

# Staff Cookbook

ST.VINCENT'S UNIVERSITY HOSPITAL











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# "Food is our common ground, a universal experience."

-JAMES BEARD

## **Foreword**

This SVUH Staff Cookbook came to fruition through the collaboration and efforts of so many people. But it started in our department, when we realised so many conversations around our lunch table centred around food – recipes we've tried on the weekend, ones we've brought in to work, which shop to find different ingredients, restaurants we've tried and ones that are on our list. We began to think that while Health Promotion & Improvement staff might have a particular interest in nutrition and food, it must be the topic of conversation at a lot of mealtimes in our hospital. And given our workforce is so diverse, having an SVUH Staff Cookbook would be a much-welcomed addition to our Health Promotion Healthy Eating initiatives to offer tastes from around the world!

Advertisement for entries began in Summer 2023 and we steadily received entries until early 2024. There were a set of guidelines for entries: recipes should be balanced, aligned with the food pyramid, given in metric units where possible, and should include a short anecdote of the recipe's origin, memories associated with it, and what people enjoy about it. People could submit up to three recipes, but they had to be in different categories. The categories were: Starters & Snacks, Soups & Salads, Main Course: Meat & Fish, Main Course: Vegetarian & Vegan, and Desserts.

This cookbook celebrates the love of food, and offers a balanced approach to cooking and eating; some recipes are complex, some are simple, some are rich, some are light. We've also included Heart Healthy recipes from the Irish Heart Foundation's website.

Finally, we've included several recipes from previous Editions of our quarterly Healthwise newsletters (which we've been disseminating since November 1993!). In addition to recipes, we've included articles on Mindful Eating, Tips for Shift-Workers, and much more!



A big thank you to all staff who took the time to submit recipes, to the Irish Heart Foundation, Jennie Cotter (Corporate Communications Manager), and to our Health Promotion student on placement Amber Hanney-Maxwell who all helped bring the project to completion.

From all of us in the Department of Preventive Medicine and Health Promotion, we hope this cookbook is of great use to you as a staff member at SVUH.

Yours in Health,





Please note that not all recipes are original to the submitters. In cases where recipes were sourced from other authors, explicit references have been provided. Submitters were encouraged to include their own photos of the dishes; however, in some instances, this was not feasible, and photos were sourced directly from the original recipes, with appropriate credit given to the original creators.

## "Eat food. Not too much. Mostly plants."

——Michael Pollan

## The Food Pyramid



**Vegetable, salad and fruit -** Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened and just once a day.

Wholemeal cereals and breads, potatoes, pasta and rice - Wholemeal and wholegrain are best. Enjoy at each meal. The number of servings depends on age, size, gender and activity levels. Watch your serving size and use the daily servings above.

**Milk, yoghurt and cheese -** Choose reduced fat or low fat varieties. Choose low fat milk and yoghurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings.

**Meat, poultry, fish, eggs, beans and nuts -** Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.

**Fats, Spreads and oils -** Use as little as possible. Choose mono or polyunsaturated reduced fat or light spreads. Choose rapeseed, olive, canola, sunflower or corn oils. Limit mayonnaise, coleslaws and salad dressings as they contain oil. Always cook with as little fat or oil as possible - grilling, oven-baking, steaming, boiling or stir frying.

**Foods and drinks high in fat, sugar and salt -** Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times a day (Healthy Ireland Survey 2016). There are no recommended servings for top shelf foods and drinks because they are not needed for good health.



"Eating well is not just about what or how much you eat, it is also about *how* you eat. Practicing mindful eating by slowing down to focus on the food's flavours, textures, your emotions and sensations and the company you are with without distractions, is the best way we can enjoy our food."

Ana Mattson, Health Promotion & Improvement Officer,
Department of Preventive Medicine and Health Promotion

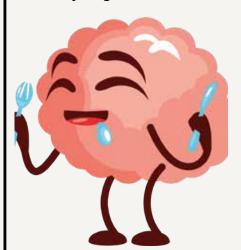
Read an article on mindful eating on the next page.



## Mindful Eating

**Written by:** Dr. Kirsten Doherty Senior Health Promotion Officer, Department of Preventive Medicine and Health Promotion

We are surrounded by cues to eat. They pop up on TV, social media and walking down the street. One moment we are not even thinking of food, and then we pass a café, see the cakes in the window and a desire to eat happens. What has happened is that a thought of wanting to eat that chocolate cake has popped into the mind. This is actually 'only' a thought, but such thoughts can override the actual physical feeling of not being hungry. This is how humans are programmed. It is not our fault, it is just how our brains have developed over a very long time.



In the past, when food was spotted, we needed to eat it in case we could not find more food for a few days. Easily available food is a relatively new thing.



# So how do we, as individuals, deal with this new situation?

One way is to bring attention to our thoughts about eating and to what we are eating. Firstly we can notice that thought about eating and notice what has sparked it. Am I hungry? Is it because I saw some appealing food or an advertisement about food? Is it a time that I usually eat?

Questioning the urge to eat can help us find out if we are actually hungry.

The second way is to notice the food we are eating by really paying attention to it. This can be practiced by taking a piece of food e.g. a raisin/grape/nut/piece of chocolate.

## Ask yourself the following questions:

- What does it feel like in my hand?
- What does it look like?
- Does it have a sound if I squeeze it gently?
- What does it smell like?
- What does it feel like when I touch it to my lips and then put it in my mouth?
- Resist the temptation to chew and swallow it quickly. What does it taste like when I chew it slowly?



We obviously are not going to do that with everything we eat, but doing this to some extent, even at the start of a meal, can help us to enjoy the food we eat and feel more satisfied afterwards.

In a busy workplace, meals and snacks are often eaten very quickly, with the mind already moving onto the next work task. Just noticing the smell, taste and texture of the meal can give the mind a much needed brief rest from the busy thoughts. If it feels impossible to do this at work, try it out at home at the end of the day.

#### **Tips for Eating Mindfully**

- Listen to your body. Are you hungry or tired or thirsty?
- Switch off the TV, phone, computer and radio.
- Eat at a table so your focus can be on the meal. Put your food out on a plate or bowl, rather than eating out of a packet. This helps us avoid eating more than we intended. Chew slowly and put the cutlery down between each bite of food.
- Savour the texture, smell and flavour.
- Pay attention to your hunger and notice when your stomach starts to become full.
- And above all enjoy your food to the full!



## What's in Season?

## **SPRING**

March, April, May

Cabbage
Mushrooms
Kale
Spinach
Cauliflower
Rhubarb
Pak Choi
Leeks

## **SUMMER**

June, July, August

Lettuce

Mushrooms

Strawberries

Rhubarb

Broccoli

Courgette

Peas

Cucumbers

**Peppers** 

## **AUTUMN**

Sep, Oct, Nov

Carrots

Kale

Broccoli

Onion

Raspberries

**Parsnips** 

Celery

Cauliflower

Leek

**Apple** 

## WINTER

Dec, Jan, Feb

Carrots

Onions

Cabbage

Celery

Parsnips

Potatoes

Leek

Beetroot

Brussels sprouts



## Healthy Eating Tips: For Shiftworkers

#### Written by:

Ana Mattson, Health Promotion & Improvement Officer and Amber Hanney-Maxwell, 2024 Student on Placement, Department of Preventive Medicine and Health Promotion

The negative impact of shift-work on health is well known and it is estimated that 15% of Ireland's workforce are employed in shift-work. Shift-workers often find it difficult to maintain consistency in their lifestyle, especially when it comes to their nutrition. While it requires more planning to maintain a healthy diet in this type of work, there are a few tips that you might try to make healthy eating a more consistent practice. A little time to plan and prepare makes all the difference!



Meal & Snack Planning When you get your rota, take the time to sit down and work out what days you have time to cook and what days you don't. It is important to note here that being realistic with yourself will help you keep this consistency. When you know how much time you have to prepare meals and for which days you need them, you can plan your meals and snacks around that. See if you can pick meals and snacks that use ingredients multiple times to get the most out of your shop and to reduce waste! You can use an online template or map this out yourself. By planning snacks, it can help reduce snacking on foods high in fat, sugar or salt and also save money too. There are a few snack ideas on page 2 of this cookbook.



Expect the Unexpected When planning, it is also important to plan for different situations you might find yourself in, such as feeling extra tired, being extra busy, forgetting food from home or even the dog eating your dinner! Whatever it may be, plan for it if you can. When we plan for a situation, we gain control and can keep up our consistency. Have a look around the canteen or food shops nearby to see what your options are in advance. Often if we feel tired or are in a rush, we are tempted to buy an easy option like a plate of chips or wedges. However, this won't provide you with the energy or nutrition you need to sustain you during your shift. By taking the time to have a look and plan a few options in advance (write these down and keep them at your desk or in a work notebook), you can decrease the temptation of the 'easy option.'



Shopping

Make your list for the grocery shop based on your meal prep plan, and consider putting the list in order of the layout of the shop, if you know it in advance, to save time. Doing this in addition to eating beforehand will prevent your cravings from grazing the aisles with you! While shopping you can also try to buy foods that can be left in the cupboard or freezer such as dried or tinned beans, tinned tuna, frozen fruit and vegetables, plant-based milk, etc. This means there is a source of protein, fruits and vegetables available for when you might need them as they keep for a long time unopened. Oftentimes these items can be thrown right into a dish without much further preparation, which can save time.

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Batch Cooking Batch cooking is an excellent way to prepare for unexpected situations. If you find a recipe that you enjoy and is easily frozen, consider doubling up on ingredients and utilising your freezer for leftovers. This means you will have a satisfying and nutritious meal on hand when you need it.

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First Things First Having your main meal before you start can set you up well for your shift. By making this meal nutrient dense and filling, you will set yourself up with the energy you need to sustain you throughout your shift. Try to make time before you sleep to prepare it. This way you can just grab it before you go to work and start your day nourished.

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Mindful Eating Taking your time when you're eating can not only enhance digestion but also benefit your mental health. When faced with irregular hours and a high stress environment, it can be tempting to rush eating meals or even skip them. Taking your time to eat and focus on it offers you a well-deserved and needed mental break during the work day, allowing the body to refuel and recharge. Staying present means you can connect with your colleagues about non-work related topics (e.g. recipes you enjoy!). Practicing mindful eating can help you take this time out and focus on the act of eating. You deserve a break! There are tips on mindful eating on page IX.

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Caffeine Intake Caffeine is a stimulant and while very useful for focus, it affects both appetite and sleep quality which can impact nutrition. When our sleep is affected, we are more likely to choose high-calorie food items. By reducing caffeine intake, your sleep quality can improve and positively impact your energy for the shift ahead. It can be difficult to reduce your caffeine, so take it one step at a time. Notice how much caffeine intake you have and where it is from (e.g. energy drinks, coffee, tea?). Research how much caffeine is in that product, and what might be a lower caffeine alternative. If your intake is high, try reducing your intake by one portion or swap for a lower caffeine alternative and see how you feel. Reduce further if necessary

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Hvdration

A large number of healthcare staff find it difficult to stay hydrated throughout their demanding work days. Dehydration can cause headaches, sleepiness, and poor concentration which can influence mood, feeling of wellbeing and work performance. Aim to drink about 2-2.5 litres of water per day (you may require more depending on your activity level and other factors). Sometimes when we are thirsty it feels like hunger! So, try have a glass of water before you rush to have a snack. Adding fruits or herbs to the water can improve the taste and provide variety.

Maintaining a healthy diet requires mindful planning for shift workers. By taking the time to plan meals and snacks you can improve your physical health and digestion while also giving yourself sustained energy while you work. It also offers the well needed mental breaks, reduces stress and promotes overall wellbeing. Remember that consistency is key and starting with small steps can build a foundation for long term habits. You deserve to prioritise your health and make thoughtful choices about your nutrition.

<sup>3.</sup>Spunout (2023) Getting the most out of your grocery shop, spunout. Available at: https://spunout.ie/health/healthy-eating/shopping-guide/? gad\_source=1&gclid=CjOKCQjwOruyBhDuARIsANSZ3wqJ8i3ERo6ktABm4IOhwdfi4eREE4vFsfu3RBfpI6JFnGIX5ohcnq8aAkOQEALw\_wcB (Accessed: 23 May 2024).



<sup>1.</sup>Managing food on shift work (no date) Safefood. Available at: https://www.safefood.net/research-reports/managing-food-shift-work (Accessed: 23 May 2024).

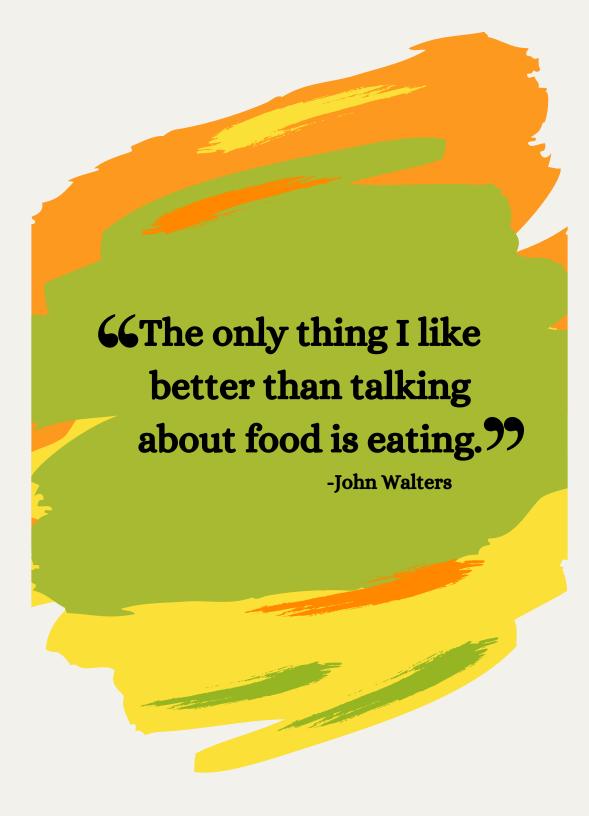
<sup>2.</sup>GUPTA, C.C. et al. (2019) 'The factors influencing the eating behaviour of shiftworkers: What, when, where and why', Industrial Health, 57(4), pp. 419-453. doi:10.2486/indhealth.2018-0147.



## Healthy Snack Ideas



Yoghurt and Fruit



## **Cool Green Smoothie**



Recipe submitted by Jane McCarthy, Psycho-Oncology



From a fantastic
cookbook
by Donna Hay called
The Fast Five.
There are lots of recipes
available on her website
and Instagram also.

#### **INGREDIENTS**

(Serves 1)
½ banana, peeled
½ cup (12g) baby spinach leaves
1 stalk kale, leaves only
6 large mint leaves
1 cup (250mL) coconut water
1 tablespoon lemon juice
6 ice cubes

#### **METHOD**

Place the banana, spinach, kale, mint, coconut water, lemon juice and ice in a blender and blend until smooth. Serve in a glass over ice.

## **Overnight Oats**



Recipe submitted by Amber Maxwell, Student in Preventive Medicine and Health Promotion



These overnight oats are so quick and easy. They are also very filling and a great start to the day.

Once you get the hang of it, you can experiment with different flavours and combinations.

#### **INGREDIENTS**

#### Basics:

Oats Milk (any kind) or water Yoghurt

#### **Optional:**

Berries/fruit
Honey or Maple syrup
Chia seeds
Flaxseeds
Nuts (I like chopped mixed nuts)
Desiccated coconut
Maple syrup
Vanilla extract
Cocoa powder
Instant coffee
Anything else you may like to add!

## **Overnight Oats**

## METHOD: 'Yoghurt and Berries'

- 1. Start by mixing the oats and flaxseeds or chia seeds together in a bowl or lunchbox that you will eat it from in the morning (I prefer flaxseeds as they have a finer powder like texture).
- 2. Then I add my liquid of choice. I usually use a plant based milk here but if I have none I will use water. Once it is combined, press it down evenly in your bowl or box to form a base.
- 3. Then spoon on your yoghurt and spread it out to cover the base.
- 4. Put the fruit of your choice on top. I usually use blueberries and raspberries.
- 5. Then sprinkle some crushed nuts or coconut and a squeeze of honey on top.
- 6. Pop it in the fridge overnight and it's ready to go in the morning.

