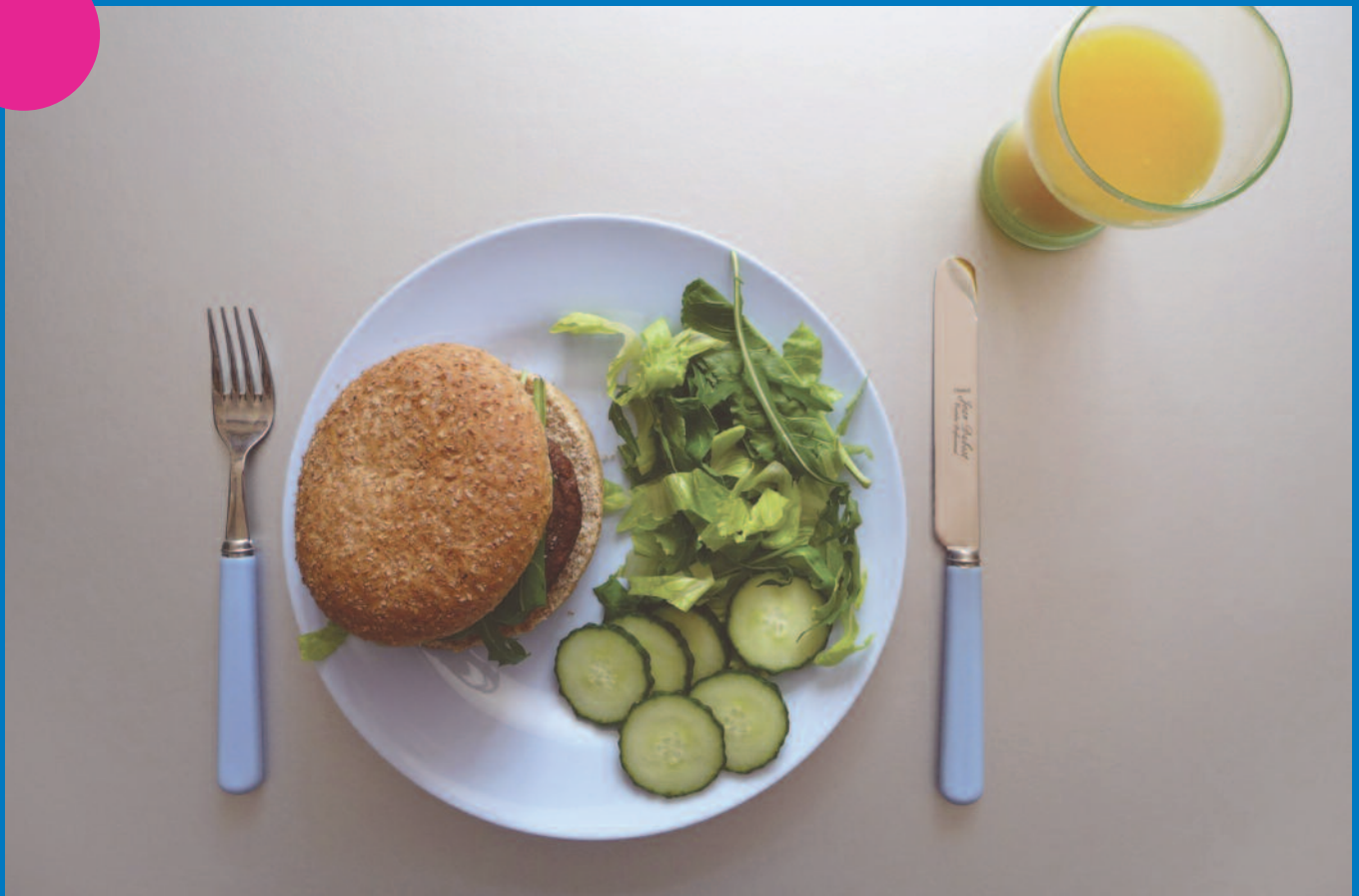



MEAL Beef burger with green salad, and orange juice



MEAL Beef burger with green salad, and orange juice

12-18 year olds

	12-18 year olds	500 kcal
Beef burger	90g	
Burger bun	70g	
Salad	80g	
Orange juice	150ml	

Beef burgers

This recipe makes 4 portions of about 90g.

1 tablespoon olive oil
1 small onion, finely chopped
350g beef steak, diced
1 egg
6 fresh sage leaves
2 slices white bread, crumbed
1 tablespoon tomato ketchup
1 tablespoon Worcestershire sauce

1. Heat the oil in a frying pan over a medium heat. Fry the onions until they are translucent.
2. Put the beef steak, egg, sage, breadcrumbs, ketchup, Worcestershire sauce and cooked onions in a bowl and mix together well.
3. Divide the beef mixture into four and, with wet hands, shape into burgers about 2cm thick.
4. Cook on both sides for 2 minutes under a hot grill, then reduce the heat and grill for a further 10-15 minutes, turning occasionally.




