



Wandsworth 
Teaching Primary Care Trust

Wandsworth Young Peoples Healthy E-Cookbook

Produced by Food Safety Team with recipes provided by the young people who entered our tackling obesity competition as part of a project run in partnership with NHS Wandsworth linking to the Change4Life campaign.

www.wandsworth.gov.uk/change4life

Created by Department of Technical Services

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°C (degrees centigrade)
 F (degrees Fahrenheit)
 ml (millimetres)
 tsp (teaspoon)
 tbsp (tablespoon)
 g (gram)
 fl oz (fluid ounce)

Starters

Fish Cutlet by Thurika Vettivel

Ingredients

3 cans of tuna
½ onion
4 potatoes
Salt and pepper
Breadcrumbs
2 x chillies
3 eggs

Method

1. Let the potatoes boil in a pan until it is like mash inside and then leave to cool
2. Open the cans of tuna
3. Chop the onions and chillies, peel the potatoes
4. Mix potatoes with onion, chilli, tuna and salt and pepper
5. Make the mixture into balls, roll them into the egg and then into the crumbs
6. Then fry them and they're ready to eat.

Tuna Steaks with Sesame Seeds by Francesca Battersby and

Karolina Bakun

Ingredients

2 x tuna fillets
1 egg beaten
Sesame seeds
Sugar snap peas
Carrots
Baby sweet corn
Pesto dip

Method

1. Dip two tuna fillets into a bowl containing one beaten egg and make sure the fillets are fully coated with egg before removing them from the bowl. Tip some sesame seeds into another bowl and once again coat the tuna steaks with seeds. Then put the steaks in a pan and heat gently until well cooked.
2. Fill a different pan to around halfway with water, bring to the boil and put in some sugar snap peas, carrots and baby sweet corn. Steam the vegetables and then serve them on a plate with the tuna.
3. Serve with a pesto dip to add flavour.

My couscous dish by Alfie Dunton

Ingredients

160g/6oz couscous

75g/3oz sweetcorn

75g/3oz cucumber (diced)

75g/3oz carrots (diced)

1 tbsp olive oil

Lemon juice

Salt and pepper

Method

1. Put couscous in a bowl, add boiling water so it just completely covers the couscous and allow to stand for 5-10 minutes
2. Add sweetcorn, cucumber, carrots, olive oil and lemon juice, use a fork to mix thoroughly, season to taste.

Main Courses

Chicken stir-fry, momma's way! By Neil Maisuria

Ingredients

1 kg/2.2lb of chicken breast

1 large red pepper

1 large onion

1 small tin of corn

500g/1lb/2 cups of basmati rice

1 courgette

1 small aubergine

Spices (ginger, garlic, red chilli powder, green chillies, salt, turmeric)

Method

1. Dice chicken breast and leave to drain
2. Wash rice and put to boil
3. Chop onion, courgette, pepper and aubergine, drain sweet corn
4. Put oil in wok, heat and put in the chicken, cover the chicken for 20 minutes and leave to steam in its own juice. Uncover chicken and let water evaporate
5. When cooked, take out and put the chicken in a separate dish
6. Using the same wok pour two tablespoons of cooking oil in the wok and put in the onions until golden brown.
7. Add the sweet corn, peppers, courgettes and aubergines. Then add in all spices and leave to cook for 5 minutes
8. Drain the boiled rice and let it cool for 5 minutes
9. Mix all your ingredients (chicken, rice and vegetables) together in the wok.
10. Stir for 5 minutes in the wok and serve straight from the wok. If desired serve with some cucumber raita, and naan bread.

Step 1.



Step 3.



Step 7.



Step 8.



Step 9.



Step 11.



Pepper Pot by Matilda Fenn and Martha Daniels

Ingredients (for 3-4 servings)

1 onion and scoop of chopped shallots

7 white, English mushrooms

1 bag of spinach

1 egg

1kg/2.2lb/4 cups of risotto rice

1 ½ mozzarella balls

Breadcrumbs

Peppers- green, red and yellow

Parmesan

Vegetable stock

Method

1. First, take a deep pan and fill with 1-2 cups of water. Then take the bag of spinach and put into the pan. Boil the spinach till water is bubbling and spinach has reduced in size and dark green. Leave to cool for a few minutes. Next, take mushrooms, onions and the spinach. Chop the onions very finely, cut mushrooms into 5 small pieces.
2. Next put the onions, mushrooms and spinach into blender along with a few breadcrumbs. Whiz them up for no longer than 10 seconds. Once you have mixed the ingredients for veggie balls put them into a hot pan (with olive oil) and fry. As you are frying the mixture add 1 ½ balls of mozzarella (chopped up) into the mixture. Let the mozzarella melt, then turn down the heat and let it cool in a bowl for a few minutes.
3. Next take your egg, beat it, and then pour it into your mixture. (time to get your hands messy). Then, mix it all together with your hands and add quite a few breadcrumbs. Roll the mixture into balls and cover with breadcrumbs. Fry balls on a gentle heat until golden brown. Place to one side.
4. Cut tops off the peppers and scoop out seeds. Drizzle with olive oil and bake in the oven at 180°C (350F/Gas Mark 4).
5. Make risotto. Fry onions and oil together then add rice. Gradually add vegetable stock until rice is softened. Grate in Parmesan cheese. Stuff in peppers.
6. Finally, pop on the tops, place on the plates with the vegi-balls and serve with a basil garnish and a smile.



