

School Meals Food Parcel Recipe Suggestions

SLICED POTATO CASSEROLE WITH CHEESE AND SLICED TOMATO CRUST

Ingredients

1 kilo potatoes
10ml vegetable oil
1 chicken stock cube – reduced salt
½ teaspoon salt (low salt)
½ teaspoon pepper
100gm grated cheese
1 tomato



Method

1. Preheat oven to 200°C.
2. Peel potatoes and thinly slice (about 1cm thick). Spray or brush the sliced potato with vegetable oil and sprinkle with salt and pepper.
3. Make up the stock with a stock cube.
4. Spread the sliced potatoes evenly in a shallow baking dish and add stock.
5. Sprinkle with grated cheese and cover.
6. Bake in a moderate oven for 30 minutes to 1 hour.
7. Uncover and bake until the top is well browned and most of the stock is absorbed, approx. 15 minutes.
8. Garnish with fresh sliced tomato.

This recipe serves 4 – 6

TUNA FISH CAKES

Ingredients

130gm cooked fish – tuna small can
50gm onion – finely chopped
2 medium potatoes
50gm sweetcorn – thawed if frozen (optional)
1 egg
50gm fresh breadcrumbs
Vegetable oil for frying
Salt (low salt) and pepper



Method

1. Preheat oven to 220°C.
2. Wash the potatoes and cube. Boil the potatoes for approx. 20 minutes and when soft, drain, mash and leave to cool.
3. Drain the can of tuna and tip onto a plate. Break the fish into flakes and set aside.
4. In a frying pan add a little oil and gently fry the chopped onion for 2 minutes.
5. Cool slightly, then mix in the cooled mashed potato and optional sweetcorn.
6. Add the tuna and season with salt and pepper and mix together.
7. Form the mixture into balls and flatten out.
8. Beat the eggs with 2 tsp cold water. Dip the fish cakes in the egg and coat them in the breadcrumbs. Chill until ready to cook.
9. Bake in the oven at 180°C / gas mark 4 until golden brown.

This recipe serves 4

TUNA AND VEGETABLE STIR FRY RICE

Ingredients

120gm long grain rice
Oil to fry
30gm onion – finely sliced
130gm canned tuna (small can drained)
30gm sweetcorn (defrost if frozen – drain if canned)
30gm carrot – finely sliced
30gm pepper – finely sliced
1 tomato – finely sliced
Salt (low salt) and pepper



Method

1. Boil the rice and drain.
2. Heat a little oil in a pan and soften the onion, sweetcorn, pepper, and carrot over a medium heat.
3. Sauté until golden brown, approx. 2 – 3 minutes.
4. Add the rice and tuna.
5. Sauté for a further 4 – 5 minutes stirring so that it does not stick to the pan.
6. Season lightly with salt and pepper.
7. When ready, remove from the heat.
8. Garnish with sliced tomato and serve.

This recipe serves 2 – 3

CHEESY, VEGETABLE TOPPED TOASTIE

Ingredients

2 muffins or bread (wholemeal or white)
120gm cheese – grated
40gm onion – finely sliced
40gm tomato – finely diced
40gm pepper – finely diced
Vegetable oil to bake



Method

1. Preheat the grill to 190°C.
2. Mix all the diced vegetables in a bowl and spray with oil.
3. Spread the vegetables on a baking sheet and roast for 15 minutes or until soft.
4. Meanwhile grate the cheese and slice the muffins into two.
5. Mix the grated cheese with the baked vegetables.
6. Place the muffins / bread onto a shallow baking tray.
7. Spoon the mixture on top of the sliced muffin / bread.
8. Grill until the top is hot and bubbling.

This recipe serves 2

CRISPY TOPPED CHEESE, SLICED POTATO AND VEGETABLE HOT POT

Ingredients

50gm carrots – peeled and sliced
30gm onion – peeled and sliced
300gm chopped tinned tomatoes
200gm baked beans drained
25gm pepper – thinly sliced
2 large peeled and thinly sliced potatoes
55gm cheese – grated
Vegetable oil to fry



Method

1. Preheat oven to 180°C.
2. Heat the vegetable oil in a pan and add the sliced onion, carrot and pepper and cook until softened.
3. Add the canned chopped tomatoes.
4. Add the drained beans to the tomato and vegetable mix and place in the bottom of a shallow dish.
5. Top with sliced potatoes and sprinkle with grated cheese.
6. Bake in the oven at 180°C / gas mark 4 or approx. 30 – 40 minutes until golden brown.