MEAL Chilli con carne with rice and green beans, and orange juice



MEAL Chilli con carne with rice and green beans, and orange juice

12-18 year olds

	12-18 year olds	500 kcal
Chilli con carne	160g	
Rice	180g	
Green beans	80g	
Orange juice	150ml	

Chilli con carne

This recipe makes 4 portions of about 160g.

350g lean minced beef
1 small onion, diced
1 small (200g) can chopped tomatoes
1 tablespoon tomato purée
100ml water
2 teaspoons mild chilli powder
1 teaspoon dried mixed herbs
30g diced frozen mixed peppers
1 small (200g) can kidney beans, drained

1. Brown the mince and onions in a non-stick pan.
2. Add the tomatoes, tomato purée, water, chilli powder, herbs and mixed peppers.
3. Mix well, cover and simmer gently for about 40 minutes.
4. Add the drained kidney beans and cook for a further 10 minutes.




MEAL Lamb kebabs with pitta bread, yoghurt and salad, and orange juice



MEAL Lamb kebabs with pitta bread, yoghurt and salad, and orange juice

12-18 year olds

		12-18 year olds	500 kcal
Lamb kebabs	100g		
Pitta bread	60g		
Yoghurt	40g		
Salad	80g		
Orange juice	150ml		

Lamb kebabs

This recipe makes 4 portions of about 100g.

400g minced lamb
 1 small onion, finely chopped
 1 egg, beaten
 2 teaspoons fresh mint, finely chopped
 2 teaspoons fresh parsley, finely chopped
 ½ teaspoon ground coriander
 ½ teaspoon ground cumin

1. Put all the ingredients into a large bowl and, using your hands, mix together thoroughly.
2. Roll the mixture between wet hands to make about 16 small sausage shapes.
3. Using eight kebab skewers, thread two kebabs onto each skewer. (If using wooden skewers, soak them in cold water for about 30 minutes before using them, to prevent them burning.)
4. Cook the kebabs on both sides under a hot grill for 2 minutes, then reduce the heat and grill for a further 10-12 minutes, turning occasionally.

Note: Remove the sharp ends of the skewers before serving.




MEAL Meatballs in tomato sauce with pasta swirls and salad, and orange juice



MEAL Meatballs in tomato sauce with pasta swirls and salad, and orange juice

12-18 year olds

		12-18 year olds	500 kcal
Meatballs in tomato sauce	220g		
Pasta swirls	180g		
Salad	80g		
Orange juice	150ml		

Meatballs in tomato sauce

This recipe makes 4 portions of about 220g.

400g beef mince
1 egg, beaten
½ teaspoon black pepper powder
2 teaspoons vegetable oil
1 small onion, finely chopped
1½ large (400g) cans chopped tomatoes

1. Put the mince, egg and pepper into a large bowl and using your hands, mix together thoroughly.
2. Roll the mixture between your hands to make about 16 small balls.
3. Heat the oil in a frying pan and fry the onions and meatballs until browned.
4. Add the tomatoes and simmer for 30 minutes.




MEAL Roast beef with gravy, roast potatoes and mixed vegetables, and orange juice



MEAL Roast beef with gravy, roast potatoes and mixed vegetables, and orange juice

12–18 year olds

	12-18 year olds	500 kcal
Roast beef with gravy	90g	
Roast potatoes	160g	
Mixed vegetables	80g	
Orange juice	150ml	

Roast beef with gravy

This recipe makes 4 portions of about 90g.

350g topside of beef
½ teaspoon plain flour
100ml water
½ teaspoon gravy granules

1. Heat the oven to 190°C / 375°F / Gas 5.
2. Place the meat in a small roasting tin and cook in the middle of the oven for about 45 minutes. Allow to cool slightly.
3. Slice the beef and place in a separate dish or tin.
4. Sprinkle the flour into the roasting tin to absorb the beef juices. Cook for a few minutes, stirring. Pour in the water and bring to the boil.
5. Mix in the gravy granules to give a rich colour and to thicken the gravy slightly.
6. Pour the gravy over the beef.




MEAL Spaghetti Bolognese with salad, and orange juice



MEAL Spaghetti Bolognese with salad, and orange juice

12-18 year olds

	12-18 year olds	500 kcal
Bolognese sauce	180g	
Spaghetti	80g	
Salad	80g	
Orange juice	150ml	

Bolognese sauce

This recipe makes 4 portions of about 180g.

1 tablespoon olive oil
400g lean minced beef
1 small onion, diced
1 stick celery, diced
1 clove garlic, crushed
1 teaspoon dried mixed herbs
1 large (400g) can chopped tomatoes

1. Heat the oil in a saucepan, add the minced beef and cook for 5 minutes, until lightly browned.
2. Add the onions, celery, crushed garlic and mixed herbs.
3. Stir and cook for 2 minutes.
4. Add the chopped tomatoes.
5. Bring to the boil, then simmer uncovered for about 60 minutes, stirring occasionally.




