

United Kingdom

Menu

Starter

Healthy chunky

Main Course

Shepherds' pie

Dessert

Cranberry coconut trifle

Drink

Healthy tea

TV Snack

Banana oat flapjacks

Shepherds' pie



Ingredients

- 1 tbsp sunflower oil
- 1 large onion, chopped
- 2-3 medium carrots, chopped
- 500 g pack lamb mince
- 2 tbsp tomato purée
- large splash Worcestershire sauce
- 500ml beef stock
- 900 g potatoes, cut into chunks
- 85 g butter
- 3 tbsp milk

Method

1. Heat the oil in a medium saucepan, then soften the onion and carrots for a few mins. When soft, turn up the heat, crumble in the lamb and brown, tipping off any excess fat. Add the tomato purée and Worcestershire sauce, then fry for a few mins. Pour over the stock, bring to a simmer, then cover and cook for 40 mins, uncovering halfway.
2. Meanwhile, heat the oven to 180C/ fan 160C/ gas 4, then make the mash. Boil the potatoes in salted water for 10-15 mins until tender. Drain, then mash with the butter and milk.
3. Put the mince into an ovenproof dish, top with the mash and ruffle with a fork. The pie can now be chilled and frozen for up to a month. Bake for 20-25 mins until the top is starting to colour and the mince is bubbling through at the edges. (To bake from frozen, cook at 160C/fan 140C/gas 3 for 1 hr-1 hr 20 mins until piping hot in the centre. Flash under the grill to brown, if you like.) Leave to stand for 5 mins before serving.

Banana oat flapjacks

18 servings

Active time: 35 mins

Total time: 40 mins

Ingredients:

110 g (4 oz) porridge oats

110 g (4 oz) caster sugar

1 dessertspoon baking powder

1 teaspoon ground cinnamon

½ teaspoon bicarbonate of soda

100 g (3.5 oz) sultanas

225 g (8 oz) banana (mashed)

4 tablespoons skimmed milk

2 egg whites

1 teaspoon vanilla extract



Method

Start off by collecting all ingredients and weigh them out to measurements as above in the ingredients section. Place the ingredients on plates, also collect 2 mixing bowls, a baking tray (9 inc x 13 inc) which has been lightly greased or lined with baking parchment/ grease proof paper.

First off all preheat the oven to a temperature of 180 C/ Gas mark 4.

In one mixing bowl, mix all the dry ingredients. They are the oats, sugar, baking powder, cinnamon, bicarbonate of soda. In the other mixing bowl mix together the bananas, egg whites, milk, sultanas and vanilla extract. Combine and beat together.

Then transfer into the baking tray.

Put that in the oven for about 35 mins or until golden-brown. Let it cool and then get a knife to cut it into pieces or bars. If you desire, then you can sprinkle cinnamon and/or sugar.

Nutrition

Nutrition of 1 piece of a 2000 calorie diet

Calories	133
Total fats	3 g
of what saturated	0 g
of what polyunsaturated	1 g
of what monounsaturated	2 g
Cholesterol	16 mg
Sodium	129 mg
Pottasium	178 mg
Total Carbohydrates	25 g
Dietary fibre	2 g
Sugars	10 g
Protein	2 g
Iron	5 %

Healthy tea

Ingredients

Tea bags
Skimmed milk
Water
Honey

Equipment

Kettle
Spoon
Cup



Per cup of tea:

Calories	2 g
Calories from fat	0 g
Total fats	0 g
Saturated fat	0 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	2 mg
Carbohydrates	0 g
Dietary fibre	0 g
Sugars	0 g
Vitamin A	1 %
Calcium	0 %
Vitamin C	0 %
Iron	1 %

Method

Boil water in a kettle

Place the tea bag in the cup

Pour the boiling water in the cup

Add as much honey as you would like into the mixture.

Now pour the skimmed milk into the cup and stir the entire mixture together.

Healthy chunky chips

Ingredients

750 g Desirée potatoes (about 3 medium large), peeled
groundnut oil, for drizzling
sea salt and freshly ground black pepper



Method

Heat oven to its highest setting, ideally 250C/fan 230C/gas 9. Cut each potato into 1cm-wide slices, then into 1cm-thick sticks. Blanch in a large pan of boiling water for 3 mins, then drain well. Shake the potatoes out onto a roasting pan, drizzle with oil, ensuring each chip is evenly coated, then season well. Bake for about 15-20 mins

