

**Together We Can**  
**Healthy Recipes Made Easy**

**Traditional**  
**Including**  
**Vegetarian**

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# Recipes

1. Bagel with scrambled egg and tomato
2. Baked salmon parcels
3. Bean burgers
4. Broccoli and cherry tomato sauce
5. Chicken & leek pie with sweet potato wedges
6. Chicken burgers
7. Juicy tomato burgers
8. Turkey burgers
9. Tuna fishcakes
10. Vegetable casserole
11. Veggie shepherd's pie with bubble and squeak rosti
12. Herbed Pork Fillet with Roast Vegetables
13. Jacket potatoes
14. Lamb casserole
15. Vegetable hotpot
16. Juicy tomato burgers
17. Low fat chips
18. Cottage pie
19. Potato and cheese pie
20. Potato cakes
21. Salmon fishcakes with lemon sauce
22. Sausage casserole
23. Oven potato wedges
24. Chicken nuggets

A selection of popular household recipes for you to choose from and try at home whether cooking alone, with friends or family.

Save yourself time, money and calories by trying these.

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# Bagel with scrambled egg and tomato

Serves 1

## Ingredients

- 1 Food Doctor Bagel
- 2 large eggs
- dash of milk
- 1tsp butter
- seasoning
- 1 vine ripened tomato, sliced

## Method

- Cut the bagel in half and lightly toast the bready side.
- Meanwhile crack open the egg and whisk with a dash of milk and add butter.
- Cook on a medium heat whisking to make scramble egg. Season with pepper.
- Slice the tomato and place a layer of tomato on the bagel and top with scrambled egg. Place the top on the bagel

Alternatively use wholemeal bread or seeded batch loaf

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# Baked Salmon Parcels

## Ingredients

- 4 x 170g Fresh Scottish Salmon Fillets (Your fishmonger can help you select the right sized pieces)
- 4 Spring onions, trimmed and shredded
- 2cm piece root ginger, peeled and grated
- 1 red pepper, deseeded and thinly sliced
- 1 ½ tsp reduced salt soy sauce
- 1 tbsp olive oil
- 200g egg noodles

## Method

1. Preheat the oven to 400f/200c/gas 6. Take 4 sheets of non stick baking parchment approx 30cm and lift a salmon fillet into the centre of each one.
2. Scatter some of the spring onion, ginger and red pepper over each salmon fillet. Drizzle each with a little soy sauce and olive oil and wrap up securely in the parchment.
3. Bake for 20 minutes until the fish is cooked through and flakes easily with a fork.
4. 5 minutes before the salmon is cooked, bring a pan of lightly salted water to the boil and cook the noodles as per on-pack instructions. Drain well and divide equally between 4 serving plates.
5. Carefully unwrap each salmon, taking care as steam will escape, and lift onto the noodles. Drizzle with the cooking juices.

# Bean Burgers

## Ingredients

- 2 x 400g can cannellini beans, drained and rinsed
- 2 eggs, beaten
- 1 bunch of spring onions, chopped
- 4 tbsps chopped herbs (sage, parsley or thyme)
- 50g stilton cheese
- 4 tbsps plain flour
- 50g fine white breadcrumbs
- 2 tbsps oil
- pepper
- tomato and cucumber salad to serve

## Method

1. Place the beans in a food processor or blenders and blend until almost smooth. Add half of the egg and blend again.
2. Stir in the spring onions, herbs and stilton. Season to taste with black pepper.
3. Shape the mixture into 8 balls, then flatten them slightly with the palm of your hand. Coat them in flour, then dip them into the remaining egg, then in the breadcrumbs to coat them. Place on a lightly oiled baking sheet and drizzle with oil.
4. Cook in a preheated oven at 200°C, gas mark 6 for 10-15 minutes until golden and piping hot. Garnish with a parsley sprig and serve with a tomato and cucumber.