MEAL Spicy beef and pepperoni pizza with salad, and orange juice



MEAL Spicy beef and pepperoni pizza with salad, and orange juice

12–18 year olds

		12-18 year olds	500 kcal
Spicy beef and pepperoni pizza		160g	
Salad		80g	
Orange juice		150ml	

Spicy beef and pepperoni pizza

This recipe makes 4 portions of about 160g.

For the pizza bases:

2 large ready-prepared pizza bases

For the tomato sauce:

1 tablespoon olive oil
 ½ small onion, finely chopped
 ½ clove garlic, finely chopped
 1 teaspoon dried mixed herbs
 ½ carton passata (about 250ml)
 2 teaspoons tomato purée

1. Heat the oil in a small saucepan and gently cook the onion until softened. Add the garlic and mixed herbs and cook for another minute.
2. Add the passata and simmer gently for 10 minutes, then add the tomato purée and mix well.
3. Spread the tomato sauce over the pizza bases.
4. Heat the oven to 200°C / 400°F / Gas 6.

For the topping:

50g minced beef
 ½ small onion, finely chopped
 ¼ teaspoon ground chillies
 ½ clove garlic
 50g pepperoni
 ½ small green pepper, finely diced
 50g grated mozzarella cheese

1. Dry-fry the mince for about 5 minutes until browned. Pour away any excess oil from the meat. Reduce the heat and add the onion, ground chillies and garlic. Continue to cook until the onions have softened.
2. Sprinkle the topping ingredients over the pizza bases in the following order: minced beef, pepperoni, green pepper, mozzarella cheese.
3. Cook at the top of the oven for 15-20 minutes.



MEAL Spicy beef ciabatta with salad, and orange juice



MEAL Spicy beef ciabatta with salad, and orange juice

12-18 year olds

	12-18 year olds	500 kcal
Ciabatta bread	105g	
Spicy beef filling	105g	
Salad	80g	
Orange juice	150ml	

Spicy beef filling

This recipe makes 4 portions of about 105g.

300g beef (lean topside)
1 tablespoon vegetable oil
½ medium onion, sliced
½ medium green pepper, sliced
½ medium red pepper, sliced
2 teaspoons mild chilli powder
2 teaspoons Worcestershire sauce

1. Cut the beef into strips.
2. Heat the oil and brown the beef, then reduce the heat and cook for a further 5 minutes.
3. Add the onions, peppers, chilli powder and Worcestershire sauce and cook for a further 5-7 minutes.



MEAL Chicken fajitas with sweetcorn, and orange juice



MEAL Chicken fajitas with sweetcorn, and orange juice

12-18 year olds



12-18 year olds

500 kcal

Chicken fajitas	220g
Sweetcorn	80g
Orange juice	150ml

Chicken fajitas

This recipe makes 4 portions of about 220g.

2 teaspoons mild chilli powder
1 teaspoon garlic powder
2 tablespoons olive oil
450g chicken breast
1 large or 2 small red peppers
A handful of rocket leaves
8 tortilla wraps

1. Mix the chilli powder and garlic powder with the olive oil.
2. Cut the chicken breast into strips, brush with the spicy olive oil mixture and leave to marinate in the fridge for 30 minutes.
3. Cut the peppers into quarters and put under a hot grill until the skin blackens and the peppers soften. Remove the skin and cut into strips.
4. Cook both sides of the chicken strips for 2 minutes under a hot grill, then reduce the heat and grill for a further 10-15 minutes, turning occasionally. Allow to cool.
5. Place the chicken and pepper strips along the centre of each tortilla, and sprinkle on some rocket leaves. Then fold the tortilla in half and roll the tortilla around the filling.




MEAL Chicken piri piri with savoury rice and salad, and orange juice



MEAL Chicken piri piri with savoury rice and salad, and orange juice

12-18 year olds

		12-18 year olds	500 kcal
Chicken piri piri	105g		
Savoury rice	180g		
Salad	80g		
Orange juice	150ml		

Chicken piri piri

This recipe makes 4 portions of about 105g (edible portion, without bones).

12 chicken thighs, skin removed
 2 tablespoons olive oil
 2 tablespoons lemon juice
 2 teaspoons mild chilli powder
 1 clove garlic, crushed
 ½ teaspoon black pepper
 ½ teaspoon dried tarragon
 ½ teaspoon dried basil
 ¼ teaspoon oregano

1. Score the flesh of the chicken thighs with a sharp knife and place in a shallow bowl.
2. Put all the remaining ingredients into a small bowl and whisk together with a fork to make a marinade. Pour the marinade over the chicken and mix well. Cover the dish with cling film and chill for 2 hours or overnight in the fridge.
3. Remove the chicken from the marinade and cook on both sides under a hot grill for 2 minutes, then reduce the heat and grill for a further 20-25 minutes, turning and basting occasionally with the remaining marinade.

Savoury rice

This recipe makes 4 portions of about 180g each.

200g white rice
 400ml water
 50g frozen peas
 50g frozen sweetcorn

1. Place the rice and water in a pan and bring to the boil. Place a tight-fitting lid on the pan and simmer for 10 minutes.
2. Turn off the heat, add the peas and sweetcorn, stir and replace the lid. Leave for 5 minutes until the rice has absorbed all the water and the vegetables are heated through.