## METHOD: 'Tiramisu Style'

- 1. For the base: Start by making a shot of coffee using 2 teaspoons coffee granules and 30 mL boiled water or an espresso machine. Stir in maple syrup and leave to cool for a couple of minutes.
- 2. In the meantime mix together the oats and flaxseeds in a separate bowl or lunchbox.
- 3. Then pour in a small amount of milk into the coffee mix. Mix this with the oat/flax mixture and press down to form the base.
- 4. Spoon Greek yoghurt on top and spread it out to cover the whole base.
- 5. Lightly shake over some cocoa powder on top and pop it in the fridge overnight.

**Tip:** If you find the yoghurt is a little too tangy I sometimes mix in a little bit of vanilla extract.

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# Roasted Whole Cauliflower with Lemon Crème Fresh



Recipe submitted by Ailsa Lyons, Preventive Medicine and Health Promotion

This dish is versatile and can be a starter, a snack or a side or would make a nice light lunch if accompanied by a green leafy salad. The recipe is from an Ottolenghi recipe that I first found in a newspaper article a few years ago:

<u>https://www.theguardian.com/lifeandstyle/2015/feb/20/cauliflower-recipes-yotam-ottolenghi</u>

#### **INGREDIENTS**

1 large cauliflower, with leaves intact
150g crème fresh (if you want to make this
dish vegan you will need to use a vegan
alternative such as cashew cream)
1 tsp lemon juice
70g unsalted butter (If you want to make this
a vegan recipe, just exclude the butter and
double the olive oil)
3 tsp olive oil
Salt

7

- 1. Start by washing the cauliflower. Although the leaves should be left on, trim them back so that about 5cm of the white cauliflower head is exposed.
- 2. Bring a large pot of water to the boil and lightly salt it.

  Once boiling put the cauliflower in face down. Bring back to the boil and cook for 6 minutes. It doesn't matter if a little bit of the stalk is exposed.
- 3. While the cauliflower is on the stove, mix the crème fresh and lemon together and place in the fridge to cool until needed.
- 4. Put the oven to about 160°C/335°F/Gas Mark 3 to preheat.
- 5. After the 6 minutes remove the cauliflower from the water and place it face down in a colander for 10 minutes to cool and drain.
- 6. While the cauliflower is cooling, mix the butter and olive oil together. This is delicious as it is or you can also add a pinch of chilli flakes and/or a couple of crushed garlic cloves if you want a different flavour.
- 7. After the 10 minutes put the cauliflower stalk side down into a medium baking tray or casserole dish. Lightly dust all of the white cauliflower head with salt and then baste with the butter and oil mix.
- 8.Once the oven has reached its temperature place it in the oven for 1½ to 2 hours. Every 20 minutes or so remove the cauliflower and baste it again with the butter and oil that's in the bottom of the baking tray.
- 9. Remove from the oven when the cauliflower is ready. It is ready when it is very tender (you can test this with a sharp knife or skewer either should easily slide through the thickest part of the stalk without any resistance), it looks golden-brown and the leaves are crisp and charred.
- 10. Cut it into slices or quarters, drizzle with the lemony crème fresh and serve. Salt to taste.

## **Low Fat Chips**



Recipe taken from the Irish Heart Foundation online resources

"These chips are much healthier than regular deep-fried chips. They are perfect for a party or barbecue and as they are baked in roasting tins in the oven, there is very like looking after to do. They're always a winner, and you'll probably find that you can never make enough!"

#### **INGREDIENTS**

675g (1 ½lb) large potatoes 2 tablespoons olive oil Good pinch of paprika

- 1. Preheat the oven to 200°C/400°F/Gas Mark 6. Scrub the potatoes and cut each one into 6 8 even-sized wedges, depending on their size. Place the potatoes in a pan of boiling water, return to the boil and cook for 2 3 minutes, then drain.
- 2. Put the olive oil in a large bowl and add the paprika, stirring to combine. Add the wedges and toss until well coated, then arrange them in rows 'sitting' upright on their skins in two roasting tins.
- 3. Bake for 25 30 minutes until completely tender and golden brown, changing the oven shelves halfway through to ensure they cook evenly.
- 4. Tip the chips onto a large warmed platter to serve.

## Sweet & Salty Almonds



Recipe submitted by Yvonne Kenny, Theatre

You can experiment with different spice combinations, to your liking. These moreish, tasty nibbles are great for snacking any time. They can be stored in an airtight container at room temperature. They go well with pre-dinner drinks, and are very acceptable in a glass (jam) jar, as a gift.

#### **INGREDIENTS**

250g Almonds
2 tsp Salt
1 tsp Paprika
2 tsp Sugar
1 tsp Chilli Powder
1 tbsp Sunflower Oil
1 tsp Ground Cumin

- 1. Preheat oven to 180°C/350°F/Gas Mark 4.
- 2. Mix together all ingredients in a bowl.
- 3. Spread mixture evenly onto preheated baking tray, lined with parchment paper.
- 4. Roast for 8-12 minutes, keeping an eye on them to prevent burning. When ready, they will turn darker brown and smell nutty. Remove from oven and cool before eating... if you can!

## **Roasted Red Pepper Hummus**



Recipe submitted by Joanne Quinn, Facilities Department

I came across this recipe in Slimming World. It is fat-free as it has no oils. Simple and easy to make, I enjoy this hummus as a dip with baton vegetables or on crispbread / rye bread.

#### **INGREDIENTS**

400g can chickpeas, drained
2 garlic cloves, crushed
1 roasted red pepper
2 tbsp fat-free Greek-style natural yoghurt
2 tbsp lemon juice

- 1. Cut the red pepper in half and de-seed it. Roast the red pepper under the grill. Then allow to cool.
- 2. Put the chickpeas, red pepper, garlic, lemon juice and yoghurt into a food processor and pulse until fairly smooth.
- 3. Season to taste with more lemon juice.
- 4. Keep in the fridge for up to 3 days.

## Mini Pizza Quiches



Recipe Taken from the Irish Heart Foundation online resources

"A great one for the kids to get involved in. You can pack these mini quiches with your favourite pizza toppings.
Great for a picnic, lunchboxes, or a crowd of hungry mouths."

## **INGREDIENTS**

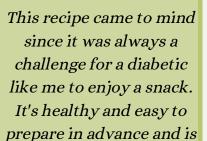
Olive oil for greasing
2 large wholemeal tortilla wraps
4 eggs
6 cherry tomatoes, sliced
½ small onion, chopped
30g cheddar cheese
Serve with a handful of basil leaves

- 1. Preheat oven to 180°C and grease 6 holes of a muffin tin with olive oil.
- 2. Cut 6 circles from large tortilla wraps using a 12cm cookie cutter or small plate. Use the circles to line the 6 holes of a muffin tin, pushing them into the holes to make cases.
- 3. Beat the eggs and pour into the tortilla cases. Divide the tomatoes, onion and cheese. You can also add any other finely chopped vegetables or pizza toppings that you like.
- 4. Bake for 15-20 minutes until the mixture is set.
- 5. Remove from oven and garnish with fresh basil leaves.

## Chia Fruit Cup



Recipe submitted by Helfra Griffin, Emergency Department



packed with nutrients.

#### **INGREDIENTS**

100g blueberries 100g raspberries 75g strawberries 200mL almond milk 10mL honey 30g chia seeds

- 1. In a jar place all the berries and sprinkle the chia seeds on top.
- 2. Add the honey and almond milk.
- 3. Seal the jar and make sure the milk covers the chia seeds and leave it in the fridge to soak over night or over a couple of hours.
- 4. Ready for your healthy snacks the following day!

# Caramelised Banana & Nut Butter Toast



Recipe Taken from the Irish Heart Foundation online resources

"Is there any better match than caramelised banana, creamy nut butter, crunchy toast and a sprinkle of cinnamon? We don't think so. For the caramelised bananas, you can add a little water to any sticky bits left to deglaze the pan. This makes a great natural syrup which you can drizzle on top of your toast if you're feeling fancy."

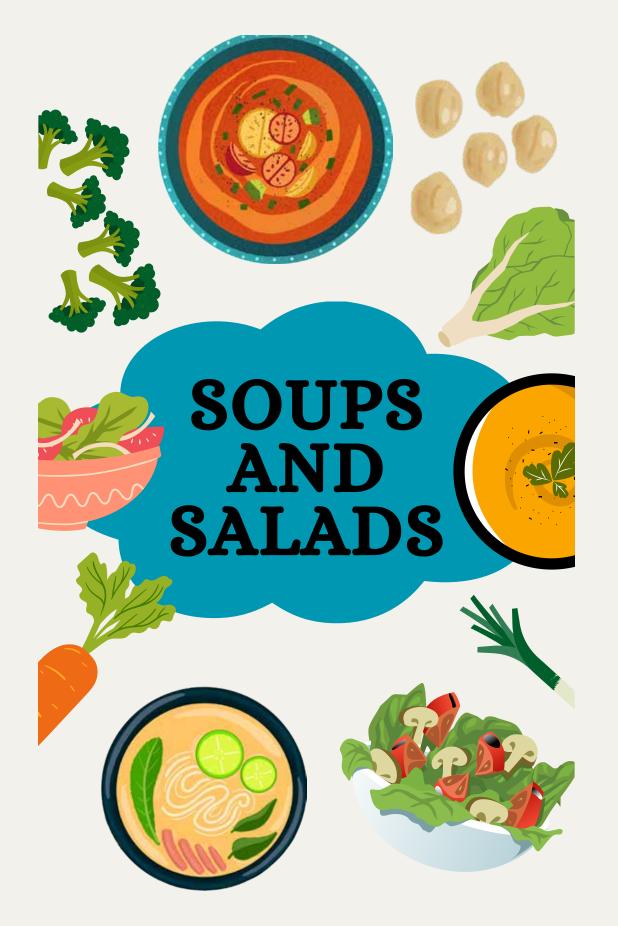
#### **INGREDIENTS**

1 slice wholegrain bread
1 tablespoon nut butter of your choice
1 ripe banana
Pinch of ground cinnamon or cocoa powder

- 1. Heat a non-stick frying pan to a medium heat. Peel and slice the banana lengthways and add to the pan once hot.
- 2. Dry fry for 2-3 minutes on each side until golden. Take care flipping them with a fish slice because they soften as they cook.
- 3. Toast the bread.
- 4. Spread the nut butter onto the toast and, using a fish slice, gently top with the caramelised banana slices onto the toasted bread. Add a little water to any sticky bits left to deglaze the pan. Stir gently to make a natural syrup which you can drizzle on top of the toast.
- 5. Dust with a little cinnamon or cocoa powder and enjoy.

"If you keep good food in the fridge you will eat good food."

-Errick McAdams



## Chickpea, Feta & Herb Salad



Recipe submitted by Kristine Gallagher, Radiology

It tastes of summer and great for a BBQ.
It keeps well in the fridge for a few days & also makes a tasty lunch for work.

## **INGREDIENTS**

100mL olive oil
1 red onion, finely sliced
2 cloves of garlic, finely sliced
1 red chilli, deseeded and finely chopped
400g cooked chickpeas
1 bunch of scallions/spring onions
1 bunch of fresh herbs (coriander, parsley, mint or basil)
200g feta or goat's cheese, chopped
Juice of 1 lemon
Salt and black pepper

- 1. Heat the olive oil and sweat the red onion, garlic and chilli for 5 minutes. Allow to cool completely and season with salt and pepper.
- 2. In a large bowl mix the chickpeas, scallions, herbs and oil mixture.
- 3. Add the lemon juice and more oil if preferred.
- 4. Add the cheese and mix gently.
- 5. Check the seasoning and serve.

## **Dad's Winter Velvet Soup**



Recipe submitted by Julie Lynch, Psychology Department

One of Dad's staples, best enjoyed on a cold, rainy day. This freezes very well!

## **INGREDIENTS**

2-3 large parsnips 1 tablespoon flour 1 teaspoon curry powder 2 pints chicken stock

1/4 pint of cream (but really, the more the better!! Sub in milk if you're trying to be good)

2-4 cloves of garlic depending on whether you like garlic or not
100g butter
1 onion
Salt and pepper

- 1. Slice all the vegetables in the food processor.
- 2. Melt butter in saucepan.
- 3. Sauté the vegetables for about 10 mins until soft but not browned.
- 4. Stir in curry powder and flour, cook for 5 mins.
- 5. Add chicken stock.
- 6. Cover and cook for 20 mins.
- 7. Purée soup in a food processor. Add cream and check soup for seasoning.

## **Minestrone Soup**



Recipe taken from the Irish Heart Foundation online resources



"This is so rich and tasty that it really is a meal in itself. You can use any type of small pasta shapes for this recipe, or just snap larger pasta shapes into small pieces. This soup freezes well."

#### **INGREDIENTS**

1 tablespoon olive oil
1 red onion, finely chopped
2 leeks, diced
2 carrots, diced
2 celery sticks, diced

2 teaspoons garlic paste or 2 garlic cloves, crushed 1.4 litres (2.5 pints) reduced salt chicken or vegetable stock

1 heaped tablespoon tomato purée Pinch of dried thyme or 1 teaspoon fresh thyme leaves, chopped

75g (3oz) small pasta shapes 400g (14oz) tin haricot beans, drained and rinsed Freshly ground black pepper

## Minestrone Soup

#### **METHOD**

- 1. Heat the olive oil in a large pan over a medium heat.
- 2. Add the onion, leeks, carrots, celery and garlic.
- 3. Cook for about 5 minutes until the vegetables are beginning to soften, stirring occasionally.
- 4. Pour in the stock to the vegetable mixture and add the tomato purée and thyme and bring to the boil.
- 5. Reduce the heat and simmer for 10 minutes or until all the vegetables are tender.
- 6. Stir the pasta into the soup with the haricot beans and simmer for another 10 minutes, stirring frequently, until the pasta is tender and the beans are heated through.
- 7. Season to taste with pepper.
- 8. Ladle into bowls to serve and garnish with some thyme sprigs.



Avaialable at: <a href="https://irishheart.ie/recipes/minestrone-soup/">https://irishheart.ie/recipes/minestrone-soup/</a>

## Vegetable & Lentil Soup



Recipe submitted by Ailsa Lyons, Preventive Medicine and Health Promotion

This is definitely my favourite soup, and I have shared this recipe far and wide - whenever anyone is looking for a new soup recipe, this is always the one I recommend. It is a delicious soup and because it's so hearty, it can be eaten on its own for lunch or dinner. It is a great winter warmer in the colder months. And as it freezes so well it's great for batch cooking and having for lunches through the week.

I first found this recipe on the Cookie and Kate website cookieandkate.com, but was originally adapted by Kate from America's Test Kitchen's lentil soup recipe in their The Complete Vegetarian Cookbook.

## Vegetable & Lentil Soup

#### **INGREDIENTS**

60mL extra virgin olive oil
1 medium white onion, chopped
2 carrots, peeled and chopped
4 garlic cloves, minced
2 teaspoons ground cumin
1 teaspoon curry powder
½ teaspoon dried thyme
2 cans (400mL) chopped
tomatoes, lightly drained
190g dried green (or brown)
lentils, picked over and rinsed

1 litre vegetable stock
300mL water
1 teaspoon salt, more to taste
Pinch of red pepper flakes
Freshly ground black pepper,
to taste
100g chopped fresh kale,
tough ribs removed
1 to 2 tablespoons lemon juice
(½ to 1 medium lemon), to
taste

- 1. Warm the olive oil in a large pot over medium heat.
- 2. Once the oil is shimmering, add the chopped onion and carrot and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes.
- 3. Add the garlic, cumin, curry powder and thyme. Cook until fragrant while stirring constantly, about 30 seconds. Pour in the drained diced tomatoes and cook for a few more minutes, stirring often.
- 4. Pour in the lentils, broth and the water. Add 1 teaspoon salt and a pinch of red pepper flakes. Season generously with freshly ground black pepper. Raise heat and bring the mixture to a boil, then partially cover the pot and reduce the heat to maintain a gentle simmer. Cook for 25 to 30 minutes, or until the lentils are tender but still hold their shape.
- 5. Transfer a couple of cups of the soup to a blender. Securely fasten the lid, protect your hand from steam with a tea towel placed over the lid, and purée the soup until smooth. Pour the puréed soup back into the pot.
- 6. Add the chopped kale and cook for 5 more minutes, or until the greens have softened to your liking. Remove the pot from the heat and stir in 1 tablespoon of lemon juice. Taste and season with more salt, pepper and/or lemon juice until the flavours really sing. For spicier soup, add another pinch or two of red pepper flakes.
- 7. Serve while hot. Leftovers will keep well for about 4 days in the refrigerator, or can be frozen for several months (just defrost before serving).
- 8. You can sprinkle a couple of pinches of nutritional yeast as serving, and goes great with a crusty bread roll.

