

DELICIOUS!

Quick and easy
great value family meals
to make at home



Together, we make good things happen!

Recipe 1

Sausage & Bean Stew

Ingredients: serves 2

- Pack 8 sausages, or chopped ham, bacon or chorizo.
- 400g can baked beans
- 2 carrots or tinned carrots
- 1-2 onions
- 1L stock
- 50ml cooking oil
- 1tbsp mustard
- If you have them, 1 bay leaf, 1 tsp dried parsley

Method:

- 1) Chop carrots into 1" dice, and chop onion finely.
- 2) Dry fry sausages on a medium heat until browned all over. Let cool and chop into 1" rounds.
- 3) Fry onions and carrots in same pan for 5 minutes – there should be fat from the sausages in the pan to stop these sticking.
- 4) Add stock, baked beans, and bay leaf and/or parsley, if you have them.
- 5) Add sausages back to pan, add a lid and simmer for 1 hour.

Serving Suggestion

with mashed potatoes, tinned potatoes, rice or bread.

Can be transformed into a chilli by adding chilli sauce or chilli powder, to taste.



Recipe 2

Creamy Chicken Risotto

Ingredients: serves 4

- 1 ¾ cups of short grain or Arborio rice
- 1 onion
- 2 cups mushrooms, or 1 cup frozen peas
- 1 tin cream of mushroom or cream of chicken soup, heated
- 1 cup cooked chicken, chopped
- 1 clove garlic
- 4 cups stock (chicken if you have it, otherwise vegetable)
- 1tbsp. cooking oil
- 1tbsp. butter or margarine
- If you have them, 1tsp dried thyme, 1tsp dried basil

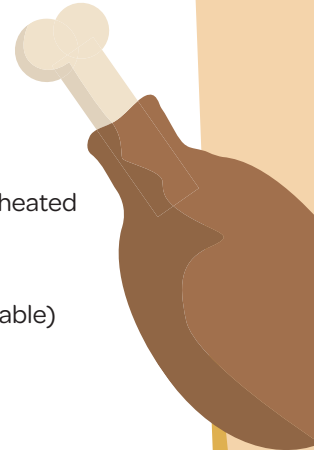
Method:

- 1) In a deep frying pan or wok - fry the garlic, onion and mushroom in the butter/margarine and oil for 4 minutes until translucent, and the moisture from the mushrooms has disappeared.
- 2) Add the rice to the pan and cook for 2 minutes. Add herbs at end of 2 minutes if you have them.
- 3) Add tinned soup, chopped chicken and 1 cup stock. Simmer until the liquid is absorbed, stirring regularly, then add another cup of stock until it is all used. This should take about 20 minutes.

Serving Suggestion

Goes well with a green salad, or garlic bread.

Also nice with 1tbsp. parmesan cheese mixed through before serving.





Recipe 3

Sardine Fish Cakes

Ingredients: makes 6-8

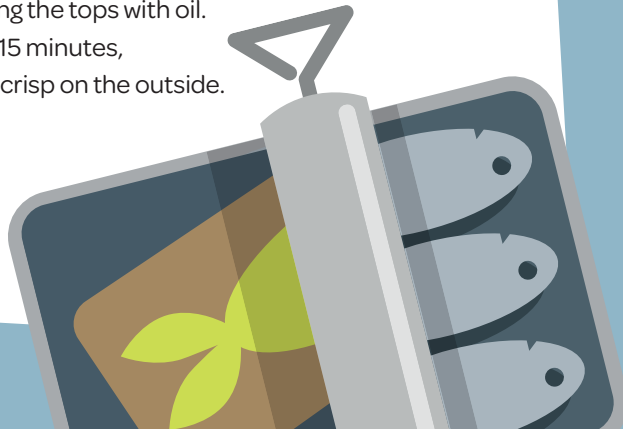
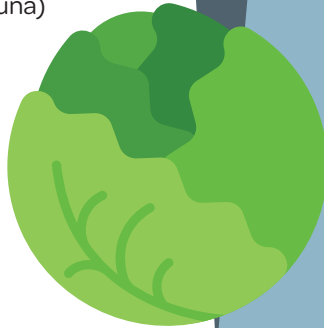
- 500g potatoes, either fresh, tinned or instant mash
- 2 tins sardines (can be substituted with tinned tuna)
- 1 tbsp. tomato puree or ketchup
- Handful frozen spinach, or small tin sweetcorn
- 2 tbsp. lemon juice
- 2 tbsp. plain flour
- 1 tbsp. cooking oil
- 1 tsp paprika, or 1tbsp tomato ketchup

Method:

- 1) If using fresh potatoes, peel, dice, and boil in salted water until soft. If using tinned potatoes, boil for 10 minutes.
- 2) If using instant mash, make as per instructions.
- 3) Mash with the oil from the tinned fish. Allow to cool.
- 4) Flake fish with a fork and add to the mash.
- 5) Add spinach, lemon juice and 1tbsp plain flour, and mix well.
- 6) Test mixture: if it clings to the spoon upside down, it's ready, if not, adding more flour.
- 7) Make into patty shapes with your hands, and place on a greased baking tray, brushing the tops with oil.
- 8) Cook at 180°C, for 15 minutes, turning once, until crisp on the outside.

