



Nottinghamshire  
Childhood Obesity  
Trailblazer Project

# Family Meal Planner

Easy to follow recipes for the whole family



**...giving children the best start**



**Nottinghamshire  
County Council**

in partnership with

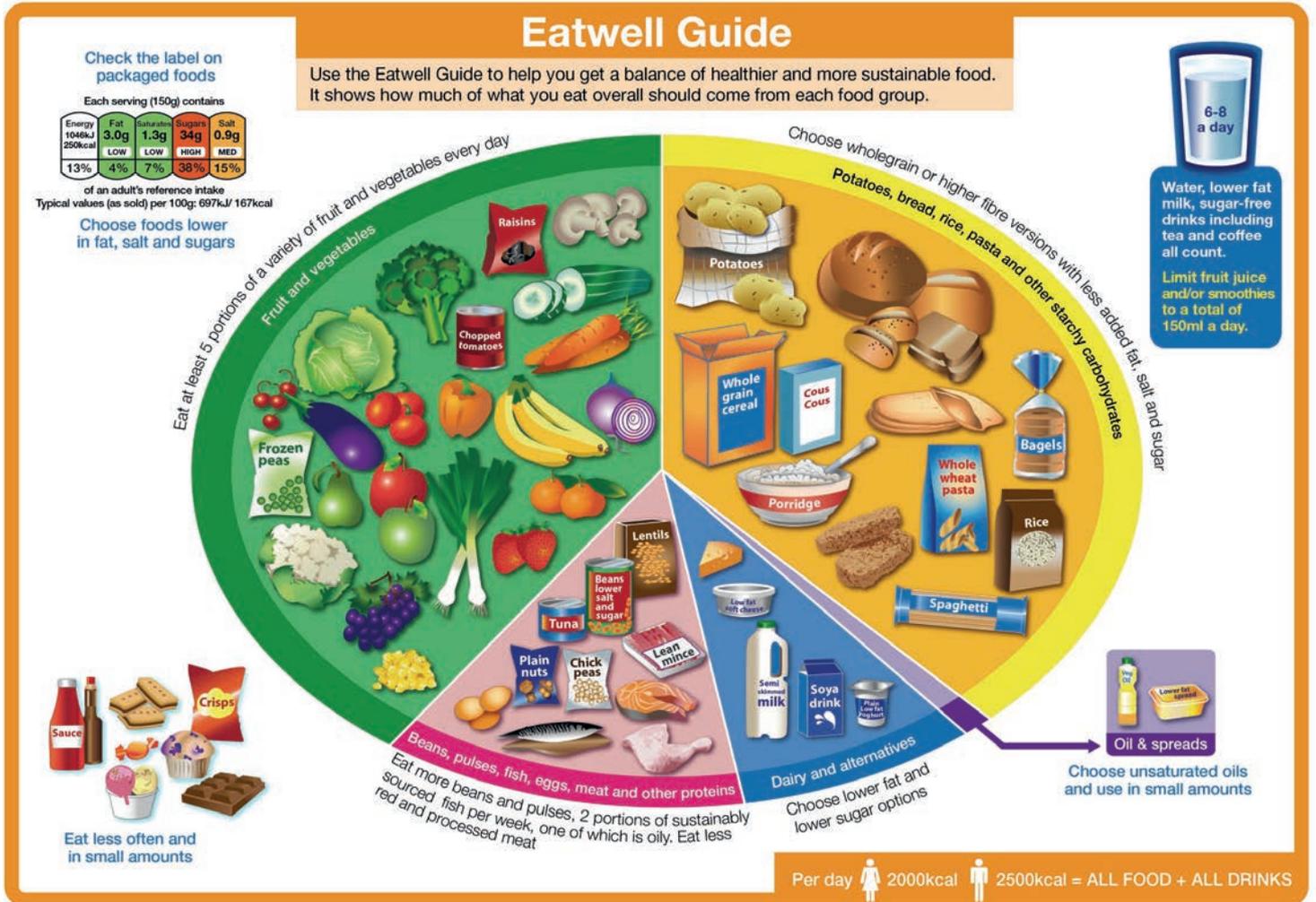
**Your Health  
Your Way**



# Welcome

We hope you find this recipe guide useful and full of delicious and well balanced meals that the whole family can enjoy. We have chosen a selection of breakfast ideas, hearty meals and delicious puddings to help you plan your daily meals.