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# Broccoli and cherry tomato sauce

## *Ingredients (serves 4)*

450g (1lb) broccoli, cut into florets  
225g (8oz) cherry tomatoes (vines ones are nice), washed  
25g (1oz) margarine  
25g (1oz) plain flour  
600ml (1 pint) semi skimmed milk  
1 tablespoon wholegrain mustard  
225g (8oz) low fat cheddar cheese, grated

## *Method*

1. Preheat the oven to 200°C/400°F/Gas 6
2. Wash the broccoli florets in cold water, then cook in boiling water for 5-10 minutes. Drain well and place in an ovenproof dish. Arrange the cherry tomatoes in the dish.
3. To make the cheese sauce, melt the margarine in a small pan, then add the flour, and cook until the texture and colour are sandy. Add the milk stir in continuously until thickened and smooth. Add the mustard and most of the cheese (reserving some for the top), and remove from the heat.
4. Pour the sauce over the broccoli and tomatoes, sprinkle the remaining cheese over the top, and bake in the preheated oven for 10 minutes or until the cheese has melted and browned.

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# Chicken & Leek Pie With Sweet Potato Wedges

High in fibre, good source of Vitamin C, 3 of your 5 a day. Using filo helps keep this pie low in saturated fat, while the sweet potato fries boost your veg count.

## Serves 2

Prep 15 mins

Cook 40 mins

## Ingredients

1 large sweet potato, cut into chunky chips  
4 tsp olive oil  
2 chicken breasts, chopped into bite-size chunks  
1 leek, finely sliced  
1 carrot, chopped  
Mushrooms  
225ml/8fl oz low-sodium chicken stock  
2 tsp wholegrain mustard  
85g/3oz light soft cheese  
2 tbsp chopped tarragon leaves  
2 sheets filo pastry

## Method

1. Heat oven to 200c/180c fan/gas 6. In a roasting tray toss the sweet potatoes with 2 tsp of the oil and some seasoning. Cook for 30-40 mins, until golden and crisp.
2. Heat 1tsp oil in a medium frying pan. Fry the chicken until browned, remove from the pan and set aside. Add the leek, Mushrooms and a splash of water, and gently fry until soft, about 7 mins. Add the carrot and cook for 3 mins more. Pour in the stock and boil until reduced by half, then add the mustard and soft cheese, stirring well to combine. Return the chicken to the pan, add the tarragon and some seasoning
3. Divide the mixture between 2 small ovenproof dishes. Take the filo sheets and scrunch them up. Top each pie with a sheet and brush with remaining 1 tsp oil. Cook the pies in the oven with chips for 15 mins, until pastry is golden

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# Chicken Burgers

*These are a healthy alternative to beef burgers due to their lower fat content. Unlike traditional burgers, they are dry-fried so they don't absorb lots of oil.*

## *Ingredients (makes 4 burgers)*

- 1 onion, finely chopped
- 1 stick celery, finely chopped
- 1 clove garlic, crushed
- 2 tbsp (30 ml) olive oil
- 2 chicken breasts, skinless and boneless
- 2 tbsp (30 ml) fresh parsley, chopped (or 1 tbsp (15 ml) dried parsley)
- 60 g (2 oz) fresh breadcrumbs
- Salt and freshly ground black pepper
- 1 egg yolk
- Flour for coating

## *Method*

1. Sauté the onion, celery and garlic in the olive oil for 5 minutes. Meanwhile mince or finely chop the chicken in a food processor.
2. Combine the onion mixture, chicken, parsley and breadcrumbs in a bowl. Season with salt and pepper and bind the mixture together with the egg yolk.
3. Form into 4 burgers, roll in flour and dry-fry in a non-stick pan over a medium heat until golden and cooked through, turning halfway through (about 5 – 6 minutes each side).

**Tip:** To balance the meal, add a wholemeal bap, shredded lettuce, sliced tomatoes, onion rings and a little salsa or relish.

# Juicy Tomato Burgers

*These homemade meat burgers are made with lean mince and cooked without extra oil. This means they are low in fat – and at least you know exactly what's in them!*

*Ingredients (makes 6-8 medium burgers).*

- 500g (16 oz) extra lean mince meat (beef, turkey, pork)
- 60 g (2 oz) dried breadcrumbs
- 3 tbsp (45 ml) water
- 1 small onion, chopped finely
- 2 tbsp (30 ml) fresh sage or parsley, chopped (or 1 tbsp (15 ml) dried)
- 2 tbsp tomato puree
- Dash of Worcester sauce
- Freshly ground black pepper

## *Method*

1. Place the minced meat, breadcrumbs, water, onion, tomato puree, herbs and pepper in a bowl. Mix well to combine.
2. Divide the mixture into 4 or 8 balls and flatten into burgers.
3. Dry fry in a hot non-stick pan for 4 – 5 minutes each side.
4. Alternatively, place the burgers on a baking sheet and cook in the oven at 200°C / 400°F / gas mark 6 for 10 – 15 minutes, depending on the size of the burgers.
5. Test by inserting a skewer into the middle of a burger – there should be no trace of pink in the meat and the juices should run clear.