### **Autumn Harvest Salad**



Recipe submitted by Ana Mattson, Preventive Medicine and Health Promotion

Not the best photo, but shows the meal prep-ability! My (very Scandinavian) grandparents spent the late winter tapping maple trees and boiling the sap over open fire in Northern Minnesota. This family history makes me partial to any recipe that includes maple syrup! I haven't found such good quality syrup since moving to Ireland, but any Canadian pure maple syrup you can find should do. This salad feels comforting and nourishing. Vinaigrette recipe taken from: https://foolproofliving.com/mapledijon-dressing/.

### **INGREDIENTS**

1 large sweet potato, cubed 1/2 cup walnuts, roughly chopped 4 cups curly kale, stems removed Chevré goat cheese (measure with heart) 1 can chickpeas (or chicken breasts) Maple Syrup Olive oil Optional: Pickled red onions

Maple Dijon Vinaigrette (will make leftovers)

1/4 cup Olive oil 2 tablespoons Maple syrup 2 tablespoons Apple cider vinegar Salt & Pepper, to taste, about 1/4 teaspoon 1 clove garlic, minced

- 1. Dice the sweet potatoes into bite sized chunks, drizzling with olive oil, 1 tablespoon maple syrup, salt, and pepper.
- 2. Air fry at 180°C for 10 minutes.
- 3. Then mix in the 1/2 cup chopped walnuts and drained can of chickpeas and bake another 3-5 minutes (OR omit chickpeas and cook chicken separately in the same coating).
- 4. Combine vinaigrette ingredients and whisk vigorously.
- 5. Chop kale finely and massage vinaigrette into the leaves.
- 6. Top the leaves with the walnut/sweet potato mixture, chickpeas/chicken, crumbled goat cheese, and pickled red onion. 23

### Sage & Maple Roasted Root Vegetable Soup



Recipe taken from the Irish Heart Foundation online resources

"A hearty soup for cold days. The crispy sage leaves on top bring this soup to the next level."

### **INGREDIENTS**

4 carrots

1 parsnip

1 large red onion

500g baby potatoes, washed (skins left on)

1 handful of fresh sage (alternatively can use thyme or rosemary)

2 litres low-salt vegetable stock

2 bay leaves

3 tablespoons maple syrup

1 teaspoon olive oil

½ teaspoon ground nutmeg

1 tablespoon apple cider vinegar (or any wine vinegar)

### Sage & Maple Roasted **Root Vegetable Soup**

- 1. Preheat the oven to 180°C (fan).
- 2. Peel and chop the carrots, parsnip and onion into small bite sized pieces. Quarter the baby potatoes but leave them unpeeled.
- 3. Spread the vegetables evenly onto a baking tray lined with baking paper, drizzle with the olive oil, maple syrup and nutmeg. Roast for 25 minutes, moving the vegetables around occasionally to ensure they all cook evenly.
- 4. Add the sage leaves and roast for a further 10 minutes until the carrots are soft right through to the centre. Put a few roasted sage leaves aside for the garnish.
- 5. While the veg are cooking, heat the vegetable stock, bay leaves and pepper in a large pot to a simmer.
- 6. Take the roasted vegetables out of the oven. Remove the bay leaves and add the roasted vegetables and vinegar to the vegetable stock pot.
- 7. Using a hand blender, blend the mixture until it is smooth and creamy.
- 8. Season to taste with pepper or additional vinegar as needed.
- 9. Spoon into bowls and garnish with the crispy roasted sage leaves.

### Crunchy Thai Tofu Salad



Recipe taken from the Irish Heart
Foundation online resources

"If you're trying to build more plant proteins or heart healthy soya into your diet, this recipe is a great place to start. The secret to great crispy tofu is to squeeze out as much excess water as possible from the block before using, and to marinate in some great flavours. You can rustle up this Crunchy Thai Tofu Salad in just 20 minutes. Easy and low in saturated fat, this vegetarian dish is perfect for busy weeknights or lunchboxes."

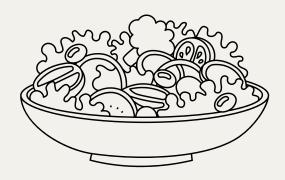
### **INGREDIENTS**

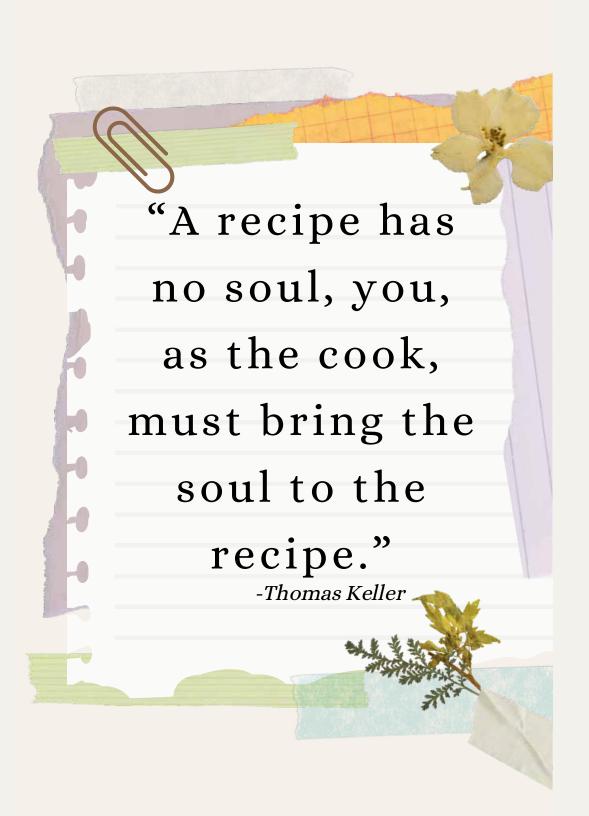
250g Packet Tofu
4 tablespoons Thai sweet chilli dipping sauce
1 tablespoons dark soy sauce, plus extra to serve
1 tablespoons sesame oil
1 teaspoon root ginger, freshly grated
1 small garlic clove, crushed
1 lemongrass stick, finely minced, with tough stalk
removed
50g bean sprouts

1 red pepper, seeded and very thinly sliced
1 yellow pepper, seeded and very thinly sliced
50g small button mushrooms, thinly sliced
2 spring onions, finely chopped
25g unsalted roasted peanuts, roughly chopped

### Crunchy Thai Tofu Salad

- 1. Drain the tofu, then pat dry with kitchen paper and cut into chunky bite-size pieces.
- 2. Put into a bowl and stir in two tablespoons of Thai sweet chilli dipping sauce and the dark soy sauce. Toss together and set aside to marinate for 15 minutes to allow the flavours to penetrate the tofu.
- 3. Heat the sesame oil in a wok or large frying-pan over a medium high heat.
- 4. When hot, add the tofu and cook for 3-4 minutes, turning halfway, until golden and sticky. Set aside in a large bowl to cool slightly.
- 5. Then fold in the ginger, garlic and lemongrass with the rest of the sweet chilli sauce.
- 6. Add the bean sprouts, red and yellow peppers, mushrooms and spring onions and gently stir until nicely combined.
- 7. Arrange the tofu salad on plates and scatter the peanuts over to serve. Serve with the extra dark soy sauce.







### Orange Chicken Stir-Fry



Recipe taken from the Irish Heart Foundation online resources

"This is a delicious stir-fry that's not only good for you but ready in less time than it takes to order a takeaway. Feel free to mix up the veg, or swap out the chicken for another protein."

### **INGREDIENTS**

Finely grated rind and juice of 2 oranges
½ teaspoon nam pla (Thai fish sauce-optional)

1 teaspoon light brown sugar

1½ tablespoons reduced-salt light soy sauce
2 garlic cloves, finely chopped
1 tablespoon vegetable oil

2 x 100g (4oz) skinless free-range chicken fillets, diced
1 red chilli, finely sliced into rings
2 spring onions, finely sliced
2 pak choy, roughly chopped

Small handful fresh coriander leaves, roughly chopped
2 handfuls bean sprouts
Brown rice, to serve

### Orange Chicken Stir-Fry

- 1. Combine the orange rind and juice, nam pla, if using, then brown sugar, soy sauce and garlic in a small bowl. Set aside until needed.
- 2. Heat a wok until smoking hot, then add the oil and swirl up the sides. Tip in the chicken and chilli and stir fry for 2-3 minutes or until the chicken is just tender and lightly golden.
- 3. Add the spring onions to the chicken mixture and stir fry for another minute or so. Pour in the orange mixture and continue to stir fry for another 2-3 minutes.
- 4. Add the pak choy to the chicken and orange mixture with the coriander and bean sprouts and cook for another minute, tossing the wok occasionally until everything is nicely combined.
- 5. Divide the orange chicken stir fry into Oriental style bowls and serve with the brown rice.





### The Adare Manor Lasagne



Recipe submitted by Julie Lynch,
Psychology

This recipe was generously gifted to the public by Adare Manor Head Chef Mike Tweedie, as a distraction during the first major lockdown of COVID-19. It has become one of my favourite staples.

Serve with coleslaw, garlic bread and a nice simple salad.

### The Adare Manor Lasagne

### **INGREDIENTS**

#### Cheese Sauce:

50g butter
50g flour
1 tsp English mustard
500g milk
100g strong cheddar, grated
50g parmesan, grated

Lasagne Noodles

#### Beef Ragu:

500g lean beef mince
1 onion, finely diced
2 carrots, peeled and diced
2 garlic cloves, crushed
2 tsp smoked paprika
1 tsp cayenne pepper
50g tomato ketchup
2 large tablespoons of tomato purée
3 large tbsp Bisto beef gravy granules
1 tin chopped tomatoes

### **METHOD**

- 1. Sweat the mince in a hot cassolette or frying pan until brown, then remove from the pan and let the fat drain off the mince.
- 2. Sweat the carrots, onion and garlic in some oil for 4-5 mins, then add spices and sweat for 2 minutes.
- 3. Add ketchup, tomato purée and gravy, and cook for 3 more mins, don't worry if it catches on the bottom.
- 4. Add the mince back in and add the chopped tomatoes.
- 5. Fill the empty tin of tomatoes with water and add to the ragu.

  Season with salt and pepper, and cook on a lower heat for 20 mins.
- 6. Melt the butter. Whisk in the flour. Add milk 100mL at a time, ensuring you are whisking all the time. Once all milk is added, cook for 5 mins until the flour has cooked out. Add the mustard and cheeses. Whisk and remove from the heat.

#### **Build the Lasagne:**

- 1. Take a heat proof dish and lay a spoonful of ragu to cover the bottom.
- 2. Then lay pasta sheets on top, followed by a spoonful of cheese sauce. Repeat this until you get to top and then finish with layer of cheese sauce and grated cheese.
- 3. Bake in the oven at 160°C for 30 mins, then turn up to 190°C for 15 mins. Check that the pasta is cooked by pushing a knife to the bottom of the dish the knife should go through with ease.

## Quick Chicken Tikka Wraps with Greek-Style Yoghurt



Recipe taken from the Irish Heart Foundation online resources

"These wraps are also delicious with a dollop of cucumber raita that only takes minutes to prepare. Mix grated cucumber into the yoghurt with a little chopped fresh mint, finely grated garlic or garlic paste and a pinch of ground cumin.

Season lightly with pepper and mix well to combine."

### **INGREDIENTS**

6 tbsp Greek Style yoghurt

2 tsp Tandoori curry paste

2 tsp garam masala (from jar)

2 garlic cloves

2 tsp fresh root ginger, grated

400g skinless chicken fillets, cut into thin strips

2 tbsp sunflower oil

1 onion, thinly sliced

4 large soft flour tortilla wraps

1 little gem lettuce, trimmed and shredded

2 tbsp mango chutney

Freshly ground black pepper

Handful of coriander sprigs, to garnish

## Quick Chicken Tikka Wraps with Greek-Style Yoghurt

- 1. Mix 4 tablespoons of the yoghurt with the curry paste, garam masala, garlic and ginger in a bowl.
- 2. Mix the chicken in really well. Season with salt and pepper if needed and allow to marinate for at least 15 minute or overnight in the fridge.
- 3. Heat the oil in a pan or a wok and add the onions and stir fry until golden brown.
- 4. Add the chicken and cook on high heat for about 2-3 minutes or until chicken is cooked through.
- 5. To serve, scatter the lettuce first and then the chicken mixture over the tortilla wrap and then spoon the remaining yoghurt and mango chutney on top and wrap up to enclose the filling.



## Tagliatelle Nest Pasta & Prawns Broth



Recipe submitted by Helfra Griffin, Emergency Department

Let's tackle these prawns, it's not complicated, my accidental recipe quick and easy!

### **INGREDIENTS**

200 grams - Fresh Prawns
175 grams - Tagliatelle nest pasta
1 piece - Red bell pepper
1 piece - Sweet red peppers
4 pieces - Sweet small mix peppers
5 pieces - Cherry tomatoes
1 piece - Hot chilli (optional)

1 stalk - Celery
10 mL - Soy sauce
Salt to taste
Seasoning (optional)
Ground pepper (optional)
Garnish - Basil leaves
500 mL - water

- 1. Dice all vegetable ingredients, remove the prawns whiskers and set aside.
- 2. Pour 500mL of water in the cooking pot and place it on the stove turn the heat on high and wait for the water to boil.
- 3. Add all diced vegetables into boiling water, wait for 10 minutes.
- 4. Then reduce heat to medium and continue simmering vegetable until flavour extracted forms a broth in a thin liquid consistency.
- 5. Add fresh prawns, soy sauce, salt, seasoning (optional) and continue simmering for another 5 minutes check the broth for that prawn flavour and adjust saltiness according to your taste.
- 6. Add tagliatelle nest pasta to the broth and continue simmering; adjust heat to low, wait until pasta cooks and thickens the broth into a sauce then its ready to be serve.
- 7. Place your cooked dish in a bowl garnish it with fresh basil or ground pepper corn (optional).

### **Chicken Curry**



Recipe taken from the Irish Heart Foundation online resources

"Ah, the classic chicken curry the godfather of all curries, really. In our fruity twist on the original, chicken breasts are marinated in traditional spices and cooked in a tomato and vegetable sauce with fruit bursts from diced apple, raisins and sliced banana. Trust us, it's absolute perfection."

#### **INGREDIENTS**

4 x 150g (5oz) free-range chicken breasts on the bone, skinned 2 garlic cloves, finely chopped 1 onion, chopped 1 carrot, chopped 1 celery stick, chopped **Curry Sauce:** 

1 tablespoon vegetable oil 1 onion, finely chopped 2 garlic cloves, chopped 2-4 teaspoons mild curry powder 25g (1oz) plain flour 2 teaspoon tomato purée 1 teaspoon fresh root ginger, grated 2 teaspoons mango chutney

½ cooking apple, peeled, cored and diced 1 banana, peeled and sliced (optional) 50g (2oz) raisins

Fresh coriander sprigs to garnish Steamed brown rice, to serve

### **Chicken Curry**

- 1. Place the chicken breasts in a deep-sided pan with 600mL (1 pint) of water, garlic, onion, carrot and celery.
- 2. Bring to a gentle simmer and cook for about 15 minutes until just cooked through and tender. The amount of time will depend on the type of chicken you use, remove the chicken to a plate and then skim off any excess fat from the cooking liquid (stock) before putting it to one side you'll need 450mL (3/4 pint) in total.
- 3. To make the curry sauce, wipe out the pan and use to heat the oil. Add the onion and cook for a few minutes until softened but not browned. Stir in the garlic and cook for another 20 seconds, then stir in the curry powder (the amount you use depends on how spicy you want your curry) and cook for a minute or two.
- 4. Next add in the flour and stir over the heat for another minute or so. Remove from the heat and gradually add in the stock. Using a whisk, stir briskly until you have achieved a slightly chunky sauce.
- 5. Whisk the tomato purée into the curry sauce with ginger and mango chutney and then add the apple and bring to the boil, stirring, reduce the heat, cover with a lid and cook gentle for about 5 minutes until slightly reduced in volume and thickened.
- 6. Return the chicken to the pan with the banana and raisins, bring to a gentle simmer and cook for 8-10 minutes or until the chicken is piping hot and all the flavours have nicely blended together.
- 7. Arrange on warmed plates with the brown rice and then garnish with the coriander sprigs to serve.