Serving Suggestion

In a bread roll with lettuce and mayo, or with veg



Recipe 4

Microwave Nut Roast

Ingredients: Serves 4-6

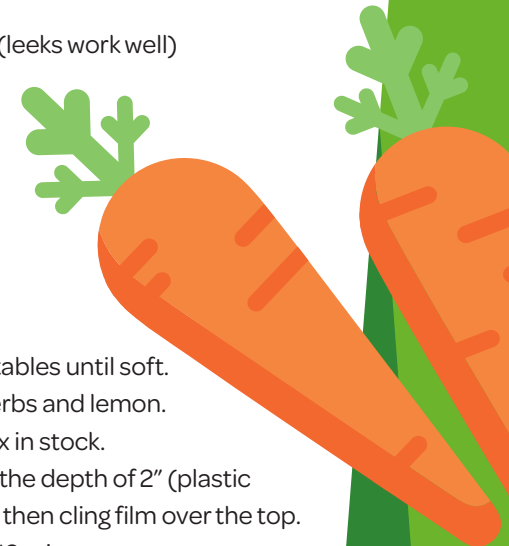
- 6oz wholemeal bread, crumbed (freeze and grating makes it easier, or use a food processor)
- 6oz ground almonds
- 1 tbsp. cooking oil
- 12oz vegetables of your choice (leeks work well)
- ½ tsp sage
- ½ tsp thyme
- 1 tsp grated lemon rind
- ¼ pt. vegetable stock
- 2 eggs

Method:

- 1) Fry or boil/microwave the vegetables until soft.
- 2) Stir in the breadcrumbs, add herbs and lemon.
- 3) Mix in whisked egg, and then mix in stock.
- 4) Smooth into a plastic mould to the depth of 2" (plastic takeaway containers work well) then cling film over the top.
- 5) Microwave on full power for 10-12 minutes.

Serving Suggestion

In place of meat on a roast dinner, with vegetable gravy.



Recipe 5

Lentil and Vegetable Cobbler

Ingredients: serves 4

- 1 onion, chopped
- 300g frozen mixed vegetables
- 1 garlic clove
- 1 tin chopped tomatoes
- 75g red lentils
- 450ml stock
- 150g flour
- 45g butter or margarine
- 1 egg
- 2 tbsp. milk
- 2 tbsp. cooking oil
- Optional: 100g cheese, 1tsp smoked paprika and/or 3 bacon rashers

Method:

- 1) Fry bacon, if using, then chop into chunks.
- 2) Fry onion and garlic in oil for 3 minutes, then add the mixed vegetables and cook for a further 3 minutes.
- 3) Add tinned tomatoes, stock, lentils and paprika if using, and cook for a further 20 minutes.
- 4) Whilst this is simmering, in a clean bowl, rub the butter/margarine into the flour, then mix in the whisked egg to make soft dough.
- 5) Roll out the dough to 2cm thickness, and then cut out rounds with a glass or a cutter.
- 6) In an ovenproof shallow dish, place the vegetable mixture with the dough 'cobbles' on top, and sprinkle cheese on top of the cobbles, if using.
- 7) Bake at 180°C for 15 minutes.

Serving suggestions

This is a complete meal on its own.



Recipe 6

Tinned Meat Hash

Ingredients: serves 2

- Tin corned beef mashed with a fork, or tinned steak, or chopped Spam
- 1 onion, chopped
- 1 carrot, diced
- 500g potatoes, either fresh, tinned or instant mash
- 1 pint beef stock
- 1 tbsp. cooking oil

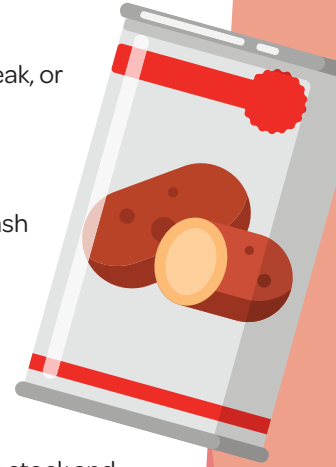
Method:

- 1) Fry onion in oil until browned.
- 2) Simmer carrot and fresh or tinned potatoes, with stock and simmer until soft, then drain and mash, using the stock to get the required consistency.
- 3) If using instant mash, then make up with beef stock.
- 4) Add meat, mix well, and heat through.