**Tip:** To balance the meal, add a wholemeal barm, shredded lettuce, tomatoes, relish or salsa and plenty of salad.

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# Turkey Burgers

## Ingredients (serves 4)

450g minced turkey  
1 onion, very finely chopped  
1 carrot, grated  
50g sweetcorn, thawed if frozen  
2 teaspoons dried mixed herbs  
ground black pepper  
4 standard burger buns, sliced in two  
shredded lettuce and sliced tomatoes

## Method

1. In a large bowl, mix together the minced turkey, onion, carrot, sweetcorn and herbs. You can use your hands to mix everything together. Season with some pepper. Shape the mixture into 2 large burgers and 2 small burgers. Cover and chill the burgers if you're cooking them later.
2. Preheat the grill. Place the burgers on the grill rack and grill them for 12 – 15 minutes, turning them over once, until browned and cooked through.
3. Lightly toast the burger buns on the cut sides only.
4. Place the cooked burgers on the toasted bun with lettuce and tomato.

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# Tuna Fishcakes

*Ingredients (serves 4)*

500g (18oz) potatoes, peeled and quartered  
25g (1 oz) margarine (for the mash)  
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  
1 X 200g can tuna in spring water, drained  
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 the margarine. Transfer to a large mixing bowl.
2. Fry the spring onions for 1-2 minutes in olive oil to soften them. Add to the potatoes along with the mustard, chopped parsley and the flour. Mix well, then add the egg yolk and drained tuna, and mix well again.
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 fishcakes gently for 5-6 minutes on each side until light gold in colour.

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# Vegetable Casserole

## Ingredients

- 2 onions, each cut into 6 wedges
- 3 carrots, cut into chunks
- 3 celery sticks, cut into chunks
- 400 g (14 oz) sweet potato or Swede, cut into chunks
- 1 litre (1¾ pints) hot vegetable stock, low salt variety
- 2 garlic cloves, finely chopped
- 3 leeks, about 300 g (10½ oz) in total, thickly sliced
- 150 g (5½ oz) pearl barley
- 2 tsp dried sage
- Pepper
- 3 tbsp coarsely chopped fresh flat-leaf parsley to garnish

## Preparation

1. Preheat the oven to 180 degrees/ gas mark 4. Put the onions, carrots, celery, sweet potato or swede in a large flameproof casserole. Pour in the stock and bring to the boil.
2. Add the garlic, leeks, pearl barley, sage and seasoning. Stir to mix the vegetables together. Cover and transfer to the oven to cook for about 1 hour or until the vegetables are soft and the barley is tender.
3. Sprinkle with parsley and serve

# Veggie Shepherd's pie with bubble and squeak rössti

**Serves:** 4  
**Prep:** 20 mins + cooling  
**Cook:** 33 mins  
**Cost:** approx £5.00  
**Cals per serving:** 276  
**Fat per serving:** 10g

## *Ingredients*

- 1 tbsp sunflower oil
- 1 onion, peeled and chopped
- 1 carrot, peeled and finely chopped
- 100g/4oz mushrooms, wiped and sliced
- 1 (350g) packet Quorn mince
- 1 (400g) tin chopped tomatoes
- 1 tbsp tomato purée
- 1 vegetable stock cube, crumbled
- 450g/1lb potatoes, peeled and halved
- 75g/3oz green cabbage, stalks removed and shredded
- 50g/2oz mature Cheddar cheese, grated

## *Method*

1. Preheat the oven to 200°C / Fan 180°C / Gas Mark 6. Heat the oil in a large frying pan and cook the onion and carrot for 4 mins until softened. Add the mushrooms and cook for a further 2 mins. Add the mince, tomatoes, tomatoe purée and stock cube. Simmer for 2 mins until slightly thickened.
2. Meanwhile, cook the potatoes in boiling water for 8 mins. Drain and cool slightly. When cool enough to handle, grate the potatoes into a bowl and mix in the cabbage and cheese. Season.
3. Transfer the mince mixture into a 1.7 litre / 3 pt ovenproof dish. Arrange large spoonfuls of the bubble and squeak on top of the mince. Bake in the oven for 25 mins until golden brown and heated through.