Nutrients

1. Kcal	735
2. Protein	9 g
3. Carbs	160 g
4. Sugars	43 g
5. Fat	6 g

Cranberry coconut trifle

Yield: 16 servings, about 1 cup each

Active Time: 120

Total Time: 360

Ingredients

Custard

3 cups low-fat milk, divided
1/3 cup cornstarch
3 large eggs, beaten
1 teaspoon coconut extract
1/4 teaspoon salt
1 15-ounce can "lite" coconut milk
2/3 cup granulated sugar

Cranberry Filling

2 12-ounce bags cranberries (6 cups)
1 cup unsweetened cranberry juice
1 cup granulated sugar
1/2 cup honey or agave nectar (see Tips)

Sponge Cake

5 large eggs
3 tablespoons unsalted butter
2 teaspoons coconut extract
3/4 cup whole-wheat pastry flour (see Tips)
1/2 cup cake flour, sifted
2/3 cup granulated sugar
1/2 teaspoon salt

Topping

1/2 cup heavy cream or whipping cream
1/2 cup nonfat vanilla Greek yogurt
2 tablespoons confectioners' sugar, sifted
1 teaspoon coconut extract
3 tablespoons unsweetened coconut chips or flakes, toasted if desired



Preparation

To prepare custard: Whisk 1/2 cup milk with cornstarch in a medium bowl; set near the stove. Whisk 3 eggs, 1 teaspoon coconut extract and 1/4 teaspoon salt in another medium bowl. Combine the remaining 2 1/2 cups milk, coconut milk and 2/3 cup sugar in a large saucepan. Heat over medium-high heat, stirring occasionally, until steaming but not bubbling. Whisk the hot milk into the cornstarch mixture, then return the mixture to the saucepan and bring to a full boil over medium heat, stirring constantly. Gradually whisk the hot milk into the egg mixture. Strain through a sieve into a bowl or storage container. Cover and refrigerate until cold, 4 hours or up to 2 days.

To prepare cranberry filling: Combine cranberries, cranberry juice, 1 cup sugar and honey (or agave) in a large saucepan. Cook over medium-high heat, stirring often, until most of the cranberries burst open, 7 to 10 minutes. Let cool to room temperature. Or transfer to a storage container and refrigerate for up to 2 days.

To prepare sponge cake: Preheat oven to 350°F. Line a large (12-by-16 1/2-inch) rimmed baking sheet (half sheet pan) with parchment paper. Trim the paper so it covers the bottom of the pan completely, but does not curl up the sides. Coat the paper and pan sides with cooking spray. Place 5 eggs (in the shell) in a stand mixer bowl or large mixing bowl, add very warm tap water and set aside to warm the eggs and bowl.

Melt butter in a small saucepan over medium-low heat, swirling occasionally, until the white flecks of milk solids in the bottom of the pan start to turn golden brown, 4 to 8 minutes. Scrape into a medium bowl. Let cool to room temperature, then stir in 2 teaspoons coconut extract. Set aside.

Meanwhile, whisk whole-wheat pastry flour and cake flour in a medium bowl; set aside.

Drain the water and break the eggs into the warmed mixing bowl. Add 2/3 cup sugar and 1/2 teaspoon salt and beat with an electric mixer on medium-high speed until tripled in volume and very pale light yellow, 5 to 15 minutes (depending on the strength of your mixer). To test if it's beaten well enough, lift the beater from the batter: as the batter falls off the beater into the bowl, it should mound for a moment on the surface.

Gently fold the flour mixture into the egg mixture with a whisk, in two additions, until just incorporated. Gently fold about 1 cup of the batter into the reserved butter. Then gently fold the butter mixture into the bowl of batter with a whisk until just incorporated, being careful not to overmix. Spread the batter evenly in the prepared baking sheet.

Bake the cake until puffed and a toothpick inserted in the center comes out with a few moist crumbs attached, 8 to 12 minutes. Cool in the pan on a large wire rack for 10 minutes. Gently run a knife around the edges and turn the cake out onto the rack; remove the parchment and let cool completely.

To assemble trifle: Cut the cake into 1-inch cubes. Spread about 1 cup of the custard in the bottom of a trifle dish. Top with about 3 cups cake cubes and 1 cup of the cranberry filling. Repeat the layering 3 more times.

To prepare topping: Just before serving, whisk or beat cream in a large bowl until soft peaks form. Whisk in yogurt, confectioners' sugar and 1 teaspoon coconut extract until smooth. Spread over the top of the trifle. Garnish with coconut.

NUTRITION Per serving: 356 calories; 10 g fat (6 g sat, 2 g mono); 111 mg cholesterol; 60 g carbohydrates; 39 g added sugars; 7 g protein; 3 g fibre; 180 mg sodium; 175 mg potassium.