

VERY BERRY BREAKFAST CRUMBLE

2 OF YOUR
5-A-DAY

£ 1.55 PER
PORTION

HIGH IN
FIBRE &
OMEGA-3



- * Rich in Vitamin C
- * Beta-glucan fibre in oats will keep you feeling fuller for longer. It also helps support your healthy gut bacteria.
- * Linseeds are a great plant source of Omega-3; essential for optimal brain and immune health
- * 80g of fruit counts towards 1 of your 5-A-Day

NOTES:

- Make in small, individual ramekins and use different berry/fruit combinations to keep the whole family happy!
- Why not cook up the mixture in the evening, pop the ramekin in the fridge overnight and bake it in the morning whilst you are getting ready?
- Swap out linseeds for a mix of pumpkin and sunflower seeds

Preparation Time: 5 minutes
Cooking Time: 10-15 minutes



Ingredients:
serves 1

80g frozen berries	2 tbsp linseeds or mixed seeds
Grated apple	1 heaped tsp butter
30g oats	Optional: 1tsp brown sugar

- Method:**
1. Preheat oven to Gas 6/200°C
 2. Place the frozen berries and apple in a ramekin and microwave for 30 seconds to slightly thaw the fruit
 3. Rub together the oats, butter and optional sugar
 4. Evenly sprinkle the oat mix on top of the fruit
 5. Bake in a hot oven for 10-15 minutes to bake the oats
 6. Serve with yoghurt for an extra protein hit!

PEA & MINT OATY FRITTERS

1 OF YOUR
5-A-DAY

99p PER
PORTION

SOURCE OF
FIBRE &
PROTEIN

Perfect for brunch



- * High in Vitamin B1 to support a healthy nervous system
- * Eggs are a great source of complete protein, essential vitamins & minerals and unsaturated fat
- * Vitamin D in eggs helps to absorb calcium and supports bone health
- * Oats are rich in beta-glucan fibre to support a healthy gut
- * 80g of frozen peas count towards 1 of your 5-A-Day

NOTES:

- Why not add crumbled feta into the fritter mixture for another layer of flavour

Preparation Time: 5 minutes
Cooking Time: 10-15 minutes



TO SERVE:

Top with avocado or fresh tomatoes for extra veg, or grilled halloumi, crumbled feta or chorizo for a protein hit

Ingredients: **serves 2**

1.5 cups/160g frozen
 peas, thawed
 Handful of chopped,
 fresh mint or 1 tsp
 mint sauce

2 eggs
 1/2 tsp baking
 powder
 2/3 cup/75g oats,
 blended into a flour
 2 tbsp milk
 3 tbsp plain flour

Method:

1. Thaw the peas in a bowl of boiling water
2. In a mixing bowl, combine the egg, mint and milk
3. Blend the oats with the baking powder into a rough flour
4. Add the oat mix to the wet mix
5. Crush or blend the peas before folding into the mix
6. Drop 1-2 tbsp of the mix into a heated frying pan with a drizzle of olive oil
7. Cook for 2-3 minutes on each side until golden brown

ROASTED PEPPER AND TOMATO SOUP

2 OF YOUR
5-A-DAY

£1.45 PER
PORTION

SOURCE OF
PROTEIN &
VITAMIN C



- * Vitamin A & C in red peppers help to support a strong immune system
- * Vitamin C also helps protect our cells and maintain healthy skin and bones
- * Consuming protein at lunchtime is a great way to keep your afternoon energy levels elevated
- * 80g of either tinned or frozen vegetables count towards 1 of your 5-A-Day

NOTES:

- Serve with wholemeal bread or croutons for a source of complex carbohydrates.
- Add a dollop of pesto to your bowl for the ultimate flavour combo!

Preparation Time: 10 minutes
Cooking Time: 55 minutes
Serves 4 PORTIONS



Ingredients:

1 red pepper	2tbsp olive oil
1 tin of whole sweet peppers, torn into smaller chunks	2 tbsp tomato puree
200g frozen peppers	300ml vegetable stock
1 tin of tomatoes (either chopped or whole)	125g pot of yoghurt
1/2 white onion	1tsp mixed herbs
2 small cloves of garlic	1tsp paprika
	2 tsp basil
	1/2 tsp balsamic vinegar
	Salt & pepper

Method:

1. Preheat oven to Gas 8/230°C
2. Chop up the fresh pepper and onion into large chunks
3. Throw the cut pepper, onion, peeled garlic cloves, frozen peppers, olive oil, mixed herbs, 1/2 tsp paprika and salt into a large roasting tin
4. After 40 minutes, add in tomato puree, tinned tomatoes, tinned peppers and basil
5. Return to the oven and cook for 10 minutes
6. Stir in the balsamic vinegar, 1/2 tsp paprika, salt and pepper to taste
7. Once cool, add the mixture to a blender
8. Whilst blending, add in the yoghurt followed by the vegetable stock to reach your preferred consistency

RICE NOODLE SALAD

2 OF YOUR
5-A-DAY

10 MINUTE
MEAL

HIGH IN
VITAMINS C
and K



- * Vitamin C helps to maintain healthy tissue and cell growth whilst supporting the health of blood vessels
- * Using seasonal vegetables not only reduces the cost but also improves the quality and taste of the dish
- * 80g of fresh vegetables count as 1 of your 5-A-Day

NOTES:

- Why not cook off the vegetables slightly in a wok before adding in the noodles, to create a warm stir fry
- Swap out any of the vegetables for those in season, or that you have laying around in the fridge



Preparation Time: 10 minutes
Cooking Time: N/A



Ingredients:
serves 2

2 portions of rice noodles
1 handful each of: carrot,
cucumber, red pepper,
cabbage, lettuce

For the dressing:

1 tbsp each of rice vinegar,
Soy sauce & olive oil
1 tsp sweet chilli sauce
Juice of 1/2 lime
Thumb-sized fresh grated or
minced ginger
Small clove fresh garlic

Method:

1. Thinly slice all the vegetables, using a peeler if necessary
2. Prepare the noodles as instructed on the packet
3. Make up the dressing by combining all ingredients in a bowl
4. Fold the vegetables into the noodles before drizzling on the dressing

Serve with: chopped cashew nuts or peanuts for some crunch or crushed chilli's for some heat

MEAT/FISH OPTION:

Serve with pan fried Tooth Fish cheeks, grilled chicken breast, or beef strips

BEEF AND LENTIL RAGU

4 OF YOUR
5-A-DAY

£2.20 PER
PORTION

HIGH IN
PROTEIN &
VITAMIN B12

Under 30 minute meal



- * Lentils are a good source of fibre, plant-based protein and B vitamins
- * B12 helps make new blood cells and supports a healthy nervous system
- * High in protein to help the maintenance and growth of normal muscles
- * 80g of lentils or vegetables count as 1 of your 5-A-Day

Three Serving Options:

- 1) Serve with wholewheat tagliatelle or spaghetti for a classic spag bol
- 2) Omit the balsamic and Worcester sauce. Add smoked paprika, cocoa powder and cumin, alongside kidney beans and serve with rice to make a chilli
- 3) Add some more paprika and top with mash potato before baking to make a shepherds pie.

Preparation Time: 15 minutes
Cooking Time: 15 minutes
Serves 4 PORTIONS



NOTES:

- **Top Tip:** dice the mushrooms, sun-dried tomatoes and carrots into tiny cubes so they are a similar size and texture to the mince

Ingredients:

1 white onion, finely diced
 1 large glove of garlic, crushed and chopped
 70g or 6 sun-dried tomatoes finely chopped into a paste
 1 tin mushrooms, drained and finely diced
 1 tin carrots, drained and finely diced
 3 tbsp tomato puree

500g pack of beef mince
 1 tin lentils, drained
 1 tin of plum tomatoes
 1 tsp Worcester sauce
 1/2 tsp each of balsamic vinegar and marmite
 Paprika
 1 tsp each of basil and oregano
 2 tsp rosemary
 Salt and pepper to season

Method:

1. In a large saucepan, sauté the onion and garlic until soft on a medium heat
2. Stir in the chopped sun-dried tomatoes followed by diced mushrooms, carrots and tomato puree. Cook for 2-3 minutes.
3. Add in the mince, and stir until the meat has browned
4. Once browned, add in the rest of the ingredients with 1 tin-full of water. Leave to simmer & thicken for 10 or more minutes before serving

BUTTERNUT SQUASH GNOCCHI BAKE

3 OF YOUR
5-A-DAY

£1.82 PER
PORTION

HIGH IN
VITAMINS K
and A



- * A twist on the classic potato gnocchi
- * Compared to fresh; frozen veg is a great way to reduce both costings and food waste
- * A good source of protein
- * The vitamin C from tomatoes helps to absorb the iron available in the spinach (and chorizo!); whilst B1 supports a healthy nervous system
- * 80g of frozen and tinned vegetables count as 1 of your 5-A-Day