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# Herbed Pork Fillet with Roast Vegetables

*Cooking:* 1 hour

*Preparation:* 20 mins

*Serves* 4

## *Ingredients*

- 4 medium parsnips, quartered lengthways
- 1 butternut squash (about 650g/1lb 7oz), peeled, seeded and cut into chunks
- 2 red onions, each cut into 8 wedges
- 1 tbsp olive oil
- grated zest of 1 lemon
- 2 tbsp pork seasoning or dried mixed Italian herbs
- 500g/1lb 2oz lean pork tenderloin, in one or two pieces
- 1 medium cooking apple
- 400ml/14fl oz chicken stock

## *Method*

1. Preheat the oven to 220oC/Gas 6/Fan 180oC. Put the vegetables into a roasting pan. Drizzle with the olive oil, season with salt and pepper, then toss everything together.
2. On a plate, mix together the lemon zest and port seasoning or herbs. Roll the pork in the mixture then put it on top of the vegetables. Roast for 40 minutes.
3. Peel and core the apples and cut it into chunks. Scatter it into the roasting tin, then pour in the stock and cook for a further 15 – 20 minutes. Slice the port, arrange on a platter with the vegetables then spoon over the pan juices.

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# Jacket Potatoes

*Jacket potatoes are excellent fast foods. They are nutritious, delicious and simple to prepare. They provide complex carbohydrates, B vitamins, vitamin C, iron and fibre. Here's how to bake the perfect potato:*

## *Method*

1. Wash the potatoes and pierce the skin with a fork.
2. Bake directly on the oven shelf at 220°C / 425°F / gas mark 7 for about 1 – 1¼ hours (depending on the size of the potato) or until the flesh is very tender.
3. For a crispy skin, rub lightly in a little olive oil.

## Toppings for jacket potatoes

- Baked beans
- Cheddar cheese
- Mozzarella cheese
- Plain yogurt
- Half-fat crème fraiche
- Salsa
- Stir-fried vegetables
- Chicken mixed with a little mayonnaise
- Hummus
- Cottage cheese
- Prawns with mayonnaise or salad cream
- Ratatouille
- Lentil dahl
- Tuna mixed with plain yogurt or mayonnaise
- Grilled mushrooms
- Chilli con carne
- Scrambled egg and tomato
- Sweetcorn
- Bolognese sauce
- Vegetarian Bolognese
- Vegetable korma

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# Lamb Casserole

## Ingredients

- 1lb minced lamb
- 1 medium sized onion
- 2 Carrots grated
- ¼ swede grated
- 4 mushrooms sliced
- 1oz lentils
- 1 pint (500ml) of lamb stock
- 2 heaped tablespoons of flour

## Method

1. Peel and dice the onion.

3. Heat a pan, add onions and meat, cook for 5 minutes, and turn the meat and the onions in the oil until browned.

4. Mix the flour into the meat and onions and cook for 2 minutes stirring occasionally, slowly add the stock, stirring all of the time, then add lentils, carrot, swede and seasoning. Cook for 20 minutes until the meat is cooked through.

6. Transfer the meat into a casserole dish; place the dumplings on top.

7. Cook in the middle of the oven on gas mark 5 or 190-degree Celsius for 20-30 minutes until the dumplings are cooked on top.

## HEALTHY TIPS

To increase your 5 a day serve with whole green beans.

Why not try this recipe with minced turkey ,minced pork or quorn mince. When purchasing mince always buy good quality lean mince as this will have a reduced fat content.