This recipe serves 4

VEGETABLE AND BAKED BEAN SOUP

Ingredients

1 tin chopped tomatoes
1 carrot – finely sliced
½ onion – finely diced
½ pepper – finely sliced
Tin baked beans
1 vegetable stock cube (optional)
500ml water
Salt (low salt) and pepper
Vegetable oil



Method

1. Heat the vegetable oil in a pan.
2. Add the diced onion and carrot, cook until soft. Drain off any oil.
3. Place all the ingredients into a saucepan and bring to the boil, stirring regularly.
4. Simmer for approx. 5 – 10 minutes.
5. Blitz thoroughly in a blender.

This recipe serves 2 – 3

RICE AND CHEDDAR STUFFED PEPPERS

Ingredients

4 bell peppers
128gm rice (uncooked)
64ml cups water
½ teaspoon salt
2 tablespoon butter
64gm finely chopped onion
256gm grated cheddar cheese
Salt (low salt) and pepper



Method

1. Cut the peppers in half lengthways. Remove the seeds and membranes while keeping the peppers and stems intact.
2. Place the peppers in a large saucepan of salted water.
3. Bring to the boil and cook for approx. 5 – 10 minutes or until just tender.
4. Drain and reserve the cooking liquid.
5. In a medium saucepan combine rice with 1½ cups of the water and ½ teaspoon salt.
6. Place the saucepan over a medium high heat and bring to the boil.
7. Reduce the heat to low, cover the pan and simmer for approx. 15 – 19 minutes, or until the rice is tender.
8. Remove the rice from the heat and let it stand for 5 minutes without removing the cover.
9. Fluff the rice with a fork.

Make the Filling

10. Put the butter in a pan and melt over a medium – low heat.
11. Add the onion and cook until softened and translucent.
12. Add the remaining ¾ cup of water and the cheddar cheese.
13. Stir until smooth and well blended.
14. Remove from the heat and add the rice. Season to taste with salt and pepper.

Assemble and Cook Peppers

15. Fill each of the pepper halves with the rice mixture and place on a baking tray.
16. Bake in the oven 180 °C / gas mark 4 for approx. 15 minutes.

This recipe serves 4

CHEESE COTTAGE PIE

Ingredients

500gm potatoes
160gm cheese
40gm onion
Salt (low salt) and pepper



Method

1. Peel, cook and mash the potatoes.
2. Grate the cheese and dice the onion.
3. Put the onion in a pan with a little water and cook until soft, drain off any excess water.
4. Mix all the ingredients together except some of the grated cheese, add salt and pepper to taste.
5. Place in an ovenproof dish and sprinkle with the remaining cheese.
6. Bake in the oven at 180°C / gas mark 4 for approx. 20 minutes.

This recipe serves 4

PIZZA TOASTIE

Ingredients

2 slices wholemeal bread
2 tablespoon tomato based sauce
20gm cheese – sliced



Method

1. Toast the slices of bread on both sides until golden brown.
2. On one side of the bread cover with the sauce to the edges and top with grated or sliced cheese.
3. Grill until the cheese melts.
4. Top with the other slice of toast and cut into 2 or 4 pieces.

This recipe serves 1

CHEESY BROCCOLI PASTA BAKE

Ingredients

280gm pasta
280gm broccoli cut into florets
25gm margarine
25gm plain flour
300ml milk
1 tablespoon mustard (optional)
140gm cheddar cheese – grated
Salt (low salt) and pepper



Method

1. Cook the pasta, adding the broccoli for the final 4 – 5 minutes and cooking until tender. Drain well.
2. Heat the margarine in a saucepan and stir in the plain flour. Cook for 1 minute then gradually add the milk, stirring well between each addition. Bring to the boil, stirring, simmer for 2 minutes before stirring in the mustard, half the cheese, season with salt and pepper.
3. Mix the pasta and broccoli into the sauce and spoon into ovenproof dish.
4. Heat the grill.
5. Scatter over the remaining cheese and place under a hot grill for 3 – 4 minutes until golden.

