
  3. Add the minced beef, stirring until the onion is lightly browned (do not add Quorn mince if using this instead)
  4. Add the carrot, and tinned tomatoes/pasata. Add the salt, pepper and herbs. Add Quorn mince if you are using it.
  5. Bring to the boil, then lower the heat and simmer, stirring occasionally, for 20-30 minutes, until the meat is tender (if using Quorn mince this may only take 10 minutes).
  6. Meanwhile, add the spaghetti to a pan of boiling water and cook for approximately 8-13 minutes or until it is just done (*al dente*)
- Drain the spaghetti using a colander, then serve on a plate or in a bowl. Add the Bolognese sauce to the top of the pasta. Add a little cheese if you wish.

## Homemade Beefburgers - Serves One

Preparation and cooking time – 20-25 minutes

Serve in soft bread rolls with tomato or barbecue sauce, or with potatoes, vegetables, or a salad.

½ small onion  
125-225g minced beef according to  
appetite  
Salt and pepper  
Pinch of dried herbs  
Egg (beaten)  
A little oil for frying



1. Peel and finely chop the onion, and mix well in a bowl with the minced beef, using a fork.

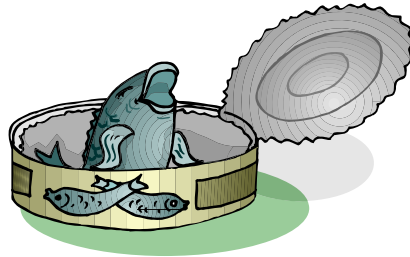
- Thread the skewers with your chosen food in any order
  - Brush or wipe the kebabs with oil
  - Grill under a moderate grill on the grill rack
- Serve the kebabs on the skewers.

## Tuna Bake - Serves One

Preparation and cooking time – minutes

Serve with pasta or crispy bread rolls.

- ½ - 1 can (200g size) tuna fish
- ½ can (298g size) condensed mushroom soup
- 1 slice of bread crumbled into breadcrumbs
- 25g butter
- A few mushrooms (optional)

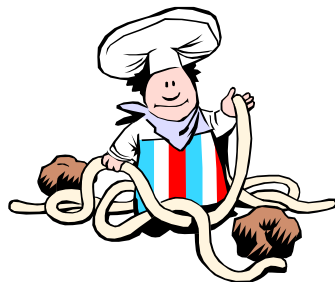


- Drain the tuna and flake it into large flakes.
  - Heat the soup in a saucepan, add the fish and cook it for 2-3 minutes.
  - Pour the mixture into a heat-proof dish. Sprinkle with the breadcrumbs and dot with half the butter. Grill for 5 minutes until golden brown.
- Meanwhile, wash the mushrooms, melt the remaining butter in the pan, add the mushrooms and cook gently for 4-5 minutes. Place on top of the hot tuna bake and serve at once.

## Spaghetti Bolognese - Serves One

Preparation and cooking time – 40 minutes

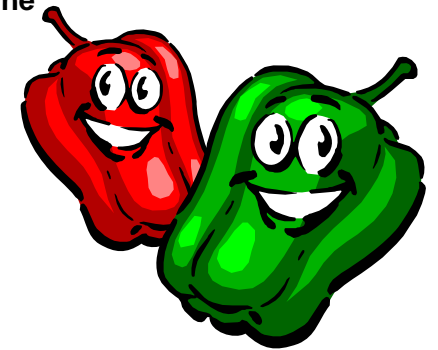
- 1 small onion
- ½ carrot
- 2 teaspoons oil for frying
- 75-100g minced beef (or Quorn mince)
- 115g tinned chopped tomatoes or half a carton of passata



## Stuffed Peppers - Serves One

Preparation Time 45 minutes

- 1 small onion
- 1 tablespoon oil (for frying)
- 100g minced beef
- 1 small tomato
- 1 teaspoon tomato puree or ketchup
- 1 tablespoon uncooked rice
- 1-2 peppers of any colour

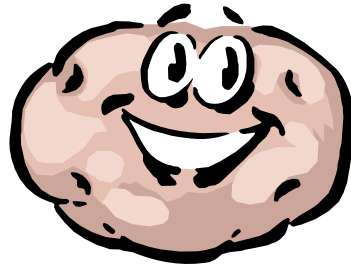


The oven should be preheated to 350°F/180°C/Gas Mark 4-5.