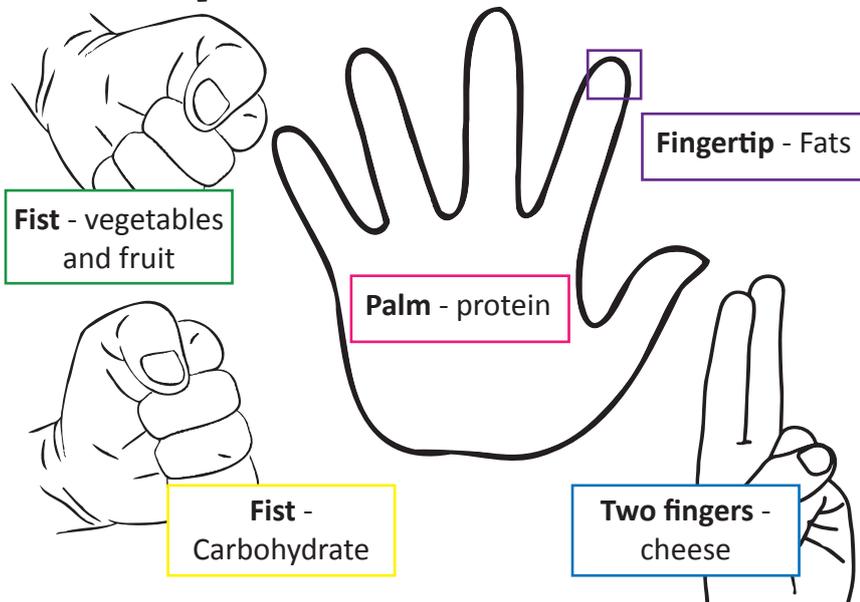
The Eatwell Guide divides the foods we eat and drink into 5 main food groups. Try to choose a variety of different foods from each of the groups to help you get the wide range of nutrients your body needs to stay healthy.



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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## Me sized portions



This easy to use portion size guide can be used for all age groups as hand size is relative to body size in the majority of cases.

Hand sized models are simple to use and require no weighing or measuring equipment. Remember to use your child's hand when serving their meals rather than your own.

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## Allergen advice

There are the 14 known allergens listed below. Please check all packaging and ingredients lists on the recipes to make sure you don't add any ingredients that you or your family may be allergic to.

### celery

cereals containing **gluten** (such as barley and oats),

**crustaceans** (such as prawns, crabs and lobsters),

### eggs

### fish

### lupin

### milk

**molluscs** (such as mussels and oysters),

### mustard

### peanuts

### sesame

### soybeans

**sulphur dioxide and sulphites** (if they are at a concentration of more than ten parts per million)

**tree nuts** (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)

## List of ingredients provided:

Sultanas	500g	99p
Porridge oats	1kg	75p
Carrots	1Kg	41p
Potatoes	2.5Kg	95p
Broccoli	x 1	47p
Spaghetti	500g	39p
Basmati rice	500g	£1.29
Baked beans	x 2 tins	58p (29p each)
Eggs	x 12	£1.29
Chopped tomatoes	x 4	£1.40 (35p each)
Veg stock cubes		35p
Tinned mushrooms		49p
Brown onions		35p
Red peppers	x 3	89p
Green apples	x 4	£1.15
Tinned new potatoes	x 1	49p
Bananas	x 6	78p (13p each)
Cinnamon		49p
Paprika		49p
Tinned peaches in juice		47p
Swede		52p

**Total: £14.99** (cost based on Aldi pricing 03/02/2021)



## List of ingredients you will need to buy

### 6 Sausages

(for sausage pasta bake)

### 6 chicken breast

### OR 8 chicken thighs

(for chicken casserole and chicken curry)

### 500g Mince Beef

(for Meatballs)

### Chilli flakes

### 3 cloves garlic

# Porridge with raisins

## INGREDIENTS

### SERVES 1

50g oats  
300ml milk  
30g raisins

## METHOD

1. Add the oats and milk to a saucepan, and put on the hob over a medium heat.
2. Stir for a few minutes until the porridge is the consistency that you like (keep on the heat for a shorter amount of time if you like your porridge runny, or for longer if you like it thicker).
3. Pour the porridge into a bowl and sprinkle on the raisins before serving.
4. If you use a microwave instead of the hob, put the oats and milk into a bowl.
5. Heat in the microwave for one minute, stir and then put back in the microwave for 1-2 minutes.
6. Sprinkle on the raisins before serving.