MEAL Breaded cod with potato wedges and mushy peas, and orange juice



MEAL Breaded cod with potato wedges and mushy peas, and orange juice

12-18 year olds



12-18 year olds

500
kcal

Breaded cod	120g
Potato wedges	160g
Mushy peas	120g
Orange juice	150ml

Breaded cod

This recipe makes 4 portions of about 120g.

2 eggs
3 slices of bread, crumbed
2 teaspoons fresh parsley, finely chopped
4 small cod fillets (each about 100g) (Buy fish from sustainable sources where possible.)

1. Heat the oven to 190°C / 375°F / Gas 5.
2. Beat the eggs in a shallow dish to make an egg wash.
3. Mix the parsley with the breadcrumbs.
4. Dip the cod fillets in the egg wash and then roll them in the breadcrumbs until fully coated.
5. Place the coated fillets on a baking tray and bake in the oven for 20 minutes.

Note: When serving fish, make sure that all bones are removed.

Potato wedges

This recipe makes 4 portions of about 160g.

3 large old potatoes
2 tablespoons vegetable oil

1. Heat the oven to 200°C / 400°F / Gas 6.
2. Scrub the potatoes and cut in half, and then cut each half into about eight wedges.
3. Put the potato wedges in a roasting tin (they must be in a single layer) and brush with the oil. Cook at the top of the oven for 15 minutes.
4. Turn the wedges and cook for another 15 minutes or until tender.

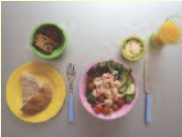


MEAL Prawn salad with pitta bread and coleslaw, malt loaf, and orange juice



MEAL Prawn salad with pitta bread and coleslaw, malt loaf, and orange juice

12–18 year olds

		12-18 year olds	500 kcal
Prawn salad	250g		
Coleslaw	55g		
Pitta bread	60g		
Malt loaf	50g		
Orange juice	150ml		

Prawn salad

This recipe makes 4 portions of about 250g.

260g large cooked prawns, peeled
 ¼ small cucumber, sliced
 1 small (200g) can sweetcorn, drained
 1 punnet (250g) cherry tomatoes
 ¼ small red cabbage, shredded
 ½ lettuce: iceberg or lollo rosso

1. Rinse the prawns under cold water and dry on kitchen paper.
2. Divide the remaining salad ingredients between four serving plates and top with the prawns.

Coleslaw

This recipe makes 4 portions of about 55g.

⅙ small white cabbage, finely shredded
 ½ medium carrot, grated
 ½ small onion, finely sliced
 ½ medium apple, cored and grated
 1 tablespoon reduced-fat mayonnaise
 1 tablespoon natural low-fat yoghurt

1. Mix all the ingredients together well and chill.




MEAL Salmon couscous with salad and pitta bread, and orange juice



MEAL Salmon couscous with salad and pitta bread, and orange juice

12–18 year olds

		12-18 year olds	500 kcal
Salmon couscous	225g		
Salad	80g		
Pitta bread	60g		
Orange juice	150ml		

Salmon couscous

This recipe makes 4 portions of about 225g.

1½ small (200g) cans red salmon, drained (total of 300g) (Buy fish from sustainable sources where possible.)