## Ottolenghi's Orzo with Prawns, Tomato & Marinated Feta



Recipe submitted by Ailsa Lyons, Preventive Medicine and Health Promotion

I made this recipe for the first time recently and will definitely be making it again. It would be a good one to make for groups. I'd looked at Ottolenghi recipe's before but always been put off by both the number of ingredients and the difficultly in sourcing some of them, but gave this one a go as not only had I heard of all of the ingredients before, I had many of them in the kitchen already.

This recipe is from Ottolenghi's Simple cookbook.

### **INGREDIENTS**

200g feta cheese, broken into 1-2cm pieces
½ tsp chilli flakes
4 tsp fennel seeds, toasted and lightly
crushed
75mL extra virgin olive oil
250g orzo pasta
3 garlic cloves, crushed
3 strips finely shaved orange peel (I use a
vegetable peeler for this)
1 X 400g tin of chopped tomatoes
500mL vegetable stock
400g raw shell-off prawns
30g basil leaves, roughly chopped Salt and
pepper

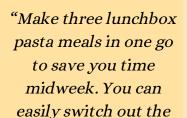
## Ottolenghi's Orzo with Prawns, Tomato & Marinated Feta

- 1. In a bowl, mix the feta with ¼ teaspoon of the chilli flakes, 2 teaspoons of the fennel seeds and 1 tablespoon of the olive oil. Set aside while you cook the orzo.
- 2. Place a large pan (one you have a lid for), on a medium-high heat. Add 2 tablespoons of olive oil, the orzo, ⅓ teaspoon of salt and a good grind of pepper. Fry for 3–4 minutes, stirring frequently, until goldenbrown, then remove from the pan and set aside.
- 3. Return the pan to the same heat and add the remaining 2 tablespoons of olive oil, ¼ teaspoon of chilli flakes and 2 teaspoons of fennel seeds, the garlic and the orange peel.
- 4. Fry for 1 minute, until the garlic starts to lightly brown, then add the tomatoes, stock, 200mL of water, a pinch of salt and plenty of pepper.
- 5. Cook for 2–3 minutes, or until boiling, then stir in the fried orzo. Cover, then lower the heat to medium low and leave to simmer for 15-25 minutes, stirring once or twice throughout so the orzo is cooked.
- 6. Remove the lid and cook for a further 1–2 minutes, until the consistency is like a risotto.
- 7. Stir in the prawns for 3–5 minutes until they are pink and cooked. Stir in the basil and serve at once, with the marinated feta sprinkled on top.

### Chicken & Pesto Pasta



Recipe taken from Healthwise Summer Edition 2021



chicken for salmon to change it up!"

#### **INGREDIENTS**

2 red onions, halved and thinly sliced
150g wholemeal penne
1 lemon, zested and juiced
1 tbsp rapeseed oil, plus a little extra for drizzling
2 large garlic cloves, finely grated
30g pack basil, chopped
1 large courgette, sliced
3 skinless chicken breast fillets, thickly sliced
(450g)

6 tsp pesto

10 large cherry tomatoes, halved 3 small aubergines, sliced then diced

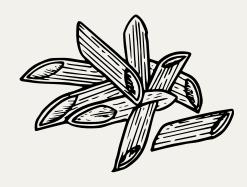
Original Source: BBC Goodfood

### Chicken & Pesto Pasta

#### **METHOD**

Heat oven to 200°C/180°C fan/Gas Mark 6. Arrange the red onions, red pepper, courgette, and aubergine in lines on a large baking sheet. Drizzle with a little oil and roast for 15 mins.

- 1. Cook the pasta for 10-12 mins until al dente. While the pasta is cooking, loosely wrap the chicken and pesto in a foil parcel, then put them on a baking tray.
- 2. When the veg have had their 15 mins, put the chicken in the oven and cook for a further 12 mins (or until the chicken is cooked through). Drain the pasta, put in a bowl, and toss really well with the lemon zest and juice, rapeseed oil, garlic and two thirds of the basil. When everything is cooked, add the vegetables to the pasta. Toss together and divide between three lunch boxes.
- 3. Top the box with the chicken and pesto with any juices, and the remaining basil. Seal up each container and chill. Eat within three days.



## Chicken Chompers with sweet chilli dip!



Recipe taken from Healthwise Winter Edition 2021

### **INGREDIENTS**

100g breadcrumbs (preferably brown)
50g grated Parmesan cheese
Two eggs
2 tablespoons low-fat milk
25g plain flour
450g boneless skinless chicken breast
2 tablespoons olive oil

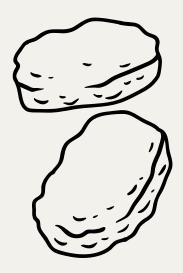
### Sweet Chilli Dip:

100g half-fat crème fraiche 1 tablespoon sweet chilli sauce freshly ground black pepper

### **Chicken Chompers**

### with sweet chilli dip!

- 1. Mix breadcrumbs and parmesan in a shallow dish and season with pepper.
- 2. Whisk eggs after adding milk in another shallow dish.
- 3. Take diced chicken and dust it with flour, tip on the beaten egg and roll in the bread crumb mixture.
- 4. Preheat oven to 180C/350F and drizzle the olive oil over the chicken and bake for 12-15 minutes until crisp and golden brown.
- 5. To make the sweet chilli dip, place the crème fraiche in a small bowl and stir in the sweet chilli sauce.
- 6. Serve the chicken on plates with sweet chilli dip!



### Sausage Cassoulet



Recipe submitted by Linda Clarke, Theatre

I use Aldi garlic & herb sausages - 6 per pack. You can use frozen onions, peppers, garlic, and tubed chilli if short of time.

### **INGREDIENTS**

(Makes about 4 portions)
6-8 large garlic sausages, sliced
1 large onion, chopped
4 celery sticks, finely chopped
2 garlic cloves, peeled and finely chopped
1 red chilli, deseeded and finely chopped (or
equivalent amount of chilli frozen or from tube)
1 tsp chopped rosemary or herb mix
1 chopped red pepper
2 x 400g tins of chopped tomatoes
1 tsp smoked paprika
2 X 400g tin mixed beans, drained and rinsed
Lemon & coriander couscous (or any other type),
to serve

### Sausage Cassoulet

#### **METHOD**

- 1. Heat oil in a large, heavy-based frying pan. Add the sausages and cook gently for 3-4 minutes or until they are just sealed and lightly browned on all sides.
- 2. Transfer the sausages to a plate, slice into smaller pieces and set aside until needed.
- 3. To the same pan, add the onion, garlic, chilli and rosemary or other herbs and sauté gently for few minutes until the onion is softened but not browned.
- 4. Add the celery and peppers and allow to cook for few minutes until softened.
- 5. Add the tomatoes and bring to a simmer, then cook for about 10 minutes, stirring occasionally, until the sauce is slightly reduced and thickened.
- 6. Add smoked paprika then the sliced sausage to pan, cook for approx. 20 mins (or less, you just need to ensure sausage cooked and vegetables softened).
- 7. Taste and add pepper or a stock cube for added flavour if you like.
- 8. Add the mixed beans and cook for further 10 mins or so until beans warmed through.
- 9. Scatter parsley over and serve straight away with couscous, pasta or potatoes.

Adapted from a Neven Maguire recipe.

Original here: https://www.rte.ie/lifestyle/recipes/2011/1011/745607-

<u>wild-boar-sausage-cassoulet/</u>

### Lighter Chicken Cacciatore



Recipe submitted by Patricia Fitzpatrick, Preventive Medicine and Health Promotion

### **INGREDIENTS**

1 tbsp olive oil
3 slices prosciutto, fat removed, chopped
1 medium onion, chopped
2 garlic cloves, finely chopped
Dried mixed herbs
4 skinless chicken breasts (550g total weight) remove fat and cut into thirds (to allow chicken to
cook fully through)
150mL dry white wine
400g can plum tomatoes in natural juice
1 tbsp tomato purée
225g chestnut mushrooms, quartered
Small handful chopped flat-leaf parsley, to serve

### Lighter Chicken Cacciatore

### **METHOD**

- 1. Heat the oil in a large non-stick frying pan. Tip in the prosciutto and fry for about 2 mins until crisp.
- 2. Remove with a slotted spoon, letting any fat drain back into the pan, and set aside.
- 3. Put the onion, garlic and herbs in the pan and fry for 3-4 mins.
- 4. Spread the onion out in the pan, then lay the chicken breasts on top. Season with pepper and fry for 5 mins over a medium heat, turning the chicken once, until starting to brown on both sides and the onion is caramelizing on the bottom of the pan.
- 5. Remove the chicken and set aside on a plate. Raise the heat, give it a quick stir and, when sizzling, pour in the wine and let it bubble for 2 mins to reduce slightly.
- 6. Lower the heat to medium, return the prosciutto to the pan, then stir in the tin of plum tomatoes (breaking them up with your spoon), tomato purée and mushrooms.
- 7. Spoon 4 tbsp of water into the empty tomato can (about one third of the can), swirl it around, then pour it into the pan.
- 8. Cover and simmer for 15-20 mins (sauce should thicken & reduced slightly), then return the chicken to the pan and cook, uncovered, for about 15 mins or until the chicken is cooked through.

**Note** - If sauce has become a little too thick, you can add a small amount of water. Season and scatter over the parsley to serve.

### **Aussie Chicken Parma**



Recipe submitted by Elizabeth
Stone, Labs

Here's our recipe for Aussie Chicken Parma. It's a classic
Australian pub meal, which my husband, Mark, has
perfected at home. We usually use pre-made passatta, but
have included a recipe for tomato sauce that we do
sometimes. There's a debate in Australia over whether it's
a Parmi or a Parma - but Mark is from Victoria so we go
with Parma!
Enjoy

### **Aussie Chicken Parma**

### **INGREDIENTS**

#### Tomato Sauce:

2 tablespoons olive oil

1 medium brown onion finely chopped

1½ teaspoons minced garlic

½ cup dry red wine

400g tin crushed tomatoes

1½ teaspoons salt

½ teaspoon freshly ground black pepper

1 tablespoon chopped parsley

1 tablespoon chopped basil

#### Chicken:

4 chicken breasts halved on the bias

½ cup plain flour

½ teaspoon salt

2 large eggs

1 teaspoon water

1/4 cup freshly grated parmesan cheese for coating, plus 4 tablespoons for topping

34 cup panko breadcrumbs

4 slices of cooked ham

Small jar of passata (or see below for tomato sauce recipe)

1/4 cup olive oil for frying

2 cups grated mozzarella cheese for topping

## Aussie Chicken Parma METHOD

#### Chicken:

- 1. Preheat oven to 200°C/400°F.
- 2. Flatten the chicken with a rolling pin until chicken is about ¼" thick. If the chicken is too thick, slice the chicken on the bias into smaller thinner pieces.
- 3. Combine flour, salt and pepper on a large plate or shallow bowl.
- 4. Beat the eggs in another shallow bowl and set aside.
- 5. Combine the grated parmesan with the bread crumbs on another plate.
- 6. Coat the chicken on both sides with the flour mixture, shake off any excess, then cover with the egg, then finish with the bread crumb and cheese mixture. Press the crumbs into the chicken on both sides.
- 7. Put breaded chicken breasts on a baking rack in the refrigerator for 20-30 minutes if you have time. This will make for crispy chicken and help keep the breading from falling off when cooking.
- 8. Heat the oil in a large pan over medium heat. Oil should be about \( \frac{1}{8} \)" deep.
- 9. Cook chicken, until golden brown, about 2 minutes per side.
- 10. Transfer chicken to a baking sheet and top each piece with a slice of ham followed by some tomato sauce and cover with grated mozzarella cheese.
- 11. Bake in the oven until the chicken is cooked through and the cheese is melted, about 6 to 8 minutes.
- 12. Remove from the oven and sprinkle with Parmesan.

#### **Tomato Sauce:**

- 1. Heat olive oil in a medium sauce pan over medium heat.
- 2. Add the onion and garlic and cook until translucent, about 5-10 minutes.
- 3. Add the wine and cook on medium-high heat until almost all the liquid disappears, about 3-4 minutes.
- 4. Stir in tomatoes, salt, pepper, parsley and basil.
- 5. Season to taste with salt and pepper.
- 6. Reduce heat and cook until slightly thickened, about 30 minutes.
- 7. Serve with chips and a salad of chopped tomatoes, cucumber and red onion.

### Chicken & Aubergine Ramen



Recipe submitted by Ailsa Lyons, Preventive Medicine and Health Promotion

Ramen is a very versatile recipe and can be made vegan, vegetarian, pescitarian or for meat eaters. The recipe below will give a chicken or a vegetarian option, and is based on the mob.co.uk's Wagamama's Pimped Up Ramen recipe and sixhungryfeet.com's Miso-Glazed Aubergine (Nasu Dengaku)'s recipe.

#### **INGREDIENTS**

3cm knob of ginger 2 garlic cloves 4 spring onions

1 red chilli (chilli flakes will do fine if you don't have fresh chilli)

1½ tbsp of vegetable oil

2 chicken breasts (leave out or substitute tofu for veggie option)

1 tsp of Worchester sauce

1½ tbsp of soy sauce (one for the aubergines and half for the Ramen)

3 ½ tbsp of miso paste (1 ½ tbsp of miso paste for the Ramen and two for the aubergine). Any kind of miso paste is fine – white or red tend to be easy enough to get in most supermarkets.

1½ tbsp of softened butter 1 tbsp of cornflour

360g of noodles – you can use any of the freeze-dried noodles that you like so long as they cook in about 3-5 minutes when added to your meal. I prefer wholemeal noodles but select the ones you like.

4 eggs

1 chicken stock cube (use vegetable for veggie version)
1.5 litres of boiling water for the Ramen and 2 tbsp for
the aubergines

75 grams of baby spinach leaves 2 medium/large aubergines 1 tbsp of sesame oil

t tosp of sesame on

1 tbsp rice vinegar

1 tbsp of maple syrup (can use honey if you don't have maple syrup)

### Chicken & Aubergine Ramen

### **METHOD**

I usually start by making the aubergines so that they can be roasting in the oven while I prepare the chicken and then the ramen.

#### Aubergines:

- 1. Preheat the oven at 200°C (reduce to 180°C for fan oven).
- 2. To make the miso glaze mix the one and a half tablespoons of miso paste, 1 table spoon of sesame oil, and half a tablespoon of the soy sauce, 1 tablespoon rice vinegar, 1 tablespoon of maple syrup or honey and two tablespoons of hot water in a mixing bowl.
- 3. Wash the aubergines and then cut them in half lengthwise and remove the calyx (the green part at the top). Score the insides of the aubergines lengthwise and width-wise. Make the cuts as deep as you can without breaking through the skin; the skin should remain intact.
- 4. Using a brush if you have one (or a spoon if not) cover the aubergines (flesh side facing up) with the mixed miso glaze, making sure enough glaze is used on each aubergine but leave a little of the glaze for drizzling over them before serving.
- 5. Place the aubergines facing up on a baking paper lined baking tray into the pre-heated oven for 30-40 minutes.
- 6. When the aubergines are cooked, take them out of the oven and slice them into bite sized pieces then sprinkle with sesame seeds before adding them to your ramen bowl.
- 7. While the aubergines are roasting in the oven, get going on preparing the chicken.

#### Chicken:

- 1. Peel and then finely chop the 3cm knob of ginger, peel and then chop the two cloves of garlic.
- 2. Slice the four spring onions and the one red chilli (if using).
- 3. Slice the chicken breasts width-wise and then slice into thin strips lengthwise.
- 4. Heat a wok over a medium-high heat with about 1½ tablespoons of vegetable oil and once hot add the strips of chicken. Then add the garlic and ginger. Stir fry for a couple of minutes until the chicken is tender then add the teaspoon of Worchester sauce and half a teaspoon of soy sauce and stir for another couple of minutes until starting to char and add most of the chopped spring onions (save a handful for later to garnish).
- 5. Set the chicken aside but keep it warm.

### Chicken & Aubergine Ramen

#### Eggs:

- 1. Bring a large pan of water to the boil, cook the 4 eggs in the pan for 6 minutes until soft boiled.
- 2. When done, plunge into ice cold water to prevent them from cooking further.
- 3. Once cooled, peel them and cut them in half lengthwise.

#### Ramen:

- 1. Add 1 ½ tablespoons of the miso paste, 1 ½ tablespoons of softened butter to a bowl and mix together until you have a smooth paste. Add in the tablespoon of cornflour and mix well.
- 2. In a large wok or saucepan add the 1½ litres of boiling water and turn down to a simmer. Add the chicken (or veg) stock cube and the noodles. Cook for a couple of minutes until the noodles are tender.
- 3. Add the miso paste mixture and simmer for another minute or two until the noodles are completely cooked and the sauce has started to thicken slightly.