### TOP TIPS

Try adding a banana to the porridge instead of raisins for an alternative sweet taste.

Use lower fat milk where possible (or use a mixture of milk and water) to reduce the fat content of the meal.



# Banana pancakes

## INGREDIENTS

### SERVES 4

2 bananas – mashed  
2 eggs – beaten  
4 tbsp oats  
1 tbsp cinnamon  
1 tsp vegetable oil or cooking spray

### Optional

seeds or dried fruit

## METHOD

1. Preheat a frying pan and add your oil or cooking spray.
2. Mash the banana and mix with the egg.
3. Add the oats, cinnamon, and optional seeds.
4. Pour a tablespoon of mixture into the pan, allow to cook and then carefully flip.
5. Once cooked – remove from the pan and repeat the steps until the mixture is gone!

### TOP TIPS

Be gentle when flipping the pancakes – it is easier to make lots of smaller pancakes rather than one large one! Enjoy! 😊

**These pancakes  
taste great at  
breakfast or even  
a tea time treat!**



THIS RECIPE GIVES YOU  
**1**  
OF YOUR 5-A-DAY VEGETABLES

# Toast toppings

## INGREDIENTS

**SERVES 1**

### **Topping ideas:**

Baked beans

(mushroom, onion, pepper, tomato)

Cheese and tomato

Egg

## METHOD

### **Baked beans**

1. Give your beans on toast an upgrade by adding in extra veggies...
2. Put some onion and pepper (finely chopped with a few tablespoons of water) into a saucepan over a medium heat for 2-3 minutes (or until the water has evaporated).
3. Add the baked beans with some chopped mushroom and tomato, and stir for 5 minutes before serving with toast.

### **Cheese and tomato**

1. Slice the tomato and grate the cheese.
2. Put the bread (not toasted) on a tray before adding the tomato and grated cheese.
3. Place under the grill for around 5 minutes (or until the bread is toasted and the cheese is melted).

### **Egg**

**Boiled:** Add the egg (with the shell on) to a saucepan of boiling water. Cook for 5 minutes for a running yolk, or 10 minutes for a hard yolk.

**Poached:** Crack an egg into a bowl. Pour into a saucepan of boiling water and cook for 2 minutes. Turn off the heat and leave the egg in the pan for 5 minutes before removing.

**Scrambled:** Crack and whisk the egg. Heat a tablespoon of low fat spread, oil (rapeseed or vegetable) or milk to a frying pan before adding the egg. Stir with a wooden spoon until the eggs are fluffy.

### **TOP TIPS**

Go for reduced salt and sugar baked beans.

Try reduced fat cheese.

Boiling, poaching or scrambling eggs is usually healthier than frying. If you do fancy a fried egg, why not try cooking with a low calorie spray instead of oil?

Avocado or hummus are also great alternatives to spread on your toast.

# Swede and carrot soup

## INGREDIENTS

### SERVES 6

- 1 swede, peeled and chopped
- 12 carrots, peeled and chopped
- 1 onion, chopped
- 1 litre of vegetable stock
- 2 tablespoons of oil
- Salt and Pepper

## METHOD

1. Add the oil to a saucepan and place on medium heat.  
Add the onion and cook for around 5 minutes or until soft.
2. Add the chopped swede and carrots and cook for 10 minutes.  
Stir the vegetables frequently so they do not burn.
3. Add the vegetable stock to cover the vegetables, bring to the boil in the saucepan.
4. Reduce the heat, once the soup is boiling and cook for a further 30 minutes or until the vegetables are soft.
5. Once everything is soft, blend or mash the mixture - this will make a nice thick consistency.
6. Lastly, season to taste with pepper and any other spices you like.  
Serve with bread.



### TOP TIPS

If you don't need all six portions why not distribute some of the soup into containers and freeze, so you can enjoy again on another day!

Why not add a dash of paprika or chilli powder to give the soup a kick.