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# Vegetable hotpot

## *Ingredients*

*serves 4*

225g (8oz) carrots, peeled and sliced  
225g (8oz) parsnips, peeled and sliced  
2 red onions, peeled and sliced  
450g (1lb) potatoes, peeled and sliced  
300ml (10fl oz) beef stock  
1 stick of celery  
1 tsp of olive oil

## *Method*

1. Preheat the oven to 180°C/350°F/gas 4
2. Heat the oil and add the onions cook until soft,
3. Add the stock, potatoes, parsnips

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# Juicy Tomato Burgers

*These homemade meat burgers are made with lean mince and cooked without extra oil. This means they are low in fat – and at least you know exactly what's in them!*

*Ingredients (makes 6-8 medium burgers).*

500g (16 oz) extra lean mince meat (beef, turkey, pork)  
60 g (2 oz) dried breadcrumbs  
3 tbsp (45 ml) water  
1 small onion, chopped finely  
2 tbsp (30 ml) fresh sage or parsley, chopped (or 1 tbsp (15 ml) dried)  
2 tbsp tomato puree  
Dash of Worcester sauce  
Freshly ground black pepper

## *Method*

1. Place the minced meat, breadcrumbs, water, onion, tomato puree, herbs and pepper in a bowl. Mix well to combine.
2. Divide the mixture into 4 or 8 balls and flatten into burgers.
3. Dry fry in a hot non-stick pan for 4 – 5 minutes each side.
4. Alternatively, place the burgers on a baking sheet and cook in the oven at 200°C / 400°F / gas mark 6 for 10 – 15 minutes, depending on the size of the burgers.
5. Test by inserting a skewer into the middle of a burger – there should be no trace of pink in the meat and the juices should run clear.

*Tip:* To balance the meal, add a wholemeal barm, shredded lettuce, tomatoes, relish or salsa and plenty of salad.

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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 / ¾ 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. Ad 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.

# Potato and Cheese Pie

*This simple dish of potatoes and cheese is a childhood favourite. Layer sliced leeks or broccoli florets with the cheese to increase the vegetable content.*

## *Ingredients (makes 4 servings)*

- 450 g (1 lb) potatoes
- 300 ml (½ pint) milk
- 60 g (2 oz) grated cheese
- 1 onion, thinly sliced
- 2 large tomatoes, sliced
- 2 eggs
- Freshly ground black pepper

## *Method*

1. Pre-heat the oven to 200°C / 400°F / gas mark 6.
2. Peel and thinly slice the potatoes. Arrange layers of potato, cheese, onion and tomatoes in a shallow baking dish, finishing with cheese.
3. Beat the eggs with the milk, season with salt and pepper then pour over the potatoes.
4. Cover with foil and bake for 45 – 60 minutes until the potatoes are tender and the top golden brown.

*To balance the meal, add baked beans and a green vegetable.*

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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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# Salmon Fishcakes with lemon sauce

Ingredients (makes 6 fishcakes)

For the fishcakes

- 300g salmon fillets
- 450g sweet potato, peeled and thickly sliced
- Zest 1 lemon
- 4 spring onions, finely chopped
- 20g coriander/parsley, finely chopped
- 25g wholemeal plain flour
- 4 sprays olive oil spray or 1tbsp mild olive oil

For a cheaper option use 2 tins of pink or red salmon

For the sauce

Juice 1 lemon

- 1tbsp arrowroot or cornflour
- 2 tbsp granulated sweetener

Method

1. Place the salmon fillets in a shallow saucepan or frying pan and pour in enough water to just cover the fish
2. Cook over a gentle heat until the fish turns opaque and begins to flake. Remove the fish from the pan, take off the skin, flake and put to one side. Reserve 150ml of the stock the fish was cooked in (add extra water if necessary to make up the quantity). Meanwhile, cook the sweet potatoes in boiling water until soft. Drain and mash. Allow to cool. Mix the salmon with the sweet potatoes, lemon zest, spring onions and coriander/parsley.
3. Shape into six even-sized patties about 7cm in diameter and 2cm deep. Lightly coat in wholemeal flour. Heat the frying pan, add oil and cook the fishcakes for approximately 3 minutes on each side until golden brown and hot right through. Keep warm.
4. To make the sauce – blend the lemon juice, arrowroot, stock and sweetener together in a small saucepan and bring to the boil, stirring continuously. Serve the fishcakes with the lemon sauce and a selection of fresh vegetables or a salad.

\*If using tinned salmon mash it up and mix it with sweet potatoes\*

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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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# 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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