#### To serve up:

- 1. Add the noodles and broth to the four bowls and top with the spinach, chicken and a couple of spoonfuls of the aubergine.
- 2. Add two egg halves and sprinkle with the chopped red chilli (or chilli flakes) and the remaining spring onions.



### Steamed Irish Salmon with Whipped Pea & Garlic Purée



Recipe taken from the Irish Heart Foundation online resources

"Omega-3 rich salmon is in the spotlight for this recipe, so make sure it's super fresh – it should have no odour and look translucent with nice firm flakes, springing back when pressed."

#### **INGREDIENTS**

### Saffron Roasted Peppers:

1 tbsp olive oil
1 tbsp sunflower oil
2 shallots, finely chopped
2.5cm fresh root ginger, peeled
and minced
1 garlic clove, minced
1 tsp saffron strand, soaked in a
little hot water
2 tsp fresh mixed herbs (such as
flat leaf parsley, tarragon and
chervil), chopped

#### Salmon:

150mL dry white wine 1 carrot, chopped 1 onion, chopped 1 celery stick, chopped 1 fresh rosemary sprig 4 lemongrass stalks 4 x 150g salmon fillets, skinned and boned

#### Pea Purée:

450g frozen peas knob of butter 2 garlic cloves 4 tbsp low fat milk freshly ground black pepper



# Steamed Irish Salmon with Whipped Pea & Garlic Purée METHOD

- 1. Preheat the grill to hot. Arrange the peppers on a grill rack and grill for 20-30 minutes until charred and blistered, turning regularly. Transfer to a large bowl and cover with cling film. Leave the peppers to cool completely, then peel, discarding the cores and seeds. Cut the flesh into slices.
- 2. Heat the olive oil and sunflower oil in a frying-pan. Add the shallots, ginger and garlic and cook for a couple of minutes until softened but not browned. Stir in the saffron mixture and cook for another couple of minutes or so, then season lightly with pepper. Transfer to a bowl and fold in the peppers and herbs. Cover with cling film and set aside at room temperature until needed.
- 3. To prepare the salmon, pour 600mL (1 pint) of water into the bottom half of a steamer and add the wine, carrot, onion, celery and rosemary. Bring to a simmer.
- 4. Meanwhile, peel off the tough outer stalk from each stick of lemongrass and then use one stick as a skewer for each piece of salmon. Arrange above the simmering vegetables in the steamer and cook gently for 5-7 minutes or until the salmon is cooked through and tender.
- 5. Meanwhile, make the whipped pea and garlic purée. Cook the peas in a pan of boiling water 3-4 minutes until tender. Heat the butter in a separate pan and sauté the garlic for 20 seconds without browning. Drain the peas and add to the garlic mixture with the milk. Using a hand-blender, blend to a smooth puree. Season lightly with pepper.
- 6. Divide the whipped pea and garlic puree between warmed plates and arrange the salmon skewers on top. Spoon around the saffron roasted peppers to serve.

### Cream Cheese Carbonara



Recipe submitted by Amber Maxwell, Preventive Medicine and Health Promotion

This Carbonara is really quick and easy to make. When I cook for myself I tend to cook the sauce for 4 people and enough pasta for 1. I only use enough sauce for myself and put the rest in a small container in the fridge to be used the next day. This saves time and effort as all you have to worry about is the pasta!

### **INGREDIENTS**

125g Panchetta (I use one of the double packs from lidl)
80g Cream Cheese
1 Stock cube
Water

1 Egg yolk
2 Chicken Breast (optional)
Pasta (I like to use linguine)

### Cream Cheese Carbonara

#### **METHOD**

- 1. Start with the bringing a pot of water to the boil and adding the pasta to cook.
- 2. While the pasta is cooking, fry the pancetta to your liking, I like to have it crispy.
- 3. In a bowl mix the cream cheese and egg yolk together and in a cup mix your stock cube and a small amount of boiling water from the pasta (about half a cup).
- 4. When the pancetta is cooked move it from the pan and pat it down with some kitchen roll to remove the excess fat. Leave it to one side.
- 5. Reduce the heat of the pan and add the cream cheese and egg yolk mixture and the stock to the pan.
- 6. Stir this continuously while it is in the pan. It will be quite watery but keep stirring and it will get thick. Make sure there is small bubbles coming through the sauce as you stir it, you can leave it for a minute to check if there is bubbles as sometime you can't see when you're stirring it.
- 7. Once you can see the sauce getting thicker it will get thick quickly so keep a close eye, take it off the heat if it gets too thick. (When you add the hot pasta the sauce will continue to cook and get thicker due to the heat so you don't want the sauce to be a perfect consistency right away.)
- 8. Drain the pasta and add it with the pancetta to the sauce and stir until all the pasta is coated in the sauce.
- 9. Serve on a plate or in a bowl. Add salt and pepper if needed.

\*If you have saved some of the sauce from the night before it will be a thick consistency like cream cheese so I like to pop it in a pan on a medium heat with a splash of water and stir it for a few minutes. This will just loosen it up make it a bit more fresh.

## Irish Seafood Chowder



Recipe taken from the Irish Heart Foundation online resources

"A chunky, creamy soup with smoked and unsmoked fish, shellfish and spuds – perfect with a thick slice of Irish soda bread. We've swapped out the cream for milk, and used less butter than the traditional version. This is a real, hearty meal of a soup."

#### **INGREDIENTS**

1 tablespoon olive oil
1 potato, diced
2 celery sticks, finely diced
25g (1oz) butter
25g (1oz) plain flour
600ml (1 pint) low-fat milk
1 onion, finely chopped
350g (12oz) firm white fish fillets from sustainable sources – a mix of smoked and unsmoked is best – skinned and any stray bones removed
150mL (¼ pint) no-salt fish stock
100g (4oz) cooked, peeled large prawns, from sustainable sources
Freshly ground black pepper

## Irish Seafood Chowder

- 1. Heat the oil in a large pan. Add the potato and celery, stirring to coat, then cover and cook gently for 15 minutes until tender, stirring once or twice.
- 2. Meanwhile, melt the butter in a pan and remove from the heat. Stir in the flour, return to the heat and cook for 1-2 minutes, stirring. Gradually pour in the low-fat milk, whisking until smooth. Bring to the boil, then reduce the heat and simmer for 2-3 minutes, stirring occasionally. Season lightly with pepper.
- 3. Preheat the oven to 180°C/350°F/Gas Mark 4. Spread the onion out in a small roasting tin and arrange the fish on top. Season lightly with pepper and pour over about four tablespoons of the fish stock. Cover loosely with foil and bake for 10 minutes until just opaque. Leave to cool a little, reserving the onion mixture and then break up the fish into bite-sized pieces.
- 4. Add the white sauce, reserved onion mixture and the remaining fish stock to the vegetables and gently bring to the boil, stirring well to combine. Blitz with a handblender to a smooth puree and then fold in the cooked fish and prawns and simmer for 1-2 minutes to just heat through. Ladle into bowls and garnish with celery leaves to serve.



# Spaghetti All'Amatriciana



Recipe submitted by Cecily Kelleher, Preventive Medicine and Health Promotion

#### **INGREDIENTS**

#### Pasta:

450g '00' Flour 4 eggs

#### Sauce:

1 White onion
1 Carrot
1 Stick of celery
4 cloves of garlic
Dried chilli



12 large slices of bacon, chopped in small peices
2L of canned plum tomatoes or chopped fresh
tomatoes
Half a glass white wine

# Spaghetti All'Amatriciana

#### **METHOD**

- 1. Place the flour on the work surface and make a well in the centre. Break the eggs into the well and gradually incorporate the flour together with the eggs, using your hands.
- 2. When the mixture starts to firm up begin to knead it with the heel of your hand. The dough should be worked like this for about 5 mins, and then left to rest in the fridge for at least an hour before working further with the pasta machine (or by hand).
- 3. To cut, work the dough into a long, even sheet, rolling it gradually to reach No1. on the pasta machine. Sprinkle it liberally with semolina flour and the roll it up from both sides, cut it into tagliatelle or spaghetti using the "guitar" machine, then shake out and pile into portions.

#### To make the sauce:

- 1. Finely chop the onion, carrot, celery and garlic and fry them in a heavy based pan with extra virgin olive oil for a few minute, until lightly coloured.
- 2. Add the pancetta and fry it together with the vegetables for a couple of minutes, add the tomatoes and cook for 1 hour. Serve with the spaghetti and grated, semi-seasoned pecorino cheese.

# Shepherd's Pie



This recipe was taken from Healthwise Summer Edition 2021



"This lightened up Shepherd's Pie recipe, filled with lean Minced beef, veggies, and topped with golden mashed potatoes."

#### **INGREDIENTS**

#### Potatoes:

680g potatoes, peeled and chopped
2 tbsp butter
Dash of milk
Salt and pepper
Sprinkle of paprika

#### Filling:

450g lean beef mince
1 tsp oil
1 medium onion, diced
1 celery stalk, chopped
2 cloves garlic, diced
220 mushrooms, diced
280g frozen mixed vegetables (carrots, corn, peas, green)
2 tbsp flour (or GF flour)

240 mL beef stock
2 tsp tomato paste
1 tsp Worcestershire sauce
1 tsp freshly chopped rosemary leaves
1 tsp freshly chopped thyme leaves
Salt and pepper

# Shepherd's Pie

- 1. Boil potatoes until cooked and soft.
- 2. Drain and mash with chicken broth, sour cream, 1/2 tsp salt and pepper, set aside.
- 3. Preheat oven to 200°C.
- 4. To a pot, add the oil, onion, garlic, mushrooms and celery and sauté on medium heat about 6 to 8 minutes, until the vegetables are tender.
- 5. Add the mince and add salt and pepper to taste.
- 6. When the mince is cooked, add flour, frozen vegetables, beef broth, tomato paste, Worcestershire sauce, rosemary, thyme, cooked meat and mix well. Simmer on low about 8-10 minutes.
- 7. Spread the meat on the bottom of casserole dish and top with mashed potatoes and sprinkle with paprika.
- 8. Bake 20-25 minutes, then place under the grill for 1-2 minutes until the potatoes turn golden.
- Remove from oven and let it cool 5 minutes before serving.



# Super Salmon Noodle Salad



Recipe taken from Healthwise Spring Edition 2017

"This recipe counts towards 3 of your 5 a day!"

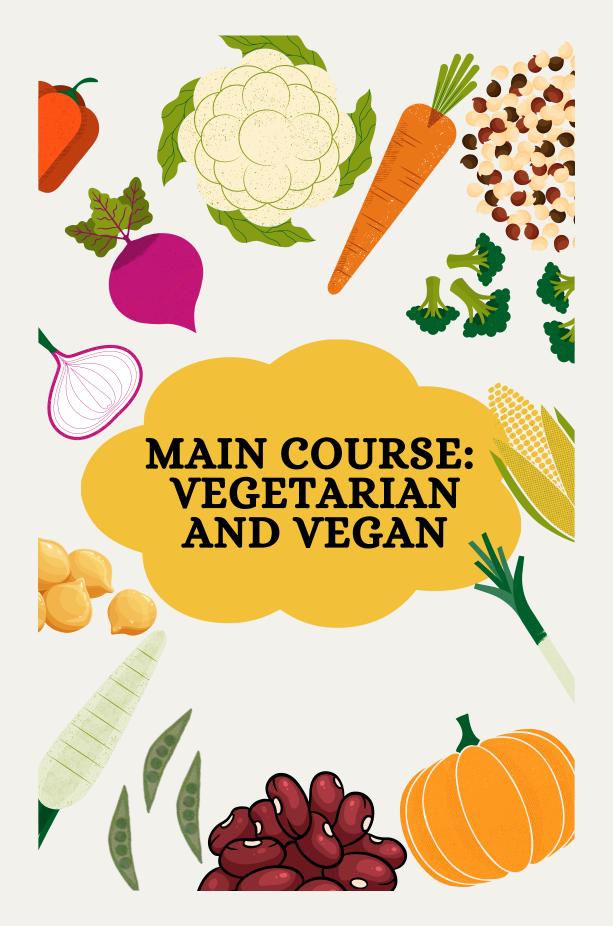
#### **INGREDIENTS**

2 salmon fillets
1 tsp Chinese five-spice
250g dried egg noodles
1 tsp of rapeseed oil or low calorie cooking spray
1 red pepper, deseeded and finely sliced
5 spring onions, sliced
140g mangetout, halved diagonally
2 garlic cloves, crushed
1cm piece root ginger, peeled and finely grated
1 x 225g cans water chestnuts, drained
200g baby sweet corn
60g fresh bean sprouts, rinsed
6-8 tbsp reduced salt soy sauce

# Super Salmon Noodle Salad

- 1. Preheat the grill to hot. Place the salmon fillets on the grill rack, sprinkle over the five-spice and grill for 10-12 minutes or until cooked through.
- 2. Set aside. Meanwhile, cook the noodles according to the packet instructions. Drain and set aside.
- 3. Spray a wok with low calorie cooking spray and place over a high heat. Add the red pepper, spring onions, mangetout, garlic, ginger, water chestnuts, sweet corn and bean sprouts, and stir-fry for 6-8 minutes.
- 4. Add the cooked noodles to the wok with the reduced salt soy sauce mix well and stir-fry for 1-2 minutes. Remove from the heat.
- 5. Break the salmon fillets into bite-sized pieces and gently toss into the noodle mixture. Eat hot, or cool, cover and chill until you're ready to eat.







# Pallotte Cac e Ove (Egg & Cheese Balls)



Recipe submitted by Andrea di Florio, Emergency Department

If you want a break from meat or pasta this is a perfect solution for your palate. "Pallotte cac e ove" is a traditional meal from my region, Abruzzo, in the South East of Italy.

All the time I eat these with my family in Ireland, it gives me a taste of home and memories of big lunches with my Italian family and above all with my Granny. There isn't one time that I went back home without having had this special meal at least once on my holiday.

#### **INGREDIENTS**

5 Eggs
300g Cheese
200g Breadcrumbs
1/2 Onion, chopped
1/2 Red pepper, chopped
Tin of chopped tomatoes
Fresh basil

- 1. Get a large bowl, put in it two different types of cheese (I normally use Grana Padano and Irish Cheddar), add the breadcrumbs and then drop in the eggs.
- 2. Mix the ingredients using a fork until you get a nice a consistent dough.

  Use the dough to make your own pallotte (roughly the size of meatballs).
- 3. In a different pan, sauté onions and red peppers in extra virgin olive oil until translucent. Then add a tin of chopped tomatoes and fresh basil. You don't need salt because the cheese will provide all the flavour!
- 4. Slow cook at low-medium heat for 20 minutes adding a tiny bit of water at time to make the sauce is smooth and doesn't dry out. Once ready, gently drop the pallotte in the sauce and leaving them to cook for 15-20 minutes.
- 5. Set the table, slice some fresh bread and don't forget a lovely glass of red wine. Enjoy every bit of it!
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# Lentil, Mushroom & Double Potato Bake



Recipe taken from the Irish Heart Foundation online resources

"A hearty meat-free dish, this is just right for feeding a gang of hungry people. It's served in one dish and can be prepared ahead, ready to pop in the oven when it's nearly time to eat – so it's great for hosting a special occasion dinner.

We promise you it's so full of flavour the carnivores won't miss their meat, and it packs in over half your daily fibre requirement. Cold weather comfort food at its finest."