3 spring onions

300ml boiling water

150g couscous

¼ medium cucumber

¼ lemon

½ teaspoon fresh mint, finely chopped

½ teaspoon fresh parsley, finely chopped

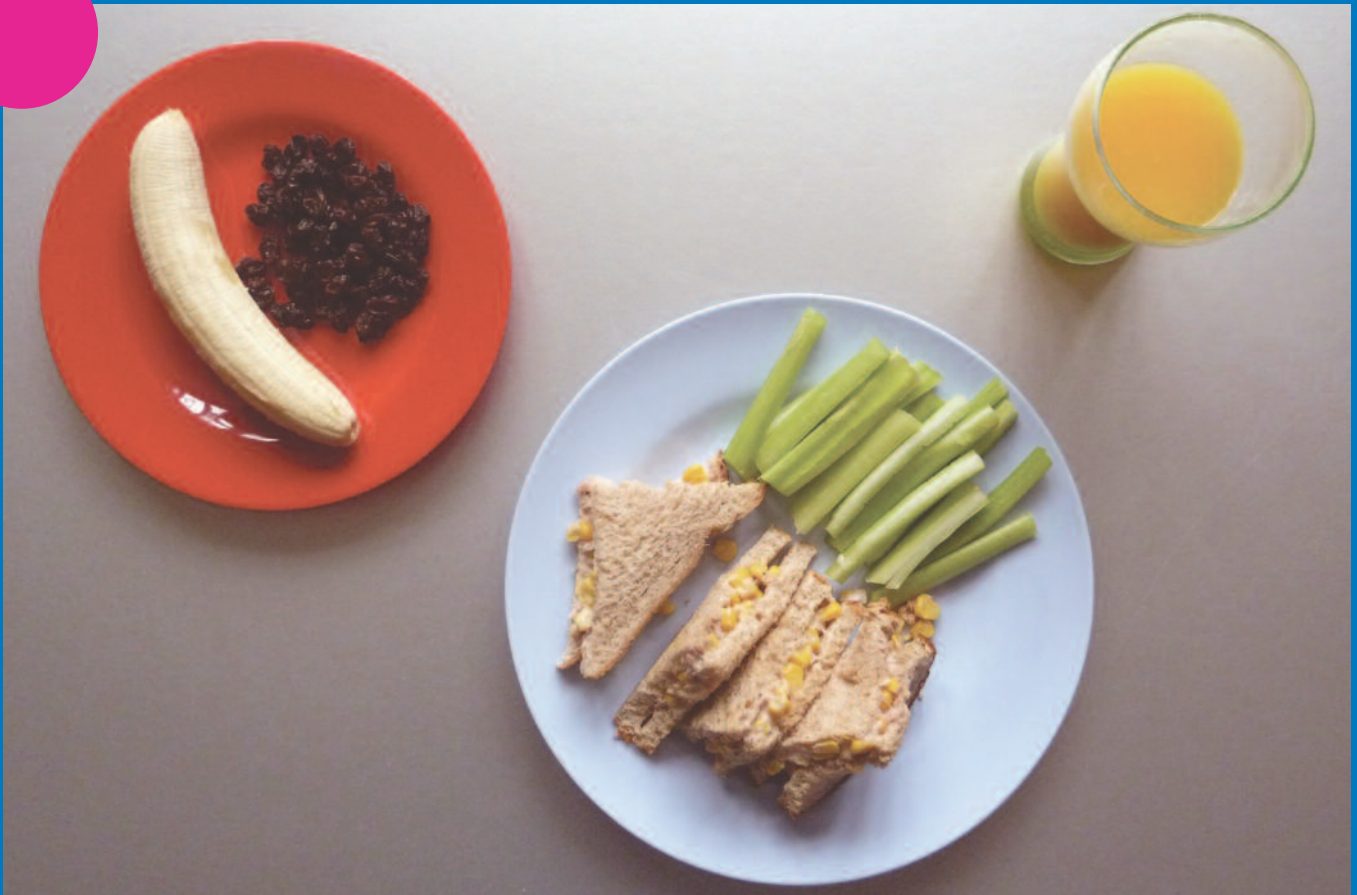
½ teaspoon fresh coriander, finely chopped

1. Drain the salmon, flake and keep chilled until required.
2. Slice the spring onions finely and mix with the dried couscous.
3. Bring the water to the boil and pour it over the couscous. Stir gently and cover with cling film until cooked (about 4 minutes). Chill.
4. Grate the flesh of the cucumber.
5. Zest and squeeze the lemon.
6. Mix the salmon, couscous, cucumber, herbs and lemon thoroughly and chill until serving.

Note: When serving fish, make sure that all bones are removed.




MEAL Tuna and sweetcorn sandwich with celery, banana and raisins, and orange juice



MEAL Tuna and sweetcorn sandwich with celery, banana and raisins, and orange juice

12–18 year olds

		12-18 year olds	500 kcal
Tuna and sweetcorn filling		90g	
Wholemeal bread		70g	
Celery sticks		80g	
Banana		100g	
Raisins		30g	
Orange juice		150ml	

Tuna and sweetcorn filling

This recipe makes 4 portions of about 90g.

- 1 (200g) can tuna in brine, drained (drained weight about 140g)
- 1 small (200g) can sweetcorn, drained (drained weight 160g)
- 1 tablespoon low-fat mayonnaise
- 1 tablespoon low-fat natural yoghurt

1. Mix the ingredients together in a small bowl and chill until serving.



MEAL Tuna and tomato pasta with salad, and orange juice



MEAL Tuna and tomato pasta with salad, and orange juice

12–18 year olds

		12-18 year olds	500 kcal
Tuna and tomato pasta		300g	
Salad		80g	
Orange juice		150ml	

Tuna and tomato pasta

This recipe makes 4 portions of about 300g.

2 tablespoons olive oil
1 medium onion, diced
1 clove garlic, finely chopped
1½ large (400g) cans chopped tomatoes with herbs (total of 600g)
1 teaspoon sugar
250g dried pasta shapes such as penne
1½ small (200g) cans tuna in spring water, drained (total of 300g tuna, or 210g tuna when drained) (Buy fish from sustainable sources where possible.)

1. Heat the olive oil in a saucepan and cook the onion until softened.
2. Add the chopped garlic and cook for a further minute.
3. Add the chopped tomatoes and sugar and bring to the boil.
4. Reduce the heat and allow to simmer without a lid for about 12 minutes.
5. Meanwhile cook the pasta in boiling water according to the instructions on the packet.
6. Flake the drained tuna with a fork and stir into the pasta sauce to warm through.
7. Drain the cooked pasta well and return it to the pot, pour the sauce over the pasta and mix gently.