Pork and Apple Kebabs by Francesca Battersby and Karolina Bakun

Ingredients

Pork fillet
2 peppers
3 apples
Naan bread
Kebab skewers
(for the marinade)
Honey
Olive oil
Chopped fresh sage
Soy sauce
Sesame seeds (optional)

Method

1. Chop up the pork into cubes, the apples and the peppers into chunks
2. Put all the marinade ingredients in a bowl and mix. To give a little extra flavour why not add sesame seeds
3. Put the pork in the bowl and make sure it is coated in marinade before putting in the fridge. Leave the pork in the fridge for at least 2 hours
4. Put the pork, the chopped apples and peppers on kebab skewers and grill until the meat is cooked, turning regularly.
5. Serve on a plate with naan bread and a drizzle of honey. Enjoy.

Prawn with mange tout and noodles by Louisa Cheung

Ingredients (serves 7 persons)

100g/4oz rice noodles
100g/4oz baby corn
100g/4oz mange tout, halves lengthways
500g/1lb raw peeled king prawns
½ tsp sunflower oil
1 tbsp of fresh grated ginger
½ tbsp soy sauce
½ tbsp sesame oil
1 tbsp chopped fresh coriander

Method

1. Soak the noodles in boiling water until just tender. Then drain the noodles.
2. In a pan of boiling water cook the corn and mange tout for 3 minutes until just tender. Drain and reserve.
3. Meanwhile place the prawns in a bowl and toss with the oil and ginger. Heat a pan over a high heat and cook the prawns until pink.
4. Tip the noodles into the pan with the corn, mange tout, soy sauce, sesame oil and coriander.

Moroccan Chicken by Theo Heaton-Davies

Ingredients

3-4 onions chopped roughly
7 garlic cloves chopped roughly
1-2 tsp ground coriander
2-3 tbsp chopped fresh ginger
1 crushed cinnamon stick
½ tsp ground cumin
12 chicken thighs cut into 5cm (2 inch) bits
10 apricots cut into quarters
1-2 tins of chopped tomatoes
1 bunch fresh coriander- leaves only

Method

1. Put onions, garlic, ginger and spices in a large, well oiled pan and cook, stirring occasionally, until the onions soften.
2. Then add chicken, apricots and one tin of tomatoes, put the lid on and cook for 20-25 minutes, stirring occasionally until the chicken is cooked. Add some more tomatoes and seasoning if needed.
3. Transfer to a dish, sprinkle on coriander leaves and serve with couscous, roast pumpkin and a green salad.

Mediterranean Rice by Merium Moussa-Benammar

Ingredients

Olive oil (2 tbsp)
1 onion
5 garlic cloves
1 red pepper
5 medium mushrooms
2 chicken legs
Paprika powder and salt
200g/7oz Basmati rice
1 tin of chopped tomatoes or fresh tomatoes

Method

1. Firstly get a saucepan and pour two tablespoons of olive oil in the pan then put it on a low heat
2. Then chop the onion into cubes and add them into the saucepan
3. Then get a garlic crusher and crush the garlic cloves
4. Add to the saucepan one tablespoon of sweet paprika powder and one teaspoon of salt, let it all cook for 5 minutes
5. Add the chicken legs
6. Then take the head and seeds off the red pepper and cut into small pieces
7. Add the mushrooms then you let them cook for 30 minutes
8. Take all the pieces of chicken out of the sauce
9. Add 750 ml (26 fl oz) of water and let it boil for 5-10 minutes, then put in basmati rice and let it cook for 8 minutes
10. Plate up in wide flat dishes with the chicken on the top of the rice.

Stuffed Green Peppers by Mariam Mussa

Ingredients

10 green peppers
500g/1lb mince
4 large onions
2 tsp red chillies
4 large tomatoes
2 tsp crushed garlic
1 tsp crushed Jeera (or cumin)
Salt to taste
½ cup oil
¼ tsp turmeric

Method

1. Chop one onion into very small pieces, add the onion, crushed Jeera, salt, 1 tsp garlic, 1 tsp red chillies to the mince and mix it well.
2. Wash the green peppers and split open one side. Remove the seed and stuff them with the mince.
3. Cut the rest of the onion and tomatoes in small pieces. Fry the onions until they go brown.
4. Add the tomatoes, 1 tsp chillies, ¼ tsp turmeric, 1 tsp garlic and cook till the oil comes up.
5. Put the green peppers in the mixture and 1 cup of water and leave it on a low heat to cook till the water is finished. Serve with chapattis or bread.