#### **INGREDIENTS**

#### Filling:

2 tbsp olive oil 2 onions, roughly chopped 2 garlic cloves, crushed 175g dried Puy lentils 150mL white wine

1½ tbsp sun-dried tomato paste (regular tomato paste is fine if sun-dried tomato paste is not available)
600mL low-salt vegetable stock
8 sun-dried tomatoes, chopped
1½ tbsp Worcestershire sauce
500g chestnut mushrooms, sliced
Freshly ground black pepper

#### Topping:

350g sweet potatoes, peeled and diced into 2cm (½in) cubes
350g baby potatoes, washed, skins on, diced into 2cm (½in) cubes
1 tbsp olive oil
2 garlic cloves, crushed
2 tbsp chopped chives
50g reduced-fat Cheddar cheese, grated

#### Sides:

1 head of pointed green cabbage, washed and roughly sliced 200g tender-stem broccoli, washed

# Lentil, Mushroom & Double

# **Potato Bake**

- 1. Preheat the oven to 180°C fan.
- 2. Heat a teaspoon of oil in the frying pan, add the onions and fry for about 5 minutes. Add the garlic and fry for about 10 seconds. Add the lentils, white wine, tomato paste and stock, stir and bring to the boil. Add the sundried tomatoes and season with pepper. Cover the pan with a lid and transfer to the oven for about 50-60 minutes or until the lentils are cooked and the liquid is absorbed. If you don't have a lid, simply cover with tin foil. Stir in the Worcestershire sauce.
- 3. Meanwhile, heat a teaspoon of oil in a pan, add the mushrooms and fry over a high heat for a minute. Cover with a lid and cook for few minutes more over a gentle heat. Remove the lid and increase the heat to evaporate the liquid. Season with pepper. Add to the lentil mixture, stir and spoon into an ovenproof dish.
- 4. Increase the oven temperature to 200°C fan.
- 5. For the topping, cook the potatoes in a pan of boiling water for 5-8 minutes until just soft, then drain well. Heat a tablespoon of oil in the empty pan, tip the potatoes back in and add the garlic and chives. Season with pepper and carefully mix to coat the potatoes in the herbs and garlic.
- 6. Spoon the potatoes on top of the lentil mixture and sprinkle with the grated cheese. Bake for about 20 minutes until crispy brown and bubbling around the edges.
- 7. Boil the tender-stem broccoli in a pan of hot water for 6 minutes until cooked but al dente - add in the cabbage for the last 3-4 minutes.
- 8. Serve the mushroom and lentil bake piping hot with sides of tender-stem broccoli and cabbage.

# Chickpea & Cauliflower Curry with Flatbread



Recipe taken from the Irish Heart Foundation online resources

is filling, satisfying and heart
healthy. Adjust the chilli heat as you
like, and feel free to add or
substitute other vegetables, such as
peas, broccoli and spinach. The
flatbreads can be made in minutes,
just don't make them too far in
advance or they will begin to
harden. You can also swap out the
flatbreads for steamed basmati rice
or shop-bought chapatis."



#### **INGREDIENTS**

#### Curry:

1 tablespoon sunflower oil 1 onion, thinly sliced 2 garlic cloves, crushed 2.5cm (1in) piece fresh root ginger, peeled and grated 1 green chilli, seeded and finely chopped 2 teaspoons hot curry powder (such as Madras) 300ml (½ pint) no-salt vegetable stock 400g (14oz) tin chopped tomatoes 225g (8oz) small cauliflower florets 400g (14oz) tin chickpeas, drained and rinsed 225g (8oz) tender young spinach 2 tablespoons Greek-style yoghurt

1 lime, cut into wedges, for garnish

#### Flatbreads:

4 tablespoons Greek-style
yoghurt
1 free-range egg, lightly
beaten
225g (8oz) self-raising flour,
plus extra for dusting
1 green chilli, seeded and
finely chopped
2 tablespoons fresh
coriander, chopped
A little olive oil
Freshly ground black
pepper

# Chickpea & Cauliflower

# Curry with Flatbread

- 1. Heat the oil in a pan (use one with a lid as you will need to cover later), then sauté the onion for about 5 minutes or until softened and just beginning to colour. Tip in the garlic, ginger and chilli and continue to cook for 1 minute, stirring. Stir in the curry powder and cook for another minute, then stir in the stock and tomatoes and bring to a simmer. Add the cauliflower, cover and simmer for 15-20 minutes or until tender but still with a little bite.
- 2. Heat a large non-stick flat griddle or frying pan to make the flat breads. In a bowl, mix the yoghurt with enough warm water to make 120mL (4fl oz) of liquid, then stir in the beaten egg. Sift the flour into a bowl with and black pepper. Make a well in the centre and add the yoghurt mixture with the chilli and coriander. Quickly mix to a soft but not sticky dough.
- 3. Turn the dough out on to a floured work surface and knead for about 30 seconds until smooth. Cut into four quarters and roll out each piece to an oval shape that is 0.5cm (¼ in) thick. Add a thin film of oil to the heated pan and cook one at a time for 4-5 minutes on each side until cooked through and lightly golden. Wrap in a clean tea towel until needed.
- 4. Stir the chickpeas and spinach into the cauliflower mixture and cook for a few minutes until heated through and the spinach has wilted. Stir in the yoghurt and allow to just warm through. Divide the curry into warmed bowls set on plates and garnish with coriander leaves and lime wedges. Place the flat breads on the side to serve.

# **Curried Vegetables**



Recipe submitted by Liz Barnes, Dietetics

I cut this out of the
Sunday Times magazine.
I liked it so much, I
bought the cookbook Deliciously Ella with
Friends, but this is by far
the tastiest recipe in it!

#### **INGREDIENTS**

1 medium cauliflower, broken into similar sized florets 4 tablespoons olive oil Salt and pepper

4 large carrots scraped and slices to 2.5cm chucks on the diagonal 2 red peppers deseeded and cut into 2.5cm chunks

2 tablespoons cumin seeds

5 garlic cloves, grated

5 cm fresh ginger, grated

1 teaspoons ground turmeric

3 teaspoons ground coriander

2 teaspoons ground cumin

1 tablespoons curry powder

5 cloves or pinch ground cloves

3 tablespoons tomato puree

400g can of chopped tomatoes

400mL coconut milk (low fat)

2 green finger chillies

Juice ½ lemon

200g fresh spinach

200g frozen peas

Large handfuls of fresh coriander, chopped

# **Curried Vegetables**

- 1. Preheat the oven to 200°C (fan 180°C). Take 2 baking sheets/trays.
- 2. Place the cauliflower florets on the first tray drizzle with 1 tablespoon oil, add salt and pepper and mixed to evenly coat.
- 3. Place the carrots and peppers on the second tray drizzle with oil, salt, pepper and the cumin seeds. Mix with your hands and roast for 45 minutes. Check every 15 minutes and give them a shake. You want the carrots and pepper to shrivel and sweeten and the cauliflower to blacken a little.
- 4. Meanwhile in a high sided pot gently heat the remaining 2 tablespoon of oil. Add the garlic and ginger with a pinch of salt and stir so it cooks a little but doesn't colour.
- 5. Once they give of lovely aroma, add the rest of the dry spices and stir making sure not to burn anything. Add the tomato puree and stir again. Add the canned tomatoes and coconut milk. Bring to the boil and allow to simmer gently.
- 6. Add the green chillies (sliced with seeds if you prefer a spicy flavour) or added whole for a milder curry. Simmer for a min, 30 minutes.
- 7.5 minutes before you want to eat, add the lemon juice to heighten the flavour, add the peas and spinach, these should take 2 minutes to defrost and wilt. Finally add the roasted vegetables, taking care not to break up the cauliflower.
- 8. Serve with brown rice and fresh coriander sprinkled on top.

# **Happy Heart Dal**



Recipe taken from the Irish Heart Foundation online resources

"Dal is a blanket term for any curry that is based on lentils. This red lentil Indian recipe is filling, tasty and nourishing – the perfect midweek recipe and a real batch-cooking hero as it lasts in a fridge for two days and freezes well too. We've swapped tinned coconut milk for coconut yoghurt to cut out 80% of the saturated fat you would normally get in dal, while still keeping that tropical creamy hit."

#### **INGREDIENTS**

3 cloves of garlic 1 thumb-sized piece of root ginger 1 medium onion 2 tablespoons curry powder 1 teaspoon of cumin seeds 1 teaspoon of turmeric 500g tub coconut yoghurt 400mL salt-free vegetable stock 2 ripe tomatoes 200g dry red lentils 1 large sweet potato 80g baby spinach leaves Freshly ground black pepper 10g fresh coriander sprigs 3 wholegrain pittas 3 tablespoons low-fat yoghurt

# **Happy Heart Dal**

#### **METHOD**

- 1. Peel and chop the sweet potatoes into small, bite-sized pieces. Peel and finely chop the onion, root ginger and garlic. Finely chop the tomatoes. Rinse and drain the lentils.
- 2. In a hot pan, fry the onions and ginger in 4 tablespoons of water for 5 minutes until soft, stirring regularly. Add the garlic and tomatoes and continue to cook for a further minute. Add the sweet potato, curry powder, cumin seeds and turmeric and stir well so the sweet potato is coated in the spice mixture and cook for a further minute.
- 3. Stir in the vegetable stock, add in the red lentils and simmer for 20 minutes until the red lentils have cooked and it has thickened to a porridge-like consistency. Add in the coconut yoghurt, stirring until fully dissolved. Add more water if needed you'll be surprised how much liquid red lentils can absorb.
- 4. Once the dal is cooked, stir in the baby spinach. Season with freshly ground black pepper.
- 5. To serve, divide the dal between each bowl, toast the pittas and cut into soldiers, and garnish with roughly chopped coriander leaves and a dollop of low-fat yoghurt.

*Variations:* You can swap the pittas for brown rice. Mango chutney and toasted almonds also work well as toppings.

# Halloumi & Chickpea Salad



Recipe submitted by Liz Barnes, Dietetics

This is from Nadine
Abensur's Cranks – Fast
Food. This can be
prepared in 20 mins or
less, so quick to prepare
but very tasty and
satisfying.

#### **INGREDIENTS**

2 x 400g canned chickpeas, drained (one is sufficient for 2 people)

1 tablespoon fresh lemon juice
2 tablespoons of fresh parsley, chopped
2 tablespoons of fresh coriander, chopped
2 tablespoons of extra virgin olive oil
1 clove of garlic (or more!)
Dash of tamari
Dash of tabasco
Salt and pepper to taste (I usually don't add salt)
200g Halloumi cheese

100g of wild rocket and/or baby spinach leaves
12 fresh cherry tomatoes cut in half or 24 pieces of slow roasted tomato
quarters

100g black olives

- 1. In a bowl mix the chickpeas, lemon juice, garlic, parsley, coriander, olive oil, Tabasco, and pepper (salt if you wish). Set aside.
- 2. Preheat a griddle pan. Cut the halloumi into thick slices and then place on a hot griddle pan.
- 3. Make a round of rocket, spinach leave on each plate. Divide the chickpea mixture between the plates and garnish with tomatoes and olives. Place slices of grilled halloumi on top. You can drizzle some olive oil on top.
- 4. Serve with wholemeal bread or pitta.

# Pea & Quinoa Falafel



Recipe submitted by Jane McCarthy, Psycho-Oncology

From a fantastic cookbook by Donna Hay called The Fast Five.

There are lots of recipes available on her website and Instagram also. With help from some standby frozen quinoa and peas, you can whip these up in no time!

#### **INGREDIENTS**

3 cups (420g) frozen peas, thawed
3 cups (420g) cooked quinoa
1.5 cups (24g) mint leaves
1 cup (24g) flat-leaf parsley
1 onion, finely chopped
2 gloves garlic, finely chopped
Sea salt and cracked black pepper
Extra virgin olive oil, for brushing
Thinly sliced watermelon radish, wild leaf rocket (arugula) and marinated feta, to serve

- 1. Preheat oven to 220°C (425°F).
- 2. Place the peas between absorbent kitchen paper and press to drain any excess moisture.
- 3. Place the peas, quinoa, mint, parsley, onion, garlic, salt and pepper in a food processor and process until very finely chopped.
- 4. Roll 2 tablespoonfuls of the mixture into patties and place on a baking tray lined with non-stick baking paper. Brush each patty with oil and bake for 35–40 minutes or until golden and crisp.
- 5. Divide the falafel between plates and serve with watermelon radish, rocket and marinated feta. Makes 16.

# Vegan Nut Roasted Balls with Onion Gravy & Wilted Greens



Recipe submitted by Yvonne Kenny, Theatre

Chickpea (gram flour) can easily be made at home by blitzing to a powder, dried chickpeas. I use a mini food chopper to do this. A coffee grinder will also work. I also prepare cracker crumbs in the same way. Water crackers, cream crackers or whatever you have handy are fine. Adapted from recipe from Clodagh McKenna. Great with potatoes or rice or crusty bread. Enjoyed by vegans and non-vegans alike!

#### **INGREDIENTS**

150g mixed nuts (eg: peanuts, almonds, hazelnuts) 50g ground almonds

2 tbsp sunflower oil

50g cracker crumbs

1/2 small red onion, chopped

1/2 tsp dried thyme leaves

1 celery stick, finely chopped

1 tbsp smooth peanut butter

1 small carrot, grated

3 tbsp chickpea (gram) flour

1 garlic glove, chopped

6 tbsp sunflower oil

75g mushrooms, finely chopped

#### Onion Gravy:

2 tbsp olive oil

250ml hot vegetable stock

1 tbsp plain flour

11/2 tsp dark soy sauce

1 medium onion, finely chopped

1 tsp Marmite

1 garlic clove, finely chopped

1 rosemary sprig

**To serve:** 150g leafy green vegetable eg: spring greens, spinach, cabbage, pak choi, kale

# Vegan Nut Roasted Balls with Onion Gravy & Wilted Greens METHOD

- 1. For the gravy, heat olive oil in medium sized saucepan. Fry onion and garlic over medium heat for 10-12 minutes until starting to caramelise. Stir in the flour and cook for 2 minutes. Pour over the hot stock and stir in the hot vegetable stock and Marmite. Add the rosemary. Bring to the boil. Simmer for about 5 minutes until gravy reaches a nice consistency. Remove rosemary sprig before serving.
- 2. For the nut balls, put nuts in a bowl, and soak for 2 minutes with boiling water. Then drain. Heat sunflower oil in a large saucepan. Fry until softened and slightly caramelised, for 5-10 minutes, the red onion, garlic, celery, carrot, mushroom and thyme. Add the drained nuts to pan. Stir well and season. Add the ground almonds, cracker crumbs, peanut butter, chickpea flour. Mix until combined. If too course, blitz slightly. Mixture should be a bit sticky, add a little water if too dry. Shape into 12 balls.
- 3. Heat the oven to 180°C/Gas 4. Heat the sunflower oil in a large frying pan (preferably non-stick), over a medium heat. Fry balls for 5 minutes, turning regularly, to brown all over. Transfer to a parchment paper-lined baking tray and roast in oven for 10 minutes.
- 4. Steam-cook the green vegetable. Season to taste and arrange onto warmed serving dish. Place roasted nut balls over vegetables and pour gravy over meatballs before serving.



# **Famous Bombay Sandwich**



Recipe Submitted by Bonita Jovita Rodrigues, Venesections

This Veg Sandwich Recipe is a popular Mumbai street food of flavourful and tasty sandwiches made with mixed vegetables like beetroot, potato, tomato, onion and cucumber paired with butter, green chutney and a few ground spice powders.

Also famous as the Bombay Sandwich, this is a sweet, salty, spicy and savoury recipe filled with a flavour that will leave you wanting more!

However, the popular and tasty recipe of Veg Sandwich that I have shared here, is one of my favourites since school days. I loved street food for one reason, it's easy on your pocket but I didn't want to compromise health and this sandwich was top of my list as it's not deep fried like some other Indian snacks. You really don't have to do much to make this Veg Sandwich, as the procedure is just like making any other sandwich. But remember that the rest of the ingredients along with the bread and veggies, is what truly adds to the essence of this sandwich. The fresh Coriander chutney is one of those elements. The vegetables that make up the Veg Sandwich are cucumber, tomatoes, onions, potatoes and beets. A few variations also add green peppers. While you may not have heard of beetroots being included in a sandwich, this earthy root veggie makes these sandwiches from being ordinary to top notch. You do have the option to add or skip any of the vegetables you do not like or prefer. But for a well-rounded

Mumbai street food experience, I suggest to add all the vegetables as listed in the recipe.

# Famous Bombay Sandwich INGREDIENTS

4 slices white bread or whole wheat, brown bread or any soft bread

1 Potato small-Medium size, Boiled and sliced into round pieces  $\frac{1}{2}$  cucumber, thinly sliced rounds

1 onion sliced rounds (small)

1/2 Tomato sliced rounds

1 Beetroot boiled and thin round slices

Butter softened and at room temperature, salted or unsalted as per your choice.

Chaat masala (optional, enhances taste) or salt as per taste tomato ketchup to be served with the sandwiches

#### Coriander Chutney:

1 cup coriander leaves (cilantro) or ½ cup coriander leaves and ½ cup mint leaves

½ to 1 teaspoon chaat masala powder or Salt as required, kindly don't add both as Chaat consist of salt.