Note: When serving fish, make sure that all bones are removed.



MEAL Tuna pasta salad with French bread, and orange juice



MEAL Tuna pasta salad with French bread, and orange juice

12–18 year olds

	12-18 year olds	500 kcal
Tuna pasta salad	260g	
French bread	100g	
Orange juice	150ml	

Tuna pasta salad

This recipe makes 4 portions of about 260g.

150g dried pasta shapes
1½ small (200g) cans tuna, drained
½ small (200g) can sweetcorn, drained
1 small carrot, grated or cut in strips
2 tablespoons low-fat mayonnaise
1 tablespoon low-fat natural yoghurt
½ lettuce: iceberg or lollo rosso
¼ small cucumber, sliced
8 cherry tomatoes (120g)

1. Cook the pasta shapes in a large pan of boiling water until tender, and then drain and rinse in cold water. Drain thoroughly.
2. Flake the tuna with a fork.
3. Mix the tuna, pasta, sweetcorn, carrot and mayonnaise and yoghurt in a large bowl. Line four serving plates with lettuce, and top with the tuna mix, cucumber and tomatoes.




MEAL Cheese on toast with tomato and carrot sticks, and orange juice



MEAL Cheese on toast with tomato and carrot sticks, and orange juice

12–18 year olds

		12-18 year olds	500 kcal
Cheese on toast	135g		
Tomato	80g		
Carrot sticks	80g		
Orange juice	150ml		

Cheese on toast

This recipe makes 4 portions of about 135g.

240g Cheddar cheese
8 slices wholemeal bread

1. Grate the cheese.
2. Toast one side of each slice of bread under a hot grill.
3. Turn the toast over and sprinkle the grated cheese on the uncooked side of the bread.
4. Return to the grill and cook until browned.




MEAL Creole jambalaya with pitta bread and salad, and orange juice



MEAL Creole jambalaya with pitta bread and salad, and orange juice

12-18 year olds

	
12-18 year olds	
500 kcal	
Creole jambalaya	210g
Pitta bread	60g
Salad	80g
Orange juice	150ml

Creole jambalaya

This recipe makes 4 portions of about 210g.

1 tablespoon vegetable oil
 1 small onion, peeled and finely chopped
 2 cloves garlic, peeled and crushed
 100g vegetarian mince
 2 vegetarian sausages, sliced into bite-sized rounds
 1 small leek, washed and thinly sliced
 1 small red pepper, deseeded and diced
 1 stick of celery, diced
 ½ large courgette, diced
 5 medium mushrooms, washed and diced
 1 teaspoon mixed dried herbs
 2 teaspoons mild chilli powder
 120g long grain rice
 350ml carton tomato passata

1. In a large pan, heat the oil, add the onion and garlic and soften for 2 minutes.
2. Then add the mince and sausages and brown.
3. Add the leek, red pepper, celery, courgette and mushrooms and stir until the vegetables have softened slightly.
4. Add the mixed herbs and chilli powder and stir well, then stir in the rice until well mixed.
5. Add the passata, cover and simmer for 15 minutes, until the rice is tender.



MEAL Egg and cress baguette with carrot and pepper sticks, and orange juice



MEAL Egg and cress baguette with carrot and pepper sticks, and orange juice

12–18 year olds



12-18 year olds

500
kcal

Egg and cress filling	75g
Baguette	100g
Red pepper	80g
Carrot	40g
Orange juice	150ml

Egg and cress filling

This recipe makes 4 portions of about 75g.

4 large hard-boiled eggs
2 tablespoons reduced-fat mayonnaise
½ punnet mustard and cress

1. Mash together the eggs and mayonnaise.
2. When the egg mixture has been spread on the bread, sprinkle on the mustard and cress.

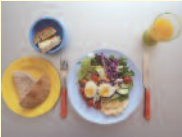


MEAL Egg salad with pitta bread and coleslaw, currant bun, and orange juice



MEAL Egg salad with pitta bread and coleslaw, currant bun, and orange juice

12-18 year olds

		12-18 year olds	500 kcal
Egg salad	250g		
Coleslaw	60g		
Pitta bread	60g		
Currant bun	35g		
Orange juice	150ml		

Egg salad

This recipe makes 4 portions of about 250g.

- ¼ small cucumber, sliced
- 1 small (200g) can sweetcorn, drained
- 1 punnet (250g) cherry tomatoes
- ¼ small red cabbage, shredded
- ½ lettuce: iceberg or lollo rosso, shredded
- 4 large hard-boiled eggs, shelled and halved

1. Divide the salad ingredients between 4 serving plates and top each with 2 halves of hard-boiled egg.

Coleslaw

This recipe makes 4 portions of about 60g.