This recipe serves 4

TOMATO AND MIXED BEAN PASTA

Ingredients

200gm pasta
1 tablespoon oil
½ onion – diced
2 cloves crushed garlic
200gm mixed beans drained
400gm chopped tomatoes
Salt (low salt) and pepper



Method

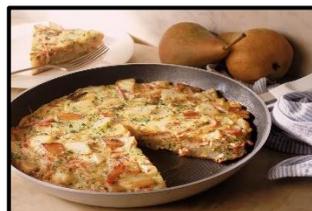
1. Cook pasta as per packet instructions.
2. Add oil, onion, and garlic in a large pan, cook until soft.
3. Add beans and tomatoes and turn down the heat. Cook for 5 – 10 minutes on a low heat until sauce thickens. Add salt and pepper to taste.
4. Serve sauce on top of the pasta or combine the pasta and sauce together.

This recipe serves 2

POTATO AND ONION FRITTATA

Ingredients

2 potatoes
½ onion
2 tablespoon oil
3 eggs
Salt and pepper to taste



Method

1. Peel the potatoes and slice very thinly (about ¼ inch thick) or cut them into ½ inch cubes.
2. Place the cut potatoes into a bowl and cover them with salted water.
3. Slice the onion thinly.
4. In a non-stick frying pan heat 1 tablespoon oil over a medium heat. Add the sliced onions and cook until they are soft and turning golden.
5. Drain the potatoes and pat them dry.
6. In a bowl toss the potatoes in the remaining tablespoon of oil and season with salt and pepper.
7. Add the potatoes to the onion in the pan.
8. Cover and cook the potatoes over a low heat until tender, stirring occasionally to keep them from sticking to the pan and burning.
9. In a large bowl whisk together the eggs and seasoning with salt and pepper.
10. Pour the egg mixture over the potatoes and onions.
11. Cook the mixture over a low heat until the eggs seem mostly set, being careful not to burn them.
12. Carefully flip the frittata – turn a plate upside down over the pan. Turn the pan over so that the frittata falls onto now the right side up plate.

This recipe serves 2

SIMPLE SPANISH OMELETTE

Ingredients

- 1 teaspoon oil
- ¼ red or yellow pepper – deseeded and chopped
- ¼ onion – finely chopped
- 1 or 2 eggs
- 1 tablespoon semi skimmed milk
- 20gm cheddar cheese – grated
- ½ small potato – peeled and diced
- 4 cherry tomatoes



Method

1. Place the diced potato in boiling water and cook for approx. 5 – 10 minutes. Remove from the heat and drain.
2. Heat half a teaspoon of oil in a non-stick frying pan. Add the peppers, onion and potatoes and stir fry for 3 – 4 minutes until soft. Once softened, tip into a bowl and wipe out the pan with kitchen paper.
3. Turn on the grill to preheat.
4. Beat the eggs and milk together in a bowl. Heat a few drops of oil in the frying pan over a medium heat on the hob and pour in the egg mixture. Cook for a minute to set the base.
5. Sprinkle the pepper and onion mixture evenly over the surface and top with grated cheese. Grill for 1 – 2 minutes to set the eggs and melt the cheese.

This recipe serves 1

TUNA AND PASTA SALAD

Ingredients

- 50gm dried pasta
- 1 teaspoon oil
- ½ lemon – juiced
- ¼ red pepper – chopped
- ¼ onion – sliced
- 1 small piece cucumber – chopped
- ½ tin sweetcorn – drained
- ½ tin tuna in spring water – drained



Method

1. Cook the pasta according to the packet instructions, drain and rinse with cold water to cool it quickly. Drain well.
2. Mix the oil and lemon juice together.
3. Add to the salad vegetables and tuna, then gently mix with the pasta.

This recipe serves 1