1 to 2 green chillies you can also add 2 to 3 green chillies, ½ inch ginger

#### **METHOD**

#### Prepare Vegetables and Bread:

- 1. Steam or boil 1 medium beetroot and 1 small to medium potatoes in a steamer, 2 to 3 litre pressure cooker or Instant Pot adding water as needed.
- 2. If you are using a pressure cooker, then cook them on medium heat for 2 to 3 whistles in water that is almost covering the beet and potatoes.
- 3. Let the pressure fall naturally in the cooker and then only remove the lid. Remove the cooked veggies with the help of a slotted spoon and set aside to cool on a plate.
- 4. Thinly slice 1 medium tomato, 1 small onion and ½ cucumber.
- 5. You can also use wholewheat bread, brown bread, multigrain bread, finger millet bread or rye bread.

# **Famous Bombay Sandwich**

#### **Coriander Chutney:**

- 1. Rinse 1 cup coriander leaves, ½ cup mint leaves (optional) and 1 to 2 green chillies in fresh water for a few times. Drain all the water.
- 2. Then, in a small blender or a grinder jar, add the coriander leaves, Mint leaves, ½ teaspoon chaat masala powder, ½ inch ginger and chopped green chillies.
- 3. You can roughly chop the coriander leaves and green chillies. if you prefer. Finally, season everything with a few pinches of salt as chaat masala already has salt in it.
- 4. Blend or grind the chutney ingredients until smooth.
- 5. Add 1 or 2 teaspoon water, if it is not blending. Don't make the chutney runny by adding too much of water.
- 6. Transfer the coriander chutney to a bowl. Cover and keep aside, if you are making sandwiches immediately or refrigerate.

#### Prepare the Sandwiches:

- 1. Spread a generous quantity of butter on 2 slices. Note: You can use either salted or unsalted butter. The butter should be softened and at room temperature.
- 2. Spread a thin layer of the prepared coriander chutney now.
- 3. Layer 5-6 cucumber slices followed by tomato slices. Sprinkle a pinch regular salt, chaat masala on the cucumber slices.
- 4. Place 2 to 3 thinly sliced onion slices.
- 5. Now, add a layer of 2 to 3 boiled potato slices and beetroot slices.
- 6. Sprinkle a pinch regular salt, and chaat masala again.
- 7. Cover with the bread slices with the butter and chutney.
- 8. Cut the sandwich into 4-6 pieces of rectangles depending on the size of the bread slice.
- 9. Serve Veg Sandwich immediately with extra chutney and tomato ketchup.

# **Famous Bombay Sandwich**

#### **Tips**

You can also toast or grill these vegetable sandwiches if you prefer.

You can cook the potato in the microwave.
Wash the potato well. Prick the potatoes with a fork and microwave in the oven for 4 to 5 minutes.

You can also add mozzarella cheese to make Veg Cheese Sandwich.

Dairy butter is used in these veg sandwiches. But you could easily use vegan butter.



# **Instant Carrot Burgers**



Recipe submitted by Iwona Gladysz, Medical Records

#### **INGREDIENTS**

2 medium carrots (200-250g) I used carrots from the leftovers after squeezing the juice in slow juicer 3/4 cup oatmeal

1 tablespoon linseed in grains or ground (or half and half) 2 cloves of garlic

1/2 tablespoon curry or garam masala spice mixture
1/2 teaspoon coriander powder (if you don't have it replace it with cumin or give a little more curry/garam
masala or replace with another spice)

1/2 teaspoon sweet paprika powder

1/3 teaspoon hot pepper powder (can be omitted)
1/3 teaspoon turmeric (can be omitted)

1 tablespoon soy sauce

1/3 cup flour - wheat, millet, corn or gluten-free mixture 1 tablespoon oil for mass + 2 tablespoons for frying

# **Instant Carrot Burgers**

- 1. We boil a small amount of water in a small pot or electric kettle. Pour oatmeal and ground flaxseed into a bowl and pour 3/4 of a cup of boiled water.
- 2. Peeled carrots grate on medium meshes, and squeeze garlic through a press or grate on small meshes grater.
- 3. Grate peeled carrots, garlic, oatmeal and linseed mass and all spices (curry / garam masala, coriander, sweet pepper, hot pepper, turmeric, soy sauce) put in a bowl. Mix with a spoon or by hand.
- 4. Add 1/3 of a cup of flour to the mass and pour 1 tablespoon of oil, mix preferably by hand. If the mass is too thin, add 1-2 more tablespoons of flour and mix again, beat the mass. And if it is hard add a little water, starting from 1-2 tablespoons, mix and check the consistency.
- 5. Warm up the pan over medium heat (for me six on a 9-point scale) and pour oil. Moistened your hands in a cool tap water, tear off some of the mass and form a round, flattened burger, throw it into oil. We moisten our hands before making each subsequent burger this will facilitate their formation.
- 6. Fry burgers for 3-4 minutes on each side. You can also bake them in the oven at 200 °C about 25-30 minutes (half way through, turn over).
- 7. Serve in a bun with fresh toppings (lettuce, arugula, spinach, tomato, onion), with pastes (hummus or other bread pastes) and sauces (mustard, mayonnaise, sriracha, barbeque sauce) or with baked potatoes or chips. In the photo it is served with hummus, spinach, sprouts, red onion and vegan mayonnaise.

# **Mexican Baked Eggs**



Recipe submitted by Kristine Gallagher, Radiology

This recipe is courtesy of my Mexican sister-in-law Greta. It's easy & quick to make, with things that are often in the cupboard.

Serves 4 as a side dish or 2 as a main.

#### **INGREDIENTS**

1 tin of chopped tomatoes
1 tin of beans (kidney/chickpeas/etc.)
A glug of olive oil
Half an onion, diced
Half a red pepper, diced
Handful of spinach and fresh herbs (coriander, parsley or basil)

1/4 teaspoon each of chilli, paprika and chilli flakes
4 eggs

Crumbly cheese such as feta

- 1. Sweat the onions in oil till soft.
- 2. Add the tomatoes, beans, vegetables and herbs and cook for 5 minutes.
- 3. Make a well in the mixture for each egg and crack the eggs into them.
- 4. Cover and simmer on a low heat for 3-5 minutes depending on how runny you prefer the yolks.
- 5. Crumble the cheese over the mix. Add salt & pepper to taste.
- 6. Serve with crusty bread for a really tasty lunch.

### Scone Based Pizza



Recipe submitted by Amber Maxwell, Preventitve Medicine and Health Promotion



My favourite thing about this pizza is that you can use whatever topping you like or even use leftovers in the fridge, which I often do. I also love how easy it is to make with kids!

#### **INGREDIENTS**

#### Scone Base:

250g Flour
Pinch of salt
50g Butter/Margarine (room
temperature)
100 ml Milk

#### Toppings:

Tomato purée/passata/tomato based sauce or any sauce of your choosing

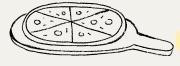
Cheddar cheese or cheese of your choice

Toppings you like

I like to use grated cheddar cheese, mixed peppers, pineapple, ham and mushrooms but I usually use whatever vegetables are in the fridge and pair with some sort of meat like ham or rashers/pancetta.

### Scone Based Pizza

- 1. Weigh out the flour and sprinkle in the salt.
- 2. Weight the butter, cut it into small cubes and put in bowl with the flour.
- 3. Rub the flour and butter together with your fingertips until the mixture looks like fine breadcrumbs, this should take less than 5 minutes. If your butter is very hard you can put it in the microwave but be very careful you don't completely soften or melt it.
- 4. Once the breadcrumb mixture is formed, add a small amount of milk to the flour mixture and mix together, repeat this until a dough is formed. You may not use all the milk so take your time with this as too much liquid will make the dough sticky and hard to work with.
- 5. Once the dough is formed, sprinkle some flour on a clean dry surface and start to lightly knead the dough a couple of times to form a nice round ball from it.
- 6. Then grab your rolling pin or something similar and roll the dough to your desired size and thickness. As your are rolling keep turning the dough and sprinkle flour if needed this will prevent it from sticking to your table. Then you can transfer to your baking tray and start with the sauce and toppings.
- 7. Once you have a base for pizza you can do put pretty much anything you like on it.
- 8. For the tomato sauce: I just use tomato purée, about 2 or 3 dessert spoons but I usually just make sure the whole base is covered enough, you don't want dry pizza!
- 9. Then top with cheese of you choice, I usually use grated cheddar cheese here as it covers the whole base.
- 10. Then its time to get creative and top with any veg and meat you like! I have a few combinations I like above but you can experiment with your own too.
- 11. Once your pizza is topped and ready to be cooked, pop it in the oven at 180°C for 15-20 minutes.





# **Coconut Chia Mousse**



Recipe submitted by Ana Mattson,
Preventive Medicine
and Health Promotion

I created this simple and high protein recipe with leftover greek yoghurt, light coconut milk, and sliced almonds that I had after making a curry. I make this on repeat now- I eat it for a weeknight dessert as it feels decadent but it also makes a great meal prep-able breakfast.

Sweetening with maple syrup, of course, and topping with berries. My next modification will be toasted coconut and almonds on top!

#### **INGREDIENTS**

Serves 4.

250g nonfat plain Greek yoghurt (I like Liberte's texture)

3 tablespoons maple syrup (The real stuff!)
1/3 cup whole chia seeds (not milled)
1/3 cup dessicated or shredded coconut
1 can light coconut milk
1/3 cup sliced almonds

- Add all ingredients to a bowl, and mix well to avoiding clumping of coconut cream.
- 2. Let sit in a fridge for a few hours.
- 3. Serve with fruit of your choice. Berries, mango, or pineapple go well with the coconut flavour!

## **Best of Both Worlds**



Recipe submitted by Julie Lynch, Psychology

I frequently struggle to decide what dessert I would prefer to make (and more importantly, eat). This is a great solution.

#### **INGREDIENTS**

#### **Brownie:**

250g dark chocolate (Lidl have the best kind, 70% cocoa, the red packaging) 250g unsalted butter 330g caster sugar 4 large eggs 1 tablespoon vanilla extract 150g plain flour 1 teaspoon salt

#### Cheesecake:

450g cream cheese (room temperature) 100g caster sugar 1 tablespoon vanilla extra 1 pinch of salt 2 eggs



# **Best of Both Worlds**

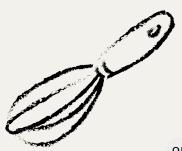
## **METHOD**

### Brownie:

- 1. Melt together the chocolate and butter over a low heat.
- 2. Sieve the flour, cocoa powder and salt together into a bowl.
- 3. Whisk together the eggs and vanilla extract.
- 4. Combine all the above, mix well.

#### Cheesecake:

- 1. Whisk cream cheese for a few minutes until smooth and creamy.
- 2. Reduce speed to low and slowly add sugar, then salt and vanilla.
- 3. Add eggs one at a time, allowing each to incorporate before adding the next. Scrape the bowl down and mix once more.
- Part 1. Make your brownie mix.
- Part 2. Make your cheesecake mix.
- **Part 3.** Pour cheesecake mix on top of the brownie mix. Swirl using a skewer or a toothpick (scoop down a tiny bit and bring up bits of brownie batter for a nice swirl). Sprinkle some raspberries (or raspberry coulis) throughout. Put into preheated oven for 10 mins at 180°C, then reduce heat to 160°C and let cook for another 35 mins.



# Strawberry & Peach Cake Slices



Recipe submitted by Angela Moffett, CNS
Palliative Care

3 3 3

This is inspired by a Pinch of Nom recipe for 'White Chocolate Blondies' – which is incredible by the way, but a little too 'calorific' to have the portion my greedy eyes crave! So, I took the basic idea and changed it up a little. Added fruit which gives moisture, so much less fat is needed. I have made so many variations of this, I can't count them. Once you use the basic batter recipe, you can experiment with whatever fruit or other addition you prefer – it's that versatile.

I have always struggled with my weight, but I struggle even more if I feel deprived. So, this is a goto for me when I want cake and there's no convincing me otherwise. My wife also loves it – but I've yet to meet someone who doesn't! I hope you do too.

# Strawberry & Peach Cake Slices

## **INGREDIENTS**

100g self-raising flour
1 tsp baking powder
3 tbsp sweetener (Sukrin works really well)
4 medium eggs (beaten)
20g half-fat butter (Connaught Gold for eg.)
1 tsp vanilla extract
150g peaches
50g strawberries
Frylite

## **METHOD**

- 1. Sieve the flour and baking powder into a bowl.
- 2. Add the sweetener and mix all together.
- 3. Gradually add the egg and whisk the mixture until it has a batter consistency.
- 4. Melt the butter in the microwave usually takes approx. 15-20 seconds. Add to the mix and whisk it in right away.
- 5. Add the vanilla extract.
- 6. Spray a 20cm X 20cm non-stick dish with the frylite and pour the batter into it.
- 7. Scatter the slices of peaches and strawberries on top. Most will settle into the mixture, but I tend to scatter some of the slices strawberries over the top.
- 8. Bake in a pre-heated oven at 170°C (Fan) for 17 20 minutes.
- 9. Serve warm with some half-fat crème fraiche and some extra strawberries on the side. Also good on its own with a cuppa.

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# Frozen Banana Strawberry Lollies



Recipe taken from Irish Heart Foundation online resources

"Summer desserts don't get much better than this fruity little number – blitz up a batch and leave in the freezer ready for that rare day when our lovely Irish sun shines."

## **INGREDIENTS**

1 ripe banana 150g strawberries 100mL apple juice

- 1. Add in all ingredients to a blender and blitz until smooth.
- Pour into lolly mould and place the wooden lolly stick in. Transfer to the freezer to set overnight.
- 3. Remove from the freezer and carefully run the moulds under warm water to loosen the pops.

# Oatmeal & Raisin Cookies

Recipe submitted by Sinéad Stynes,
Preventive Medicine and Health Promotion



Recipe by Rachel Allen.
Baked by Daithí.
I love this recipe ever since I
became a Mum as my kids
love to "help" out while I am
preparing it...
They love to make a mess,
nibble on all the ingredients
and love to eat as many as
they can once cooked.

# **INGREDIENTS**

110g soft butter 110g caster sugar 110g soft brown sugar

1 egg
2 tbsp water
1 tsp vanilla extract
250g porridge oats
110g self-raising flour
1/2 tsp salt
110g raisins

Tasty with some desiccated coconut too, around 75g

- 1. Preheat the oven to 180°C.
- 2. Cream the butter and sugar together with a wooden spoon or electric whisk until light and fluffy.
- 3. Beat in the egg, water and vanilla.
- 4. Gently stir in the oats, flour, salt and raisins.
- 5. Roll the dough into walnut sized pieced and place onto a baking tray (no need to line it).
- 6.Bake at 180°C for 15-20mins until light golden brown but still soft.
- 7. Allow to cool for a few mins and then transfer to a wire rack
- 8. Makes 25-30 cookies.

# **Easiest Ever Chocolate Cake**



Recipe submitted by Yvonne Kenny, Theatre

This recipe is adapted from one available online, see BBC Food. I
like to make it as a traybake. Instead of using 2 round sandwich
cake tins, I use one parchment-paper lined, rectangular tin,
measuring 24x33 cm. A slightly bigger tin might be better....if I had
one! Here, the all-in-one-method for cake making is so easy.
The use of oil keeps it moist and light. Ganache icing is gorgeous.
But, have patience, allow it to cool and thicken, before applying.
Serve your awesome cake with a big spoonful of Glenisk Low Fat
Natural (or other) yoghurt, perhaps raspberries or other soft fruit
or coulis......for a slice of heaven.

## **INGREDIENTS**

### Cake:

225g plain flour 2 eggs

85g cocoa powder 250mL milk

1½ tsp bicarbonate of soda
350g caster sugar
1½ tsp baking powder
125mL sunflower oil
2 tsp vanilla extract
250mL boiling water

## Chocolate Ganache:

200g plain chocolate 200mL double cream

# **Easiest Ever Chocolate Cake**

- 1. Preheat the oven to 180°C/160°C Fan/Gas 4. Grease and line two 20cm sandwich tins (or a large rectangular tin).
- 2. For the cake, place all the ingredients, except the boiling water, into a large mixing bowl.
- 3. Use an electric whisk or wooden spoon, to beat the mixture until smooth and combined.
- 4. Add the boiling water to the mixture, a little at a time, until smooth. It will be very liquid.
- 5. Divide the batter between the two sandwich tins. Bake for 25-35 minutes, or until the top is firm to touch, and a skewer inserted into centre comes out clean.
- 6. Remove cakes from oven, allow to cool completely in tins before icing.
- 7. For the chocolate icing, heat the chocolate and cream in a saucepan over a low heat until the chocolate melts. Remove from heat and whisk until smooth, glossy and thick. Set aside to cool for 1-2 hours, or until thick enough to spread over the cake.
- 8. To assemble the cake, run a knife gently around the inside of tins to loosen, then remove.
- 9. Spread some chocolate icing over the top of one cake before placing other over it.
- 10. Transfer the cake to a serving plate and ice the cake all over. Use a palette knife if available.