# Chicken casserole with mash

## INGREDIENTS

**SERVES 2 - 4**

Chicken (palm size portion per person)  
Carrots x2  
250g (serves 2) 500g (serves 4) Potatoes  
2 tablespoons flour  
1 Onion

1 Tin of garden peas  
Vegetable oil / spread  
500ml hot chicken stock (1x stock cube)

## METHOD

### Chicken Casserole

1. Pre heat the oven 190°C / 170°C Fan / Gas mark 5.
2. Slice the carrots and onions
3. Put a tablespoon of vegetable oil in a frying pan over a medium heat and fry the chicken and onions for 10 minutes.
4. Put the chicken and onions into a casserole dish or oven-safe pan.
5. Add the carrots and flour.
6. Pour in the stock, a bit at a time, stirring well between each addition.
7. Cover the casserole dish or oven-safe pan with a lid on and put in the oven for 45 minutes.
8. Put the garden peas in a saucepan over a medium heat for 5 minutes.
9. Stir the garden peas into the casserole and put back in the oven for 15 minutes.

### Mash

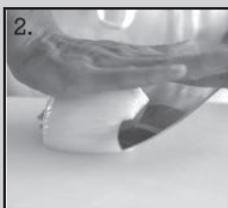
1. Peel and cut the potatoes into chunks.
2. Boil in a pan over medium heat for 20 minutes.
3. Drain and add a tablespoon of vegetable spread before mashing.

## TOP TIPS

Top tip for chopping an onion



1. Cut stem end off, cut in half and peel.



2. Make horizontal cuts up to the root, but not completely through it.



3. Make vertical cuts avoiding the root which holds it together.



4. Cut parallel to the root from top to bottom.

# Chicken curry

## INGREDIENTS

**SERVES 2 - 4**

Chicken (palm size per person)  
1 – 2 Peppers  
2 Carrots  
Tomatoes  
1 – 2 tins chopped tomatoes  
Rice (fist size per person)  
Oil or spray

### **Optional herbs:**

Garlic  
Chilli  
Ginger  
Garam masala  
Coriander  
Cumin

## METHOD

1. Start by peeling and chopping all the vegetables you would like to add to your curry.
2. Put a frying pan on low to medium heat and a small amount of oil / spray to the pan.
3. Once the pan has heated up add all the vegetables and keep them moving so they don't stick to the pan.
4. Chop the chicken into bite size pieces and add this to your pan once the vegetables have just started to brown and soften.
5. To make the curry full of flavour, add in your favourite herbs and spices and mix in with the chicken and vegetables. Some suggestions are on the ingredient list.
6. Once all the chicken has been cooked, add your chopped tomatoes and mix in. You can check the chicken is cooked by cutting into a piece. If the inside is all white and the juices run clear it is cooked.
7. If you need more sauce you can add another can of chopped tomatoes or add a small amount of water to the curry. Once hot, check the taste and add any more seasoning you like.
8. Serve with a fist size portion of rice and enjoy.

### **TOP TIPS**

If you prefer a creamy curry, once everything has been cooked you can add a few tablespoons of plain yoghurt.

This can also be used if the curry is a little spicy.



# Frittata

## INGREDIENTS

### SERVES 2

1 pepper  
1 onion  
1 tin of potatoes  
100g tomatoes  
4 eggs  
Spray oil or 1 tsp veg oil  
Pepper

## METHOD

1. Put some oil in a frying pan, place on a medium-high heat and fry the peppers and onions for around 5 minutes or until they are softened and browned. Set aside.
2. Wipe the frying pan clean, add some oil and return to a medium heat. Fry the potatoes and tomatoes. Cook for around 5 minutes.
3. Meanwhile, put the eggs into a bowl and whisk. Season with pepper to taste.
4. Once the tomatoes and potatoes are slightly browned, spoon them into the eggs with the other vegetables. Give the mixture a brief stir and pour it back into the frying pan on a medium heat. Gently cook for 10 minutes until the egg looks set around the edges.
5. If the egg is still a little runny on the top, place the pan under a grill for 2 minutes.
6. Add a side salad and enjoy!

### TOP TIPS

Why not sprinkle some cheese on top of the frittata for that extra bit of flavour!



