

# Cook Your Own Takeaway





# Saying thank you to the people who helped to make this takeaways book



This cookbook was made by the learning disability dietetic team and paid for by money from Fife Food and Health Strategy Group. Thank you to:

- Fiona MacDonald, Nutritionist, Learning Disability Team
- Gail Brown, Specialist Dietitian, Learning Disability Team
- Elspeth Ryan, Specialist Dietitian, Learning Disability Team
- Liz Toal, Specialist Dietitian, Learning Disability Team
- Graeme Babbs, Senior Graphic Designer, Health Promotion Fife.

# Main dishes



Chicken biryani



Chicken curry



Prawn curry



Mixed vegetable & lentil curry



Beef chow mein



Sweet & sour pork with noodles



Turkey & pepper stir fry with rice



Meat pizza



Vegetable pizza



Beef burger



Chicken kebab



Chicken nuggets



Crispy fish & chips

# Side dishes



Coleslaw



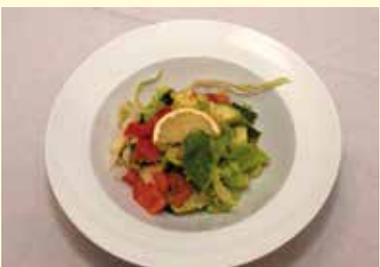
Naan bread



Potato wedges



Salsa



Simple salad



Vegetable samosa



Vegetable spring roll



Yoghurt dip (Raita)



# Introduction

People enjoy eating takeaway foods from their local Chinese or Indian restaurants, chip shops, kebab shops, pizza places and supermarkets.

Takeaway food tastes good but is often high in fat and calories which can make you put on too much weight and is bad for your health.

The recipes in this cookbook are much lower in fat and calories than many normal takeaway foods and what's more are easy and fun to make!

We have let you know the nutritional information for each recipe.

Try not to eat takeaway meals too often.

Enjoy...!

# Keeping things clean

- Wash your hands before you start cooking



- Put on an apron

- Keep the kitchen clean



- Cover up cuts and sores

- Keep chilled or frozen food in the fridge or freezer



- Keep other foods in cupboards

- Keep pets away from food



- Keep raw food and cooked food separate



- Check 'use by' dates.



# Chicken biryani



**Serves 3**

# Shopping list



Oil



2 onions



Garlic



2 tomatoes



Tomato puree



Chilli flakes



Curry powder or paste



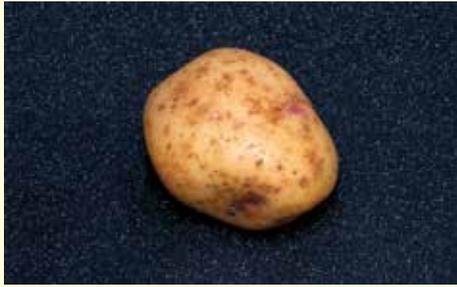
1 chicken breast



3 mushrooms



Frozen peas



1 medium potato



Basmati rice

### **Top Tip!**

This recipe can be made without using chicken. You can use any kind of meat or leave it out and use lots more vegetables.

# You will need



Frying pan/wok



Wooden spoon



Tablespoon



Teaspoon



Sharp knife for vegetables



Sharp knife for meat



Chopping board for vegetables



Chopping board for meat



1 tablespoon oil



2 medium onions



2 cloves of garlic



2 medium tomatoes



1 skinless chicken breast



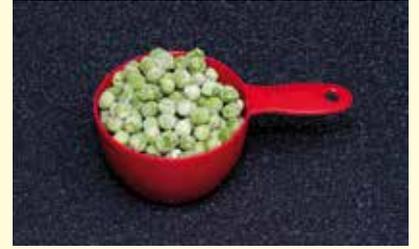
1 tablespoon tomato puree



1/2 teaspoon of chilli flakes



2 tablespoons curry powder or paste



1 cup frozen peas (4 tablespoons)



1 medium potato



3 mushrooms (cleaned)



3/4 cup of basmati rice (100g)

