



FOOD RECIPES AND GUIDANCES BOOKLET

The Hub Bromsgrove

In this booklet you will have recipes taken from the change for life and Morrison's websites. These should be a short guides and inspiration for what to make from your packs – however if you would like to follow each recipes as a whole please go ahead. Disclaimer: if you choose to follow these recipes, not all ingredients have been given in the packs. We urge you to be as creative as possible. Also if you are vegetarian please substitute the meat items in the recipes with the meat free items we have given you in your packs. After you have finished making your meals, we would love you to send your pictures of your creations to the hub Bromsgrove's Instagram. Enjoy! :)

Baked tomatoes on toast recipe

Ingredients

- 8 tomatoes, halved
- 3 handfuls cherry tomatoes, halved
- 1 tsp dried mixed herbs
- 2 tsp fresh chives, chopped (optional)
- 2 tbsp white or wholemeal breadcrumbs (dried not fresh)
- 4 tsp cheese, finely grated
- 4 slices wholemeal bread
- 1 pinch ground black pepper

Method

- Preheat the oven to 190°C/fan oven 170°C/gas mark 5.
- Arrange the tomatoes, cut sides up, on a baking sheet. Sprinkle with the dried herbs and chives (if using) and season with black pepper. Roast for 10 minutes, then sprinkle the breadcrumbs and cheese over them. Roast for 5 more minutes.
- Meanwhile, toast the bread. Place the toast on warmed plates and share the tomatoes between them. Sprinkle with a little extra black pepper, then serve.
- *For a change, stuff the baked tomatoes into warmed wholemeal pittas.*

Prep time 5 mins

Cooking time 15 mins

Effort - Super easy

Serves 4

Three bears breakfast recipe

- 200g high-fibre porridge oats
- 1 litre 1% fat milk
- 80ml cold water
- 4 tbsp low-fat natural yoghurt
- 1 apple, cored and thinly sliced
- 40g raspberries (thawed - fresh are also fine)

- Put the porridge oats into a saucepan with the milk and water. Heat, stirring constantly, until the porridge thickens. Reduce the heat and simmer for 3 to 4 minutes, stirring.

If you can't tolerate dairy products, make the porridge with water, or try making it with soya milk or oat milk.

- Share the porridge between 4 serving bowls and top with the yoghurt, apple and raspberries. Serve immediately.

Try topping with ready-prepared mango and fresh pineapple – available in most supermarkets. You could also use canned fruit, packed in natural juice.

Prep time

Cooking time

Effort

Serves

5 mins

8 mins

Super easy

4

Tuna and potato salad recipe

Ingredients

- 800g new potatoes, scrubbed
- 2 tbsp lemon juice
- 1 garlic clove, crushed
- 2 tbsp chopped fresh parsley
- 1 small red onion, chopped
- 200g canned tuna in springwater, drained
- 2 handfuls cherry tomatoes, halved
- 1/4 cucumber, chopped
- 1 pinch ground black pepper
- Basil leaves to garnish (optional)

- Cook the potatoes in gently boiling water for 20 minutes, until tender.
 - Meanwhile, in a salad bowl, mix together the lemon juice, garlic and parsley. Add the red onion and set aside.
 - Drain the cooked potatoes and add them to the salad bowl while they are hot. (They will absorb the flavour of the dressing as they cool down).
 - When the potatoes are cool, add the tuna, tomatoes and cucumber. Stir everything together gently and season with black pepper. Serve immediately, or cover and chill to serve later.
- For a vegetarian version, replace the tuna with 100g reduced-fat feta cheese, cut into chunks.*

Prep time Cooking time Effort Serves
15 mins 20 mins Medium effort 4

Chicken and salad wrap recipe

Ingredients:

- 85g cooked chicken breast, chopped into small pieces
- 1 large wholemeal wrap
- Small wedge of lettuce, to give 2 tbsp when shredded
- 3 slices of cucumber, chopped
- 1 slice of pepper, chopped
- Sliced tomatoes
- Grated cheese (optional)

Complete your lunch with:

- Fruit slices
- 1 packet of baked walkers crisps
- 1 Soreen lunch loaf
- 150ml fruit juice drink (with no added sugar)

- Finely chop up the chicken slices – then place to the side
- Do the same for the vegetables- place in a bowl
- Then place you pre grated cheese into a separate bowl
- When you have all 3 parts (chicken, salad & cheese) start to fill your wraps with the necessary amount
- You then would might like to add sauce (Dan's favourite sauce on a wrap is Mayo, Saz's favourite is sweet chilli)
- Then Fold opposite edges of the wrap, to keep the filling in, then roll up and cut in half.
- After you've made your wraps place it with the crisps, fruit and Soreen slices, make your drink and enjoy!

Cheese and Ham Pasta Bake

Ingredients

- 450g Cooked Pasta
- 30g Unsalted Butter
- 30g Plain Flour
- 600g Semi-Skimmed Milk
- 150g Grated Cheese
- 150g Ham, diced

Instructions

1. Firstly, make the sauce for the dish, to do this, melt the butter in a saucepan and add the flour. Stir together for 2 minutes.
2. Gradually add the milk, bringing the sauce to a smooth consistency with each addition.
3. When all the milk is added, simmer the sauce for 2 minutes.
4. Add the ham and cheese to the sauce and stir until the sauce is smooth.
5. Put the cooked pasta into a mixing bowl and pour in the sauce.
6. Combine well and transfer to an ovenproof dish.
7. Bake at 175 degrees until bubbling and golden brown.

For other optional method's – why not boil pasta as normal, drain it and then add cheese sauce and cooked ham with cheese for a quick a simple meal 😊

Make Your Own Pizza

Ingredients:

Morrison's create your own pizza mix (supplied in packs)

Just add:

100ml lukewarm water and your favourite toppings.

What you'll need:

100ml lukewarm water

A mixing bowl

A little flour for dusting

A rolling pin

A greased baking tray

Your favourite toppings

How to make the perfect pizza:

1. Set your oven to 220°/425°F/Gas Mark 7 and leave it to warm up.
2. Empty the pizza base mix into a large mixing bowl and slowly add the lukewarm, mixing until it forms a smooth dough.
3. Lightly dust your surface with flour and tip the dough onto it. Knead for five minutes until it's smooth and stretchy.
4. Now roll or stretch the dough to the size and thickness you want and place it on a greased baking tray. Leave it somewhere warm for about 15 minutes, until it's risen slightly.
5. Cover in your favourite toppings and bake in the oven for 15-20 minutes. Then just slice, serve and enjoy.