# Jacket potato with beans

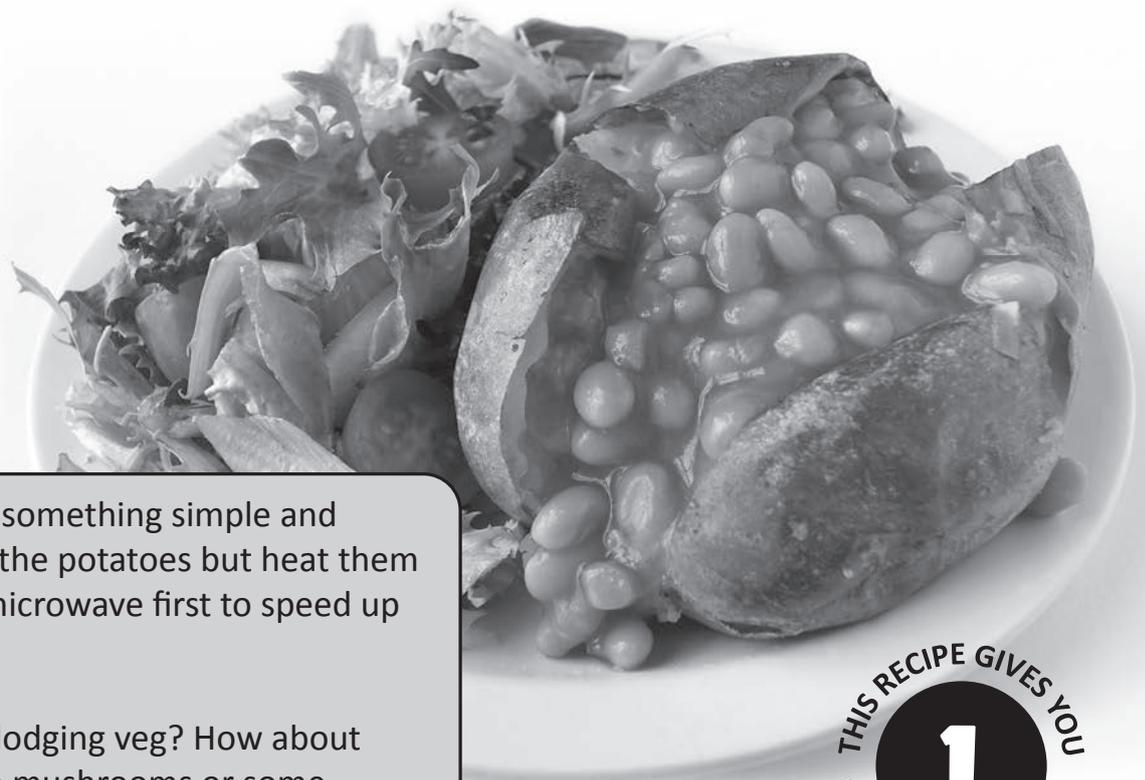
## INGREDIENTS

### SERVES 2

- 2 baking potatoes
- 1 tin of baked beans
- 50g grated cheese (optional)

## METHOD

1. Preheat the oven to 200°C or gas mark 6
2. Wash potato, then prick all over with fork. Place in oven and bake for 1 hour.
3. When the potatoes are nearly cooked (put a sharp knife through the middle to check they are soft), heat the beans in a pan on the hob.
4. Cut the potatoes through the middle (be careful they'll be very hot) and put half of the baked beans in each. Finish with a sprinkle of cheese (optional)
5. Serve with a salad of your choice and enjoy!



### TOP TIPS

In a rush and need something simple and quick to eat? Prick the potatoes but heat them for 10mins in the microwave first to speed up the process.

One of the family dodging veg? How about adding chopped up mushrooms or some wilted spinach into the beans?



# Loaded potato skins

## INGREDIENTS

### SERVES 4

4 jacket potatoes  
120g cheddar cheese, grated  
1 pepper  
1 onion

### Optional:

Ham, leftover cooked bacon/sausage,  
chopped

## METHOD

1. Microwave the jacket potatoes for 5 minutes on each side until soft. You can cook them in the oven at 180°C for an hour if you would prefer.
2. Cut each jacket potato in half and scoop out in the middle. Leaving a centimetre of potato around the edge to provide support.



3. Chop the onion and pepper into small pieces. In a bowl, mash the potato with a fork and stir in the cheese, pepper, onion and any extras like chopped ham or bacon.
4. Fill the potato skins with the cheesy mixture and grill for 5-10 minutes until golden.
5. Our favourite way to enjoy this is with a side salad made up of iceberg lettuce, tomato, and cucumber.

### TOP TIPS

Little ones will only need half a potato as a serving. Save any leftovers for lunch the next day. They can be eaten cold or heated up in the microwave or oven until piping hot.