- ¼ small white cabbage, finely shredded
- ½ medium carrot, grated
- ½ small onion, finely sliced
- ½ medium apple, cored and grated
- 1 tablespoon reduced-fat mayonnaise
- 1 tablespoon natural low-fat yoghurt

1. Mix all the ingredients together well and chill.



MEAL Falafel and houmous pitta with carrot sticks, and orange juice



MEAL Falafel and houmous pitta with carrot sticks, and orange juice

12-18 year olds



12-18 year olds

500
kcal

Falafel	100g
Houmous	30g
Lettuce	40g
Pitta bread	60g
Carrot sticks	80g
Orange juice	150ml

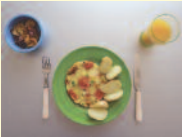


MEAL Frittata and new potatoes with roasted vegetables, and orange juice



MEAL Frittata and new potatoes with roasted vegetables, and orange juice

12-18 year olds

		12-18 year olds	500 kcal
Frittata	180g		
New potatoes	100g		
Roasted vegetables	80g		
Orange juice	150ml		

Frittata

This recipe makes 4 portions of about 180g.

8 small new potatoes
8 eggs
2 tablespoons water
2 tablespoons butter
2 medium tomatoes, sliced
4 spring onions, sliced

Each portion of frittata uses 2 small new potatoes, 2 eggs, ½ tablespoon water, ½ teaspoon butter, 1 spring onion and ½ tomato.

1. Boil the new potatoes in their skins until tender. Allow to cool and cut into thin slices.
2. Break the eggs into a jug or mixing bowl.
3. Add the water to the eggs and beat together using a fork.
4. Heat an omelette pan or frying pan over a medium heat.
5. Add the butter to the hot pan and as soon as it sizzles, swirl the pan and add the egg mixture. Do not allow the butter to burn.
6. Layer on the potatoes, tomato and spring onion. Allow the frittata to cook until almost set and then finish cooking by allowing the top to brown slightly under a medium grill.

Roasted vegetables

This recipe makes 4 portions of about 80g.

1 medium courgette
1 medium onion
1 small red pepper
1 small yellow pepper
1 teaspoon dried mixed herbs
1 tablespoon vegetable oil

1. Heat the oven to 180°C / 350°F / Gas 4.
2. Cut the courgette into thick slices. Cut the onion into thick wedges. Cut the peppers lengthways into thick slices.
3. Place the vegetables on a baking tray, sprinkle on the mixed herbs, and drizzle with the oil.
4. Roast for 15 minutes until tender.



MEAL Macaroni cheese with broccoli and a brown roll, and orange juice



MEAL Macaroni cheese with broccoli and a brown roll, and orange juice

12-18 year olds

	12-18 year olds	500 kcal
Macaroni cheese	220g	
Broccoli	80g	
Crusty brown roll	50g	
Orange juice	150ml	

Macaroni cheese

This recipe makes 4 portions of about 220g.

150g dried macaroni
40g vegetable fat spread
40g flour
1 teaspoon English mustard powder
569ml (1 pint) semi-skimmed milk
150g mature Cheddar cheese, grated
1 slice white bread, crumbed

1. Cook the macaroni in boiling water for 10-12 minutes (see packet for cooking time) then drain.
2. Melt the vegetable fat spread in a saucepan then mix in the flour and mustard powder to make a thick paste.
3. Slowly add the milk to the flour mixture, stirring continuously to make a smooth sauce.
4. Bring to the boil until the sauce thickens, and then reduce the heat.
5. Add the grated cheese to the sauce and stir until smooth.
6. Add the macaroni and stir well until all the pasta is coated with sauce.
7. Pour the mixture into a shallow, heatproof dish and sprinkle with the breadcrumbs.
8. Cook under a hot grill until the breadcrumbs have browned and the sauce is beginning to bubble.




MEAL Peanut butter and banana sandwich with apple, and orange juice



MEAL Peanut butter and banana sandwich with apple, and orange juice

12–18 year olds

	12-18 year olds	500 kcal
Peanut butter and banana sandwich	175g	
Apple	80g	
Orange juice	150ml	

Peanut butter and mashed banana sandwiches

This recipe makes 4 portions of about 175g.

4 small bananas
4 tablespoons peanut butter
8 slices brown or wholemeal bread

1. Mash the bananas with a fork.
2. Fill each sandwich with peanut butter and mashed banana.

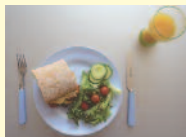


MEAL Roasted vegetable and mozzarella ciabatta with salad, and orange juice



MEAL Roasted vegetable and mozzarella ciabatta with salad, and orange juice

12-18 year olds



12-18 year olds

500
kcal

Roasted vegetables filling	100g
Mozzarella cheese	40g
Ciabatta	110g
Salad	80g
Orange juice	150ml

Roasted vegetables

This recipe makes 4 portions of about 100g.

- 1 medium courgette
- 8 medium mushrooms
- 1 medium onion
- 1 small red pepper
- 1 small yellow pepper
- 1 teaspoon dried mixed herbs
- 1 tablespoon vegetable oil


1. Heat the oven to 180°C / 350°F / Gas 4.
2. Cut the courgette and mushrooms into thick slices. Cut the onion into thick wedges. Cut the peppers lengthways into thick slices.
3. Place the vegetables on a baking tray, sprinkle on the mixed herbs, and drizzle with the oil.
4. Roast for 15 minutes until tender.