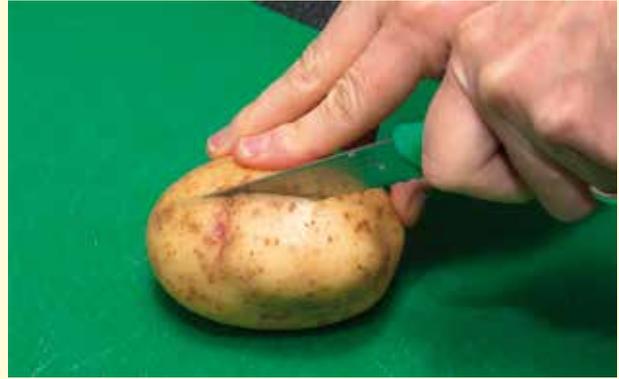


4 cups water (1000mls total)



# Method

Chop the potato into small chunks



Slice the mushrooms



Chop the tomato into small pieces



Cut both ends off the onion



Peel the onion



Chop the onion into small pieces



Peel the garlic



Chop the garlic into small pieces



Using another chopping board and knife, cut the chicken into chunks



Put the hob onto a medium heat



Add the oil to the frying pan



Add the onions



Cook for 5 minutes



Add the garlic



Add the chilli flakes



Add the tomato puree



Add the curry powder or paste



Add 1 cup of water (250mls)



Set the hob to low heat



Cook for 3 minutes



Add the chicken



Cook for 10 minutes, stirring all the time



Add the mushrooms, potatoes and tomatoes



Add 1 cup of water (250mls)



Cook on a low heat



For 5 minutes



Add the peas



Add the rice



Add 2 cups of water (500mls)



Stir well and cook for 15 minutes. Turn the hob off.



Serve with a simple salad and yoghurt dip. These recipes are in this book.



| <b>Nutritional information</b> | <b>Per serving (Chicken biryani)</b> |
|--------------------------------|--------------------------------------|
| Energy                         | 267Kcal                              |
| Protein                        | 15.1g                                |
| Carbohydrate                   | 39.1g                                |
| (of which sugars)              | 10.1g                                |
| Fat                            | 5.9g                                 |
| (of which saturates)           | 1g                                   |
| Fibre                          | 2.3g                                 |
| Sodium                         | 0.1g                                 |
| Salt                           | 0.2g                                 |

\*Analysed without accompaniments - salad and dip



# Chicken curry



**Serves 2**

# Shopping list



Oil



1 onion



Garlic



1 tomato



Tomato puree



Chilli flakes



Curry powder



1 chicken breast



1 pepper (any colour)



Low fat natural yoghurt



Basmati rice

### **Top Tip!**

If you don't like  
spicy food, just  
leave out the chilli  
flakes.

# You will need



Frying pan



1 saucepan



Tablespoon



Teaspoon



1 sharp knife for vegetables



1 sharp knife for meat



Wooden spoon



Chopping board for vegetables



Chopping board for meat



1 onion



2 cloves of garlic



1 tablespoon oil



1 tablespoon tomato puree



1/2 teaspoon of chilli flakes



1 tomato



3 teaspoons curry powder



4 tablespoons water



4 tablespoons low fat natural yoghurt



1 skinless chicken breast



1 pepper (any colour)



3/4 cup of basmati rice (100g)

# Method

Cut both ends off the onion



Peel the onion



Chop the onion into small pieces



Chop the tomato into small pieces



Peel the garlic



Chop the garlic into small pieces



Chop the top off the pepper



Remove the seeds and stalk



Chop the pepper



Using another chopping board, chop the chicken into chunks



Put the hob on to medium



Put the oil into the frying pan



Add the onions



Cook for 2 minutes



Add the garlic



Add the pepper



Add the tomato



Add the chilli flakes



Add the tomato puree



Add the curry powder



Cook for 3 minutes



Add 4 tablespoons of water to the frying pan and stir



Add the chicken



Set the hob to low heat



Cook for 15 minutes



Whilst the curry is cooking, set another ring to high heat.



Put a pan of boiling water on the hob



Add the rice to the water



Cook for 10-12 minutes  
Turn the hob off.