North African Chicken by Cassandra Bailly

Ingredients

1 large onion
3 large cloves of garlic
3 cloves
Herbes de provence
½ tsp of ground fenugreek, ½ tsp of cinnamon
A grating of nutmeg, 1 level tsp of cumin
A shaking of black pepper and salt to taste
250g/9oz of dried apricots
1 pint of chicken stock
Butter
Couscous
Rocket (to taste)

Method

1. First cut the chicken into 1/8th. Then sauté with chopped onions, chopped garlic, herbs and spice.
2. When the chicken is brown add two cups of chicken stock.
3. Next add dried apricots and simmer for 1 hour 30 minutes.
4. When it is nearly ready prepare couscous by pouring boiling water on it and leave it for 10 seconds before pouring the water off and add a knob of butter and fluff up the couscous with a fork.
5. Finally add fresh rocket on top, serve together with chicken and eat.

Snacks/Desserts

Mango Breadsticks by Toby Ralph

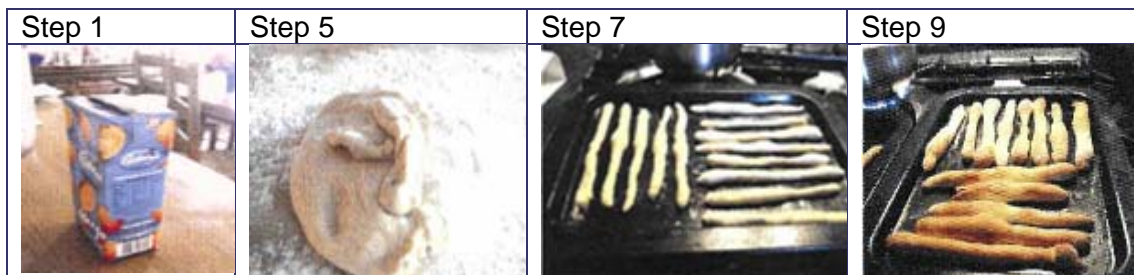
Ingredients

450ml/16 fl oz Rubicon mango juice
1 package of dry yeast
1 teaspoon of salt
2 tablespoons of olive oil
2 cups of flour

Method

1. Measure out 450ml of Rubicon mango juice and pour into a mixing bowl
2. Add a packet of yeast to the mango juice and stir for 3 minutes
3. Mix it together and add the salt, oil and $\frac{3}{4}$ of the flour
4. Now change the whisks for dough hooks (if you have them) and carry on mixing. Then, when you've finished mixing, put the dough into a greased bowl and flip it over so the greased side of the dough is up.
5. Now place the dough on a suitable work surface
6. Start kneading the dough into long thin shapes like a snake.
7. Place the breadsticks onto a greased baking tray
8. Place them in the oven at a heat of 220 °C (425 F/gas mark 7)
9. Bake for 10 minutes or till they are a golden crusty sort of colour like in the picture.

You do not need to let them cool but if you eat them straight away they may be a bit hot.



Passion pavlova & raspberry coulis by Ellie Pavitt and Molly

Ingredients

(for meringue)

5 eggs whites (medium)

175g/6oz fine sugar

A wee pinch of salt

2 drips of pure vanilla extract

2 tsp of cornflour

(for coulis)

300g/10oz raspberries

1 heaped tbsp of icing sugar

Squeeze of lemon

(for dressing)

Passion fruit, berries (strawberries, raspberries etc)

Greek yoghurt

Method

(for meringue)

1. Preheat the oven to 180 °C (360F, gas mark 4). Next put the eggs whites in a large bowl and whisk until stiff (similar to double cream). Once stiffened add the sugar, adding 1/3 at a time and then gently fold it over into your mixture. Add the salt, vanilla extract and corn flour.
2. Place the meringue on a greased oven tray lined with grease proof paper.
3. Turn the oven down to 150 °C (300F, gas mark 2) before putting the meringue in the oven. Bake the meringue on this low heat for up to 1 and ¼ hours.

(for coulis)

4. Pour a few raspberries into a small sieve, so that the seeds cannot fit through the holes. Then crush them and keep pressing down until all the juice has escaped. Repeat this process about 8 times, so that you have a smooth, scarlet thick raspberry juice.
5. Next, sieve the icing sugar and mix into the raspberry juice. Add a squeeze of lemon, to give it a tang and place in the fridge to cool.