# Potato, onion and cheese bake

## INGREDIENTS

### SERVES 4

800g potatoes, thinly sliced  
2 onions thinly sliced  
200ml chicken/vegetable stock  
(1 stock cube dissolved in 200ml  
boiling water)  
40g cheddar cheese grated

### Optional:

Black pepper  
Fresh parsley/dried herbs

## METHOD

1. Preheat the oven to 200°C or gas mark 6
2. Spread a layer of sliced onion on the bottom of an ovenproof dish and then arrange a layer of sliced potato on top.
3. Add another layer of onions and then potato. Repeat until all the potatoes and onions are used.
4. Pour the stock over the top and then season with black pepper and any herbs (optional).
5. Cover with foil and place in the oven for 1 hour.
6. After 1 hour remove the foil, sprinkle the grated cheese over the top and return to the oven for another 10 minutes or until the cheese has melted and the potatoes are soft.

### TOP TIPS

To increase the vegetable content and for some extra flavour add some slice leeks.

Opt for reduced fat cheddar cheese to make this meal healthier but just as comforting.

For a meaty twist add some diced chicken or sliced bacon medallions.



# Sausage pasta

## INGREDIENTS

### SERVES 4

6 sausages  
1 onion  
1 bolognaise pasta sauce or tinned tomatoes  
Chilli flakes, paprika, pepper  
1 broccoli  
2 carrots

## METHOD

1. Chop the onion into small pieces, you can grate if you find it easier. Add to a frying pan.
2. Grate the carrot and add to a frying pan with the onion.
3. Remove the sausage meat from the skins and add to the pan.
4. Place pan on a medium/high heat and fry. You won't need oil as fat will come out of the sausages. Fry the mixture until the sausage meat is cooked through (no traces of pink) and the onions are soft.
5. Boil the pasta using the packet instructions.
6. Add pasta sauce or tinned tomatoes and any extra seasoning you want such as chilli flakes, paprika, chilli powder and black pepper and bubble until the sauce is thick.
7. Drain the pasta and add to the sauce. Toss the pasta and sausage sauce together and serve with a helping of broccoli for an extra one of your 5-a-day!

### TOP TIPS

If you don't have broccoli, serve this tasty pasta dish with salad.

If you don't have sausages, swap them for 250g minced beef for our take on a spicy bolognaise!



# Spaghetti and meatballs

## INGREDIENTS

### SERVES 4

Salt and pepper  
280g dried spaghetti or any other pasta  
300g minced beef  
1 onion  
Any tomato pasta sauce  
**OR** 400g tin of tomatoes  
60g grated cheese

### Optional:

Mixed herbs

## METHOD

1. Preheat oven to 180°C or gas mark 4.
2. Put mince in a large bowl and add a chopped onion (try to get the onion as small as possible or grate it if you find that easier). Add salt and pepper and any other herbs or spices your family enjoy.
3. Using your hand squeeze the mince meat to combine the ingredients. Get the children involved, lots of little hands make light work for parents!
4. Place raw meatballs in an ovenproof dish and pour over tomato-based sauce or tinned tomatoes. Cover with a lid or foil and cook in oven for 30-40 minutes. You can check your meatballs are cooked by chopping one in half and making sure there are no pink bits.
5. Whilst the meatballs are in the oven, cook the spaghetti or pasta with packet instructions.
6. Toss spaghetti with meatballs and serve with a sprinkle of cheese!

### TOP TIPS

You can add extra veggies to your pasta sauce like chopped pepper, courgette, or peas. Cut them small to hide them for fussy eaters!

Be creative with your spices and add extra herbs or chilli flakes to taste



# Baked apple / peach crumble

## INGREDIENTS

### SERVES 4

4 apples / 2 tins sliced peaches (drained)  
2 tbsp raisins  
80g oats  
2 tbsp honey, golden syrup or maple syrup

## METHOD

1. Preheat oven to gas mark 4/ Fan 180°C
2. Slice the apples and place in a baking dish. You can be as messy as you like!  
If using peaches, simply drain, rinse and place in the dish.
3. Sprinkle the raisins over the apples, spreading evenly.
4. In a separate bowl, mix the oats and honey/syrup together until evenly coated.  
Little hands might like to help with this bit!
5. Spread the oat mixture over the apples and bake for 20 minutes until the apples are softened.
6. Serve with a tablespoon of yoghurt.