- Peel and chop the onion
  - Heat the oil in a saucepan
  - Add the onion and fry gently for a few minutes until soft.
  - Add the minced beef to the onion and fry for another 2-3 minutes, stirring frequently.
  - Wash and chop the tomato, then add it to the meat in the pan with the tomato puree or ketchup.
  - Add 75ml of boiling water to the pan, then add the rice.
  - Leave to simmer for 15-20 minutes, stirring occasionally. The water should be almost completely absorbed.
  - Cut the tops off the peppers. Remove the seeds and wash the peppers.
  - Grease an oven proof dish.
  - Take the meat mixture from the heat and strain off any excess liquid.
  - Fill the peppers with the meat mixture and put them into the grease ovenproof dish.
- Bake in the oven for 30 minutes.

## Baked Potatoes - Serves One

1. Wash and scrub the potato.
2. Prick the outside of the potato several times with a fork.
3. Place in oven on a baking tray for 1 to 1 ½ hours at 400°F/200°C/Gas Mark 6.
4. Remove from the oven when the skin is crisp. The inside should be soft and fluffy. Use a knife to split the potato open, spread some butter over the inside and then add your chosen filling.



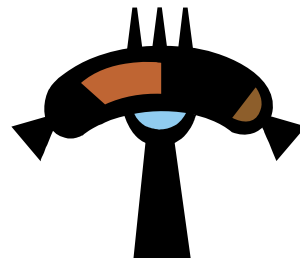
There are lots of fillings you can choose from, for example:

- 25-50g grated cheese (add pickle if you wish)
  - 2-3 tablespoons of cottage cheese (plain, with chives, or with pineapple etc.)
  - Heat ½ can of baked beans and pour over the potato
  - ½ can of tuna mixed with a dessert spoon of mayonnaise
- Or create your own!

## Bangers and Mash - Serves One

Preparation and cooking time 30 minutes

- 2-3 potatoes depending on their size
- 2-3 sausages (meat, Quorn or vegetable)
- 3 tablespoons of frozen peas
- Knob of butter
- Gravy powder



1. Peel the potatoes, cut into small pieces and cook in boiling water for 10 -20 minutes, or until soft.
2. Cook the sausages for 10 – 15 minutes under a hot grill, turning them frequently.
3. Test the potatoes for softness and drain them using a colander as soon as they are cooked.

4. Put the potatoes back into the saucepan, add the butter and mash them with a fork or potato masher. Keep them warm by placing a plate over the saucepan
  5. Cook 3 tablespoons of frozen peas in a small pan of boiling water.
  6. Place the gravy powder in a measuring jug and add boiling water to the powder (for exact measurements see the instructions on the gravy packet).
  7. Drain the peas using a colander.
- Arrange the mashed potato on a plate, place the sausages and peas around it, and pour the gravy over the top.

## Kebabs - Serves One

Preparation and cooking time – 20-25 minutes

Can be served with rice or bread rolls, and a green salad.

Use any mixture of the following –

- 1-2 rashers of bacon
- 1-2 chipolata sausages
- 2-4 button mushrooms
- 1-2 tomatoes
- A few pieces of green pepper
- 1 onion
- A few pineapple cubes
- Oil for cooking

Allow 1-2 long skewers per person

1. Heat the grill
2. Assemble and prepare your chosen ingredients as follows:
  - a. Remove the fat from the bacon, and cut the rashers in half
  - b. Roll the bacon into little bacon rolls
  - c. Halve the chipolata sausages
  - d. Wash the tomatoes and cut them into halves or quarters
  - e. Slice the green peppers into chunks
  - f. Wash the mushrooms
  - g. Drain the pineapple cubes