# Summer Berry Crush



Recipe taken from Healthwise Spring Edition 2017

"Enjoy this easy dessert without the guilt and get 1 of your 5 day, the healthy way!"

## **INGREDIENTS**

200g frozen mixed berries, defrosted 200g carton virtually fat free fromage frais 1 tbsp of honey or intense sweetener to taste 25g amaretti biscuits, lightly crushed

# **METHOD**

1. Gently mix together all of the ingredients and spoon into serving glasses.

# Top Tip!

Frozen or tinned fruit in natural juices are just as nutritious as fresh fruit.

Recipe available from Diabetes UK

# **Brazilian Carrot Cake**



Recipe by Tatiane Melrose, Audiology

I remember eating this cake
when I was a child in Brazil.
My mum and my granny
would have used this recipe.
It is one of my
fondest memories.
Today, I bake this for my
little boy (who could not be
more Irish!). And it is his
favourite cake.

# **INGREDIENTS**

#### Cake:

4 eggs
½ cup of vegetable oil
2 medium-sized carrots cut into small chunks
2 cups of caster sugar
2 cups of cream flour
1 tbsp of baking powder

#### Chocolate Sauce:

4 tbsp of milk
1 tbsp of butter
½ cup of chocolate powder
1 cup of caster sugar













# **Brazilian Carrot Cake**

## **METHOD**

#### Cake:

- 1. Blend the eggs, oil and carrots in a blender until the mix is smooth.
- 2. Add half of the sugar and blend until smooth.
- 3. Add the remaining of the sugar and blend again.
- 4. Add half of the flour and keep blending.
- 5. Lastly, add the remaining flour with the baking powder and blend until smooth.
- 6. Pour the mix into a buttered and floured baking tray and bake for approximately 30 minutes (or until a toothpick comes out clean) at 160°C.
- 7. If baking a ring cake, wait about 5 minutes and take the cake out of the baking tray.

#### Chocolate Sauce:

- 1. Put all the ingredients in a small pot at medium heat until the mix starts bubbling.
- 2. Pour sauce over the cake while the cake is still hot. Enjoy!



# **Beetroot Chocolate Cake**



Recipe submitted by Iwona Gladysz, Medical Records

Why shouldn't beetroot in baked goods
be appreciated as much as carrots or
pumpkin? Let's bake a wonderful,
meaty chocolate cake with the addition
of boiled beetroot puree! No one will
know what secret ingredient the cake
contains, and it will stay moist and
fresh for a long time :-). I highly
recommend under a wonderful
chocolate coating!
https://mojewypieki.com/przepis/bura
czane-ciasto-czekoladowe
Recipe source - realfood.tesco.com

# **INGREDIENTS**

#### Cake:

50g of cocoa
175g of wheat flour
1.5 teaspoons of baking powder
200g of fine sugar for baking
250g of cooked beets, mashed (I used beetroots
from the leftovers after squeezing the juice in slow juicer)
3 large eggs
200g of sunflower or rapeseed oil
100g dark or dark chocolate very finely chopped

#### Chocolate Glaze:

50 g dark chocolate, chopped 50 mL heavy cream 36% 1 teaspoon of golden syrup or honey

### **METHOD**

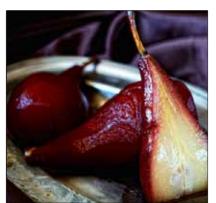
#### Cake:

- 1. All ingredients should be at room temperature.
- 2. Sift the flour, cocoa, baking powder and sugar into the bowl. Mix, set aside.
- 3. In a food processor (or blender) mix the cooked beetroot puree, eggs and oil until smooth. Add the sifted dry ingredients to the mixed wet ingredients and mix with a kitchen whisk until combined. Add finely chopped chocolate, mix.
- 4. Line the bottom of a 23 cm spring form pan with baking paper. Pour in the batter. Bake at 160 170°C for about 40 45 minutes or until the so-called.: dry stick. Remove, cool, spread thickening chocolate coating on top.

#### Chocolate Glaze:

- 1. In a pot, heat the heavy cream and golden syrup/honey until almost boiling, then immediately remove from heat.
- 2. Add chopped chocolate, set aside for 2 minutes. After this time, mix to create a smooth chocolate sauce, if necessary, pass through a sieve. Leave to slightly thicken.

# Spiced Poached Pears with Red Wine & Yoghurt



Recipe taken from the Irish Heart Foundation online resources

"Whole poached pears drenched in spiced red wine make an elegant dinner party dessert. The fragrant cinnamon and star anise bring this recipe to the next level. If you're not a fan of star anise, you can leave it out and consider adding a few drops of vanilla essence to the yoghurt for a contrasting twist. And guess what, counting as one of your five-a-day, this is a great heart healthy dessert for a special occasion."

## **INGREDIENTS**

150mL red wine

150mL light cranberry juice
2 tablespoons honey
Juice and finely grated rind of 1 lemon
Juice and finely grated rind of 1 orange
1 cinnamon stick, broken in half
2 whole star anise
6 black peppercorns
2 whole cloves
4 firm ripe large pears
275g low-fat natural yoghurt

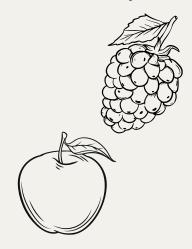
# Spiced Poached Pears with Red Wine & Yoghurt

- 1. Place the red wine in a deep-sided pan (with a lid) that will be just large enough to hold the pears in an upright position. Add the cranberry juice, honey, lemon juice and rind and half of the orange juice and rind. Bring to the boil and then add the cinnamon stick, star anise, peppercorns and cloves. Reduce the heat and allow to simmer gently for another few minutes to allow the flavours to infuse.
- 2. Peel the pears, leaving the stalks attached. Add the pears, standing them upright in the pan. To help them stand you can slice the base of each pear flat for a steady base. Cover with the lid and simmer gently for 20-35 minutes until the pears are just tender, basting them from time to time with the liquid. The cooking time will depend on the ripeness of the pears.
- 3. Using a slotted spoon, transfer the pears to a dish and set aside. Boil the liquid in the pan until reduced in volume by half to a more syrupy consistency. Leave to cool.
- 4. Mix the remaining orange juice and rind into the yoghurt and divide among the serving dishes. Place a cooled poached pear on top of each one and then ladle over the remaining cooking liquid to serve.

# Apple & Blackberry Crumble ("Healthy Version")



Recipe submitted by Patricia Fitzpatrick, Preventive Medicine and Health Promotion



# **INGREDIENTS**

#### Crumble:

75g chopped mixed nuts 75g butter (room temperature) 75g soft brown sugar 175g wholemeal flour

#### Fruit:

Cooking apples x 5
25g soft brown sugar
Approx. 10 blackberries
(scatter around; frozen
work well)

## **METHOD**

- 1. In a large bowl mix the flour and butter with your clean hands until it looks like breadcrumbs.
- 2. Then stir in the sugar and nuts.
- 3. This can be put into the fridge and kept until you want to assemble the crumble.
- 4. Peel and chop the apple put into a saucepan with the 25g soft brown sugar and 2 tablespoons of water over a medium heat. Stir regularly until it becomes soft (not fully broken down).
- 5. This can be put into the fridge and kept until you want to assemble the crumble.

#### To assemble:

- 1. Put the fruit into a flat dish with sides. Dot the blackberries over the apple at even spacing. Spoon over the crumble so it covers the fruit but do not press down.
- 2. Bake at 180°C for 30-40 mins (may vary by oven) until it is slightly browned around the edges.

# 3 Ingredient Easy Ice Cream



Submitted by Kirstine Gallagher, Radiology

This is a really simple recipe, no churning or mixing every few hours and you don't need any special equipment.

# **INGREDIENTS**

500mL fresh cream 500g whatever fruit you like 1 small tin of condensed milk



# **METHOD**

- 1. Whip the cream until stiff.
- 2. Mash the fruit you can use a fork, potato masher or blender.
- 3. Mix all 3 ingredients together.
- 4. Pour into a container with a lid.
- 5. Place in the freezer for a few hours.

Enjoy!

*Tip:* swap the fruit for 500mL plain natural yoghurt & 2 teaspoons of vanilla flavour if you prefer.

Makes 1.5 Litres approximately.



# **Mincemeat**

This recipe was taken from Healthwise Winter Edition 2007 where it was submitted by Margaret Boland, Assistant Director of Nursing

"I never understand those who get all "Martha Stewart" at this time of year.

One of my favorite foods at Christmas is a mince pie!! This recipe can be whipped up before you go golfing or fishing any Saturday morning, honest.

Over the years I have adapted mothers recipe to include more dried fruits than the traditional raisins and sultanas. The options are endless and all are available in supermarkets and specialty shops. I never used suet and prefer to use unsalted butter instead. It is perfect for all Christmas baking! The following recipe is a guideline, so a little more or a little less is up to you. Any dried fruits are perfect. I melt the butter and add it at the end. You need a large bowl. Wooden spoon, kitchen scissors (I'm with Nigella on this and all fruit can be "chopped" using a scissors and saves on washing up!). You will also need Jars; jam jars are perfect, start recycling! The amount of whiskey you use is up to you. This mincemeat is not very sweet as I find that too much sugar can overpower the marriage of fruits as it matures."

# **INGREDIENTS**



2ozs each of dried apricots, dates, prunes and mangoes (from my Phillipino friends!) 8ozs Sultanas 1Lb Raisins

2ozs chopped almonds
(I sometimes use chopped walnuts)
Juice and zest of small orange

Zest of 1 Lemon

2ozs Dark brown Sugar

1 Brambly apple peeled and grated (If you have ripe pears at hand you can use these instead) Whiskey

4ozs-unsalted butter melted



## **METHOD**

- 1. Combine all of the above, mix well and put into jars.
- 2. Make sure the jars are sterilized. I use jars from the dishwasher!
- 3. You can dress up the jars using a square of festive fabric if you wish to give a jar as a present or just for yourself.



Serve as traditional mince pies but also delicious heated and served with ice cream.

Happy Christmas!

# Festive Chestnut & Cranberry Falafel

This recipe was taken from Healthwise Winter 2020 where it was adapted from BBC Good Food

Serves – 20 falafel (serves 6-8 as a nibble) Prep – 20 minutes

# **INGREDIENTS**

1 sweet potato, peeled and cut into big chunks 400g can chickpea, drained 200g ready cooked vacuum packer chestnut

1 large egg
½ tsp chilli flakes
2 tsp cumin seed
1 garlic clove, finely chopped

Small pack coriander, roughly chopped, plus a little more to serve 85g cranberry,

4 tbsp vegetable or sunflower oil 150g pot Greek style yoghurt, to serve

- 1. Put the sweet potato into a microwave-proof bowl, add 1 tsp water and cook on high for 5 mins. Mash in a large bowl.
- 2. Put the chickpeas and chestnuts into a food processor and pulse until well chopped but not pasty.
- 3. Add the chickpea and chestnuts to the sweet potato. Then add the egg, spices, garlic and coriander. Mix well with your hands. Add the cranberries.
- 4. Shape dessertspoon-sized balls of the mix into 20 or so patties. Can be made ahead and chilled for up to 3 days.
- 5. Heat 2 tbsp oil in a large non-stick frying pan. Fry half of the falafels for 2 mins on each side until golden. Lift onto kitchen paper to drain.
- 6. Repeat with the second batch.
- 7. Let the falafel cool for a few mins before serving with the yoghurt, plus a scattering of coriander.

# Leftover Turkey Casserole





This recipe was taken from Healthwise Winter Edition 2017 where it was adapted from BBC Goodfood



# **INGREDIENTS**

2 onions chopped (finely)
1 eating apple (cored and chopped)
2 tbsp olive oil
1 tsp dried sage
2 tbsp plain flour
300mL of vegetable or chicken stock
2 tbsp honey (runny)
1 tsp mustard
400g leftover turkey (shredded)
350g leftover roasted vegetables
(roast potatoes, parsnips, carrots thickly diced)

- 1. Fry the onions and apple in the oil until softened in a casserole or deep sauce pan.
- 2. Stir in the sage for 1 minute, then add in the flour.
- 3. Gradually pour in the stock followed by the mustard and honey.
- 4. Bring up to a simmer and stir in the turkey and roast vegetables.
- 5. Cover and gently simmer for 15 mins until turkey is piping hot.
- 6. Season and serve with a festive cheer.



This recipe was taken from Healthwise Winter Edition 2008

"Tired of eating the Christmas cake or the mince pies?
Winter fruit compote made from the last of the seasons
peaches, pears, plums or other fresh fruit available,
is a welcome reminder of summer.
Dried fruits such as apricots, figs and prunes can also be
used. Try it as a delicious dessert!"

### **INGREDIENTS**

350g/12oz Peaches, peeled, halved, stoned and sliced.
100g/4oz plums, halved and stoned
100g/4oz figs (optional)
Grated rind and juice of 2 small oranges
Water
1 tablespoon of light brown sugar
1 teaspoon of mixed spice

## **METHOD**

- 1. Soften the prepared fruits by cooking with the orange rind and juice.
- 2. Add sufficient water to make the liquid up to 225mL for 10-12 minutes.
- 3. Combine the sugar and spice, stir into the fruit and leave to cool for 10-15 minutes.
- 4. Eat hot, or chill before serving. Serve with natural yoghurt or low-fat crème fraîche.

**Note:** if using dried fruits, substitute ready to eat apricots for the fresh peaches and/or stoned prunes. add chunky slices of banana instead of the plums and warm through just before serving.

Preparation time: 20 minutes
Suitable for freezing.
Serves: 4



# **Turkey Leftovers -**What can you do with them? Here are some ideas:

- Turkey soup with lots of vegetables, makes a tasty vegetables broth or, when liquidised, a smooth delicious soup.
- Stir fry vegetables and add in chopped left over turkey pieces.
- Add chopped cold meat to cooked pasta or rices with a tomato sauce.
- Flavour a low fat sauce with curry spice, add apple and dried fruit. Stir in cubes of cooked meat and serve with sliced banana/apricots /chopped cucumber and mint natural yoghurt.
- Sliced cold meats with chutneys/flavoured mustards and a mixed salad, tossed in a low fat or vinaigrette dressing.
- Minced turkey and ham makes a good meat loaf, with chopped vegetables and herbs added. Top with a layer of cranberry sauce and breadcrumbs before baking in the oven, this mixture would make rissoles or meatballs or a filling for pancakes.





# **Conversion Tables**

As an international workforce, we may use different systems of measurement for cooking.

Below are tables for conversion.

# **Measurements of Volume**

1 cup	235ml	8 Fluid Oz
1/2 cup	120ml	4 Fluid Oz
1/4 cup	60ml	2 Fluid Oz
1tsp	5ml	1/8 Fluid Oz
1tbsp	15ml	1/2 Fluid Oz
1 Pint	437ml	26 Fluid Oz
1 Gill	118ml	4 Fluid Oz



# **Measurements of Weight**

1/2 oz	14g	6 oz	170g
3/4 oz	21g	7 oz	200g
1 oz	28g	8 oz	226g
1 1/2 oz	42g	9 oz	225g
2 oz	56g	10 oz	280g
21/2 oz	71g	12 oz	340g
3 oz	85g	16 oz/1lb	454g
4 oz	113g	2lb	900g
4 1/2 oz	127g	3lb	1360g/1.36k g
5 oz	140g		

# **American Cup Conversions - Weight**

1 Stick of butter	4 Oz	110g
1 cup of flour	4 1/3 oz	125g
1 cup of sugar	8 oz	225g
1 cup of brown sugar	6 oz	170g
1 cup of butter or margarine	8 oz	225g
1 cup of raisins or sultanas	7 oz	200g
1 cup of ground almonds	4 oz	110g
1 cup of rice/uncooked	7 oz	200g
1 cup of grated cheese	4 oz	110g

# **Measurements of Temperature**

Celsius	Fahrenheit	Gas Mark
110ºC	225ºF	1/4
120ºC	250ºF	1/2
135ºC	275ºF	1
150°C	300ºF	2
160°C	325ºF	3
175ºC	350ºF	4
190°C	375ºF	5
205°C	400ºF	6
220ºC	425ºF	7
230°C	450ºF	8
245°C	475ºF	9
260ºC	500ºF	10