### TOP TIPS

You can swap the apples for any fruit you might find in a crumble such as berries, pears or rhubarb.

For a extra twist, why not add cinnamon or mixed spice!



# Scrumptious bread and butter pudding

## INGREDIENTS

### SERVES 4

4 slices of bread  
25g margarine/low fat spread, softened, plus extra for greasing  
2 eggs  
450ml milk  
60g sultanas/raisins  
2 bananas sliced  
10g caster sugar  
Teaspoon of cinnamon

## METHOD

1. Preheat the oven to 180°C or gas mark 4. Grease a 1.2 litre (2pint) ovenproof dish with butter. Place the greased dish onto a baking tray.
2. Butter one side of each piece of bread, then cut each piece into four triangles. Arrange the triangles into the bottom of the dish.
3. Arrange the slices in the dish with the sliced bananas and sultanas or raisins.
4. Beat the eggs, milk, cinnamon and sugar together until pale and well combined. Pour the mixture into the dish to cover the bread and fruit. Press any bread not covered by the egg mixture down into the liquid to soak, using a fork.
5. Bake the pudding on the middle shelf of the oven for 25-30 minutes, set and golden-brown on top.

### TOP TIPS

This recipe is great for using up bread that is 2-3 days old.

You could use fruit bread in this recipe and omit the sultanas or raisins. The slices may be smaller, so you could use an extra piece.

Use tinned pears, chopped ready to eat apricots or dates instead of sultanas or raisins.



# Flapjacks

## INGREDIENTS

### SERVES 4

150g vegetable spread  
(save a little to grease the baking tray if you do not have grease proof paper)  
200g oats  
Dash of cinnamon  
2 tbsp syrup or honey  
Optional – nuts or dried fruit

## METHOD

1. Melt the butter and syrup/honey together in a large saucepan over a low heat until smooth and glossy.
2. Add in the oats and cinnamon.
3. If adding extras such as dried fruit, add these in now!
4. Pour the mixture onto a greased baking tray and smooth until flat!
5. Bake in the oven for around 20-30 minutes until golden!
6. Remove from the oven and allow to cool – once cooled you can slice them up and enjoy!



### TOP TIPS

Try adding different dried fruits like apricots. They taste delicious and are really good for you!





**Nottinghamshire  
County Council**



Your Health  
Your Way

## QUIT SMOKING

For current smokers aged 12+



You are 4 times more likely to quit for good with our help and support!

## LOSE WEIGHT

Adults with BMI 30-50  
Children 4 years+ with BMI 91st centile



Lifestyle changes to help you lose weight and keep it off!

**FREE**  
integrated wellbeing  
service for  
Nottinghamshire\*  
residents

## MOVE MORE

Adults 18+ who are inactive



Helping Nottinghamshire become more active!

## DRINK LESS



Non-judgemental support to reduce alcohol intake!

*\*Excluding city residents*

### HOW TO REFER

Online: [www.yourhealthnotts.co.uk](http://www.yourhealthnotts.co.uk)

Or call us on **0115 772 2515**

Telephone and Online Support Available



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# FREE fruit, vegetables, milk and vitamins. Do you qualify?

You may qualify for **HEALTHY START** vouchers if you're at least 10 weeks pregnant or have a child under four years old.

**SIGN UP TODAY**

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)  
or telephone  
0345 607 6823



Your family must also receive one of the following:

- **Income Support**
- **Income-based Jobseeker's Allowance**
- **Income-related Employment and Support Allowance**
- **Child Tax Credit** (with a family income of £16,190 or less per year)
- **Universal Credit** (with a family take-home pay of £408 or less per month).

Most of the big supermarkets and some of your local shops accept Healthy Start vouchers.

Iceland and Tesco's are also currently giving people using vouchers in their shops an extra £1 to spend on frozen vegetables (Iceland) and fresh fruit or vegetables (Tesco's).

If you qualify for Healthy Start you will also receive vouchers for **free vitamins**.

Vitamins are available from some of our Children's Centres.

If you don't qualify for Healthy Start you can still buy Healthy Start vitamins at the Children's Centre.

**They cost:** 80p per bottle (pregnant and breastfeeding women)  
£1.60 per bottle (vitamin drops for babies and children).

Phone the free phone number

**0300 500 80 80**

to find a Children's Centre near you.