MEAL Tomato and avocado bagel with satsuma, and orange juice

12-18 year olds



12-18 year olds

500 kcal


Tomato	80g
Avocado	80g
Bagel	100g
Satsuma	90g
Orange juice	150ml

MEAL Vegetable couscous and chickpea fritters with salad, and orange juice



MEAL Vegetable couscous and chickpea fritters with salad, and orange juice

12-18 year olds

 <p>12-18 year olds</p> <p>500 kcal</p>	
Vegetable couscous	250g
Chickpea fritters	100g
Salad	80g
Orange juice	150ml

Vegetable couscous

This recipe makes 4 portions of about 250g.

1 medium courgette
12 medium mushrooms
1 medium onion
1 medium red pepper
1 medium yellow pepper
2 tablespoons vegetable oil
2 teaspoons dried mixed herbs
200g couscous
400ml water
¼ teaspoon black pepper powder

1. Prepare the vegetables and then dice into similar sized pieces.
2. In a large frying pan, heat the vegetable oil and sauté the vegetables and mixed herbs until the vegetables are softened.
3. To prepare the couscous, pour boiling water over the couscous, mix gently, cover and allow to stand for 5 minutes.
4. When ready, fork over the couscous to separate the grains. Add the black pepper and combine with the cooked vegetables.

Chickpea fritters

This recipe makes 4 portions of about 100g.

1 tablespoon vegetable oil
1 small onion, finely diced
1 clove garlic, finely chopped
1 large can (400g) chickpeas, drained and mashed
2 slices wholemeal bread, made into crumbs
1 large egg
1 tablespoon chopped parsley

1. Heat the vegetable oil and fry the onion and garlic until soft.
2. Take off the heat and add all the other ingredients, mixing well with your hands. Roll the mixture into about 12 balls and flatten with a fork.
3. Grill or dry fry the chickpea balls in a non-stick pan for about 5 minutes on each side until heated through.



MEAL Vegetable curry with lentil dhal and rice, and orange juice



MEAL Vegetable curry with lentil dhal and rice, and orange juice

12–18 year olds



12–18 year olds

500
kcal

Vegetable curry	200g
Lentil dhal	80g
Rice	180g
Orange juice	150ml

Vegetable curry

This recipe makes 4 portions of about 200g.

- 1 tablespoon vegetable oil
- 1 medium onion, peeled and sliced
- 2 teaspoons curry powder
- 1 clove garlic, finely chopped
- 150ml water
- 2 medium carrots, peeled and diced
- ½ small head of cauliflower, florets only
- 1 large potato, peeled and cubed
- 1 small (200g) can sweetcorn, drained
- ½ small (150g) carton low-fat natural yoghurt

1. Heat the oil in a small saucepan and cook the onion until softened and beginning to brown.
2. Add the curry powder and garlic and cook for 1 minute.
3. Add the water.
4. Add the carrots, cauliflower, potato and sweetcorn and bring to the boil.
5. Reduce the heat, cover and simmer for 15 minutes.
6. Remove from the heat and stir in the yoghurt then return the pan to a low heat and cook gently for 2 minutes.

Lentil dhal

This recipe makes 4 portions of about 80g.

- 150g split red lentils
- 1 tablespoon vegetable oil
- 1 teaspoon cumin seeds
- ½ small onion, diced
- 1 clove garlic, finely chopped
- 1 teaspoon crushed ginger
- 1 teaspoon mild chilli powder
- 1 teaspoon ground turmeric
- 1 small tomato, diced
- 150ml water

1. Boil the lentils in water until tender.
2. Heat the vegetable oil in a large pan and fry the cumin seeds, then add the onion, garlic, ginger, chilli powder and turmeric and fry for several minutes until the onions soften.
3. Add the cooked lentils to the pan, along with the diced tomato and the water, and cook for 5–10 minutes.




MEAL Vegetarian burger with green salad, and orange juice



MEAL Vegetarian burger with green salad, and orange juice

12–18 year olds

		12-18 year olds	500 kcal
Vegetarian burger	100g		
Burger bun	70g		
Green salad	80g		
Orange juice	150ml		

Vegetarian burger

This recipe makes 4 portions of about 100g.

2 tablespoons vegetable oil
 1 small onion, finely chopped
 1 clove garlic, minced
 300g vegetarian mince
 1 small tin (200g) kidney beans, drained and mashed
 50g wholemeal flour
 1 egg
 1 tablespoon Worcestershire sauce
 1 tablespoon tomato purée
 1 teaspoon mixed herbs

1. Heat the oil in a frying pan over a medium heat. Fry the onions until they are translucent, then add the garlic and cook for a further minute.
2. Put the cooked onion mix and all the remaining ingredients in a large bowl and, using your hands, combine well.
3. Divide the mixture into four and, with wet hands, shape into burgers about 2cm thick.
4. Cook on both sides for 2 minutes under a hot grill, then reduce the heat and grill for a further 10 minutes, turning occasionally.