Serving suggestion

With gravy, pickled cabbage, mushy peas, Worcester or brown sauce.

This can be changed to Irish stew by cubing the potatoes and adding extra gravy.



Recipe 7

Pasta Parmigiana

Ingredients: serves 2

- 250ml vegetable stock
- 1 tin chopped tomatoes
- 200g dried spaghetti
- 1 large aubergine
- Salt
- 1 tbsp. cooking oil
- 1 tsp (ideally red wine) vinegar – not malt
- Optional: fresh basil, 1 tsp chilli powder, 50g sundried tomatoes, chopped

Method:

- 1) Slice and fry aubergine slices, sprinkling with a little salt, on a high heat.
- 2) Add tinned tomatoes and half of the stock and simmer for 15 minutes, add sundried tomatoes if using, then blend.
- 3) Cook the spaghetti in the remaining stock for 8-10 minutes, and then add the sauce.
- 4) Add the vinegar and the remaining oil, and cook on high heat until the moisture has evaporated.
- 5) Serve topped with chopped basil and/or chilli.

Serving Suggestion

With salad or garlic bread.



Recipe 8

Frittata

Ingredients: serves 4

- 4 medium potatoes or a tin of potatoes
- 6 eggs
- 4oz grated cheese
- 3 tbsp. cooking oil
- Salt & pepper
- 1/3 tsp nutmeg
- 1 tbsp. parsley

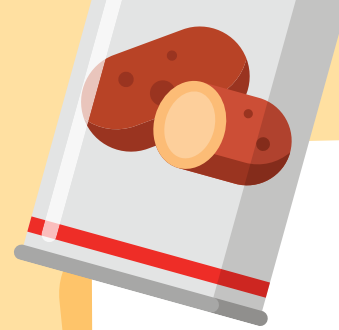
Method:

- 1) Cut potatoes into chunks, and if fresh, boil for 10 minutes, and drain. Let cool.
- 2) Whisk the eggs and add all the other ingredients, except for the oil. Mix well.
- 3) Oil a deep frying pan well, and add the mixture to the pan over a medium heat, either flipping or cooking the top underneath the grill.

Serving Suggestion:

With a salad, or on its own as a snack/packed lunch.

Can be refrigerated for up to 24 hours.



Recipe 9

Pea and Pesto Soup

Ingredients: Serves 2-4

- 500g frozen peas
- 4 medium potatoes, or a tin of potatoes, or instant mash
- 1L vegetable stock
- 3 tbsp. pesto

Method:

- 1) Peel and dice potatoes, if using fresh.
- 2) Boil peas and fresh or tinned potatoes in stock until potato becomes very soft.
- 3) Blend or mash. If using instant mash, add until desired consistency reached.
- 4) Add pesto, and heat through gently.

Serving Suggestion

With any kind of bread, to dunk!

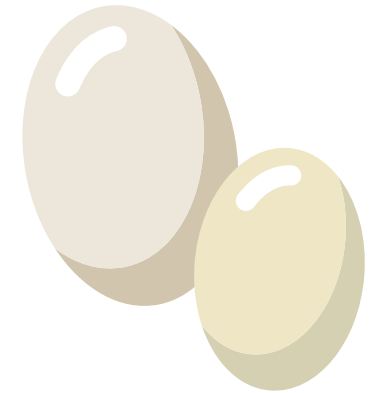
Also nice with mint sauce instead of pesto – use 1 tbsp. only.

Recipe 10

Shakshuka

Ingredients: Serves 2-4

- 2 tins chopped tomatoes
- 4 eggs
- 45g butter or margarine
- 1 onion
- 3 cloves garlic
- 1 tbsp. Worcestershire sauce
- ½ tsp cumin
- ¼ tsp paprika
- ½ tsp sugar



Method:

- 1) Fry onion and garlic in butter until soft.
- 2) Add tinned tomatoes, Worcestershire sauce, cumin, paprika and sugar, and simmer gently for 10 minutes.
- 3) Crack the eggs into the sauce, keeping them separate, and add a lid to the pan and cook for 5-8 minutes until the whites are cooked and the yolks are still runny.

Serving Suggestion:

On or with toast as breakfast or light meal.



The Summer 2020 Food Project has been kindly supported by:

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