

Together We Can

Family Favourites

**Check out some of these simple but classic
family favourites.**

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Oven Potato Wedges

Ingredients (makes 4 servings)

4 medium potatoes, scrubbed

4 tsp olive oil

Optional: garlic powder; Parmesan cheese; chilli powder

Method

1. Preheat the oven to 200°C/400°F/gas mark 6
2. Cut each potato lengthways, then cut each half into 6 wedges
3. Place in a baking tin and turn in the oil until each piece is lightly coated
4. Bake for 35-40 minutes turning occasionally until the potatoes are soft inside and golden brown on the outside
5. Sprinkle on one of the optional ingredients 5 minutes before the end of cooking

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Chicken Nuggets

Ingredients (makes 4 servings)

3 chicken breasts
3 oz breadcrumbs
1 egg
3 fl oz water
1 oz grated cheese (optional)
1 tsp garlic powder (optional)
plain flour

Method

1. Preheat the oven to 200°C/400°F or gas mark 6
2. Cut the chicken breasts into small chunks
3. Combine the breadcrumbs, cheese and garlic powder together and place the mixture in a large plastic bag
4. Combine the egg and water in a bowl. Dip the chicken pieces into the egg mixture and then drop into the plastic bag.
5. Place the coated chicken pieces on an oiled tray. Bake for 10/15 minutes or until tender and golden brown, turning once midway through cooking.

Tip: At stage 3 when making the breadcrumbs any seasoning may be added e.g. Grated cheese, garlic powder, sesame seeds, black pepper, herbs or spices.

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Sausage Casserole

Ingredients (serves 4)

- 450g (1lb) reduced fat sausages
- 2 leeks, sliced
- 2 carrots, sliced
- 6 mushrooms, sliced
- 1 green pepper, de-seeded and sliced
- 2 tablespoons tomato puree
- ½ pint stock
- 1 tsp dried herbs
- 2 tablespoons vegetable oil
- 1 heaped tablespoon plain flour.

Method

1. Brown the sausages by dry-frying them in a large saucepan, turning frequently. When browned place in a casserole dish.
2. Warm 2 tablespoons of vegetable oil in the saucepan, add the leeks, carrot and pepper.

Cook for 2-3 minutes until softened. Stir in the tomato puree and the flour mix to a paste.

3. Gradually add the warm stock. Bring to the boil, stir in the sausages, sliced mushrooms and herbs.
4. Cover with a lid or tin foil and simmer for a further 15 minutes or until vegetables are tender.

Serve with mashed potatoes

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Potato cakes

Ingredients (serves 4)

500g (18oz) potatoes, peeled and quartered
25g (1 oz) butter
6 spring onions, washed and finely chopped
2 heaped teaspoons English mustard
2 tablespoons finely chopped fresh parsley
1 tablespoon plain flour, plus extra for dusting
1 large egg yolk
3-4 tablespoons olive oil

Method

1. Put the potatoes in a large saucepan, cover with water, bring to the boil and simmer until soft, about 15-20 minutes. Mash the potatoes, adding half the butter. Transfer to a large mixing bowl.
2. Fry the spring onions for 1-2 minutes in the remaining butter to soften them. Add to the potatoes along with the mustard, chopped parsley and the flour. Mix well, then add the egg yolk.
3. On a lightly floured surface, with floured hands, shape the mixture into eight rounds. Flatten lightly and dust with flour. Heat the olive oil in a large frying pan and fry the potato cakes gently for 5-6 minutes on each side until light gold in colour.

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Low-Fat Chips

These chips (French fries) are made with just a little oil: 5 grams of fat for the full portion.

Ingredients (makes 4 servings)

- 350 g / 12 oz potato
- 1 tsp olive oil

Method

1. Pre-heat the oven to 200°C / 400°F / gas mark 6.
2. Cut the potato into flat chunky chips (French fries) – about 5 cm / 2 in long and 2 cm / $\frac{3}{4}$ in wide.
3. Place the cut potatoes in a bowl, sprinkle with the oil and toss them together with your hands.
4. Place the chips (French fries) on a non-stick baking tray (or a baking tray covered with non-stick parchments or material) and bake for about 25 minutes, or until they're crisp and golden.

There is no need to turn them during cooking, but you do need to eat them quickly while they're really crisp.

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Cottage Pie

Ingredients

- 450g (1 lb) minced beef
- 1 onion, finely chopped
- Freshly ground black pepper
- 3 carrots, peeled and finely chopped or grated
- ¼ swede, peeled and diced
- 600ml (1 pint) water, with 1 beef stock cube added
- 1 sprig fresh rosemary
- 2 slightly heaped dessertspoons flour
- 100g low fat fromage frais
- 85g (3 oz) Low-fat cheddar cheese, grated (optional)
- 2 tsp Marmite (optional)

Method

1. Preheat the oven to 200°C/ 400°F/ Gas 6
2. In a large saucepan dry-fry the meat until it is brown, stirring. Grind over a little black pepper.
3. Add the onion, carrot, swede and rosemary to the meat, with the beef stock- and simmer until the meat and vegetables are cooked, about 30-35 minutes.
4. Meanwhile, boil the potatoes until tender. Drain, return to the pan and stand over a very low heat for a few seconds to dry out. Mash with fromage frais set aside
5. Add the Marmite to the meat, and cook for a further 10 minutes. Remove and discard the sprigs of rosemary. Blend the flour with a little cold water, and add to the meat through a sieve, stirring carefully until the mixture thickens slightly.
6. Pour the meat mixture into a casserole dish, and arrange the mash on top. Bake in a pre-heated oven until golden brown, about 30 minutes. About 5 minutes before the end of cooking time, take the cottage pie out of the oven and sprinkle with the cheese. Return to the oven until the cheese has melted and become golden brown.

Lighter Fish Finger Sarnies

A family classic costing from only £1 per serving.

Ingredients

- 25cm-long piece ciabatta, cut from a loaf
- 2 tsp rapeseed oil
- 3 tbsp low-fat, Greek-style natural yogurt
- ½ tsp horseradish sauce
- 1 heaped tbsp snipped chives
- 200g skinless haddock loin (or other plump white fish), preferably from a sustainable source
- 1 egg, beaten
- 25g panko or coarse dried breadcrumbs
- ¼ tsp paprika
- 8 thin cucumber slices
- handful rocket leaves
- lemon wedges, to serve

Method

1. Slice the piece of ciabatta in half horizontally, drizzle or brush over 1 tsp oil, then place on a non-stick baking sheet. Mix together the yogurt, horseradish sauce and chives, and season well with pepper. Set aside.
2. Heat the grill for 5 mins. Cut the fish into 4 chunky fingers (about 10 x 2.5cm). Put the beaten egg on one plate, season with pepper, and put the breadcrumbs on another. Crumble any of the larger breadcrumbs into finer ones with your fingers, then season with the paprika, a pinch of salt and some pepper. Coat the fish fingers first in the beaten egg, then in the crumbs, rolling them around so they are completely coated. Lay them on the baking sheet (with the bread) and drizzle over the remaining oil.
3. Grill the bread for 2 mins until just starting to turn pale golden. Grill the fish for 5-7 mins until cooked and golden.

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