NOTES:

- Add mozzarella to the dish before baking, for a cheesy twist
- For a meaty option, cook off some chorizo and add it to the marinara sauce before baking



Preparation Time: 5 minutes
Cooking Time: 10-15 minutes

Ingredients:
serves 2

Gnocchi

160g frozen butternut squash
1 medium sized potato
2/3 cup/85g plain flour
2 handfuls frozen spinach

Marinara Sauce:

1 white onion, finely diced
1 garlic clove, crushed and
finely chopped
1tbsp tomato puree
1 tin chopped tomatoes
Oregano, basil, salt & pepper



Method:

1. Cook the frozen butternut squash according to instructions, and boil the potato.
2. In a saucepan, heat olive oil before adding in diced white onion and crushed garlic. Cook until soft.
3. Add in tomato puree, tinned tomatoes and seasoning, along with 1/2 tin of water. Leave to simmer on a low heat
4. Once cooked, mash together the potato and butternut squash in a mixing bowl
5. Add in salt and pepper, before adding the flour bit by bit until a soft dough forms
6. Roll the dough on a floured surface into a large sausage, approx 1 cm thick, before cutting into approx 2cm long and press with the back of a fork
7. Heat a saucepan of hot water with salt before adding in the gnocchi balls. Cook until the gnocchi rises to the top of the pan
8. Add the spinach to the marinara sauce before transferring the sauce and gnocchi into an oven proof dish. Optional: top with cheese at this stage
9. Bake for 10-20 minutes to thicken the sauce

CRUDITÉS AND HUMMUS THREE WAYS

1 to 2 OF
YOUR 5-A-
DAY

UNDER £1
PER PORTION

SOURCE OF
PROTEIN &
FIBRE



- * Adding artichoke and beetroot, adds an extra serving of veg to this classic dip, as well as another level of flavour
- * Olive oil is a source of unsaturated fatty acids, helping us to absorb fat-soluble vitamins whilst supporting cardiovascular health
- * Beetroot is rich in folate for the development of healthy blood cells
- * 80g of chickpeas and tinned vegetables count as 1 of your 5-A-Day

NOTES:

Why not use up the leftovers to make a hummus and veg sandwich for your packed lunch?



ARTICHOKE HUMMUS:

Add in 1 400g tin of artichoke hearts

BEETROOT HUMMUS:

Omit the smoked paprika. Add in an extra tbsp lemon juice and 2 cooked beetroots

Preparation Time: 5-10 minutes

Cooking Time: None

SERVES 3 - 4 portions

Base Ingredients:

400g tin of chickpeas, drained & rinsed	Splash of water to thin
1 small garlic clove	Salt and pepper
2 tbsp olive oil	1 tsp smoked paprika
1 tbsp each of tahini and lemon juice	<i>Optional spice hit:</i> cayenne pepper

Method:

1. Place all the ingredients into a blender of food processor
2. Blend into a smooth consistency, adding water to thin it out if needed
3. Serve with crudité's of cucumber, peppers and carrots; or wholegrain crackers

RASPBERRY BLISS BALLS

2 OF YOUR
5-A-DAY

£1.10 PER
PORTION

HIGH IN
FIBRE.
SOURCE OF
PROTEIN



- * Dried fruits are a great source of iron and potassium, that help support blood pressure and oxygenation
- * 30g of dried fruit counts towards 1 of your 5-a-day
- * 80g of frozen berries count towards 1 of your 5-a-day
- * Snacking 2-4 times a day is a great way to get more variety and micronutrients into your diet, as well as a much needed boost of energy between meal times

NOTES:

- Store in the fridge for up to a week, ready to eat whenever you need an afternoon pick-me-up!

Preparation Time: 5 minutes
Cooking Time: N/A



Ingredients:
serves 1

80g frozen raspberries
 50g or 8 dates
 40g oats

Splash of milk or oat
 milk
 Optional: 2 tbsp
 desiccated coconut

Method:

1. In a blender or food processor, blitz the dates with a splash of milk to form a rough paste
2. Add in the raspberries, oats and optional coconut before blitzing to form a rough mixture. Add more milk if necessary to bring the mixture together
3. Form into balls of approx 1 tbsp of mixture

Roll in desiccated coconut for some added texture, or drizzle in white chocolate for added sweetness