Last step

6. Once you have removed the meringue out of the oven, the very last thing is to dress it.



Berry Delight by Diella Agyeman

Ingredients

140g/5oz or 2 packs of oats

30ml/1 fl oz of milk

15ml/½ fl oz of honey

Raspberries

A handful of cranberries

2 big strawberries

1 tsp of vanilla

Strawberry jam

Method

1. Firstly, put the oats in a small bowl
2. Then add the milk, vanilla and honey to the mixture and stir
3. Split the mixture in half then put mixture in the oven to bake for 5 minutes- in cube shapes.
4. Spread the strawberry jam on one side of each of the cubes
5. Cut the strawberries coarsely and stick all the fruits into the cubes
6. Put both cubes together and put the leftover bits of the oat mixture in any gaps and bake the cubes for 3 ½ minutes.
7. Lastly, leave the finished product to cool and serve as a nice healthy snack with raspberry/strawberry yoghurt on top if wanted.

Blueberry Drop Scones by Zhen May Cheung

Ingredients (makes 12)

100g/4oz self raising flour

1 tsp baking powder

25g/1oz caster sugar

Pinch of salt

1 egg

125ml/4 fl oz milk

Drop of sunflower oil for greasing

100g/4oz blueberries (you could try different fruit)

Method

1. Sift the flour and baking powder into a bowl, add the sugar and salt and stir to mix. Make a well in the centre, crack in the egg and whisk, gradually drawing in the flour from the edges.
2. Lightly grease a frying pan and warm it over a moderate heat. Add the blueberries to the ready mixture. Drop 3 tablespoons of the batter into the pan, keeping them apart so they don't stick together. Cook for about 2 minutes or until bubbles appear on the surface and begin to burst.
3. The drop scones should be golden underneath, then flip them over and cook on the other side for about a minute or until golden on this side as well. Remove from the pan and serve warm with syrup. If you wish, wrap the drop scones in a clean tea towel to keep warm while you make the rest.

Cheese and Ham melts by Naeemah N'diaye

Ingredients (makes 4)

2 bread rolls/English muffins (halved)

2 slices of ham (halved)

Salt and pepper

A dash of Worcestershire sauce (optional)

1 egg (beaten)

150g/5 oz cheddar cheese (grated)

Method

1. Preheat the grill to medium. Put the cheese in a bowl and pour over the beaten egg.
2. Add a dash of Worcestershire sauce, season with a little salt and pepper, mix together well.
3. Toast the rolls on both sides using a grill or toaster.
4. Place a piece of ham on each roll half and top with the cheese mix. Place them under the grill until the cheese has melted and golden.

Bursting Berry Smoothie by Grace Williams-Langley

Ingredients

550g/20z blueberries

550g/20z raspberries

4 large strawberries

1 banana

4 heaped tsp of flax seed

1 handful of vanilla yoghurt

100ml/3.5 fl oz orange juice

1 handful of grated lime zest

Method

1. Put the blueberries, raspberries and strawberries into a jug. Chop up the banana and add it. Then add the orange juice and flax seed.
2. Start to blend the mix together. Then add the oats, yoghurt and lime zest and blend the rest together.
3. Pour out the smoothie into a serving glass
4. As a garnish, take a cocktail stick and at the top put 3 blueberries and a strawberry.

Top Tips for Food Safety

Here are some useful tips to ensure that you, your family and friends enjoy their food and don't become ill.

Wash your hands thoroughly

To prevent cross contamination of food it is essential to wash your hands frequently with hot soapy water and dry with clean towels or disposable paper towels especially

- before handling food
- between handling raw foods (e.g. meat) and ready to eat foods (e.g. sandwiches)
- after going to the toilet
- after handling raw foods (e.g. raw eggs)

Put away chilled and frozen food in your fridge or freezer as soon as you can

Don't leave food that should be refrigerated at room temperature

Keep your fridge temperature between 0°C and 5°C

Use a fridge thermometer

Prepare and store raw and cooked food separately

Keep raw or uncooked food (especially meat and fish) at the bottom of your fridge in a covered container or store cooked food above raw food

Check 'use-by' dates

Do not use food after the use by date

Keep pets away from food, dishes and worktops

Keep the kitchen clean

Wash work surfaces, dishes and utensils in clean hot water and detergent between and after preparing different types of food e.g. raw meat and cooked food. Keep cloths clean and use a kitchen disinfectant/anti- bacterial cleaner

Do not eat food containing uncooked eggs

Keep eggs in the fridge

Cooking

Make sure meat and poultry is fully thawed before cooking

Make sure food is fully cooked

Follow the instructions on the pack. If you reheat food make sure it is piping hot

Keep hot food hot and cold food cold

Do not leave it standing around

Leftovers

Any leftovers should be covered and refrigerated as soon as possible. Food should then be eaten within 3 days. When reheating food ensure it is piping hot all the way through.