Drain the rice and put on the plate



Add the yoghurt to the curry and stir before serving





| <b>Nutritional information</b> | <b>Per serving (Chicken curry)</b> |
|--------------------------------|------------------------------------|
| Energy                         | 401 Kcal                           |
| Protein                        | 22.6g                              |
| Carbohydrate                   | 58.6g                              |
| (of which sugars)              | 15.1g                              |
| Fat                            | 8.8g                               |
| (of which saturates)           | 1.6g                               |
| Fibre                          | 3.5g                               |
| Sodium                         | 0.15g                              |
| Salt                           | 0.4g                               |

\*Analysed with 50g of uncooked basmati rice

# Prawn curry



**Serves 4**

# Shopping list



Oil



1 onion



Garlic



Green beans



Curry powder or paste



1 medium sweet potato



1 lemon



1 tin light coconut milk



1 small packet of cooked prawns



Basmati rice

# You will need



Frying pan/wok



Saucepan



Vegetable peeler



Wooden spoon



Tablespoon



Sharp knife for vegetables



Tin opener



Chopping board for vegetables



Small bowl



Measuring jug



Colander



2 cloves garlic



225g/1 small bag green beans



1 tablespoon curry paste or powder



1 medium sweet potato



2 tablespoons oil



Juice of 1 lemon



1 tin light coconut milk



1 small packet of  
cooked prawns



200g basmati rice



1 medium onion

## Top Tip!

To save money you could use any kind of frozen fish. Defrost in the fridge the night before you use it.

# Method

Cut both ends off the onion



Peel the onion



Chop the onion into small pieces



Peel the garlic



Chop the garlic into small pieces



Trim the tops from the green beans



Trim the other end



Chop the green beans in half



Peel the sweet potato



Cut the sweet potato into slices



Cut the slices into chunks



Cut the lemon in half



Squeeze the lemon into a bowl. Take out any pips from the bowl.



Turn the hob to a medium heat



Add the oil to the frying pan



Add the onion



Cook for 5 minutes



Add the green beans and garlic



Cook for 3 minutes



Add the curry paste



Add the sweet potato



Add the lemon juice



Add the coconut milk



Stir and bring to the boil



Turn the hob to a low heat



Cook for 10 minutes



Add the prawns



Cook for 10 minutes.  
Turn the hob off.



Whilst the curry is cooking:



Turn the hob to high heat



Put a pan of boiling water on the hob



Add rice to the water



Cook for 10-12 minutes.  
Turn the hob off.



Drain the rice and serve with the curry





| <b>Nutritional information</b> | <b>Per serving (Prawn curry)</b> |
|--------------------------------|----------------------------------|
| Energy                         | 428Kcal                          |
| Protein                        | 17g                              |
| Carbohydrate                   | 52.4g                            |
| (of which sugars)              | 6.3g                             |
| Fat                            | 16.7g                            |
| (of which saturates)           | 9.7g                             |
| Fibre                          | 2.5g                             |
| Sodium                         | 0.7g                             |
| Salt                           | 1.8g                             |

\*Analysed using curry paste and basmati rice

# **Mixed vegetable & lentil curry**



**Serves 2**

# Shopping list



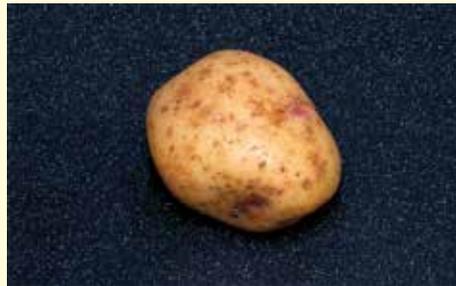
Garlic



Onion



Small cauliflower



Large potato



2 carrots



1 courgette



Lentils



Mushrooms



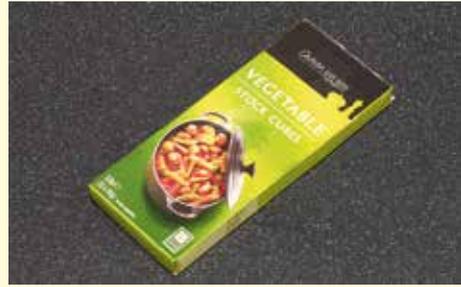
Curry powder



Chilli flakes



Oil



Vegetable stock cubes



frozen peas

## **Top Tip!**

You can add any vegetables you like to this recipe and use leftover vegetables from your fridge.

# You will need



Saucepan with lid



Tablespoon



Wooden spoon



Teaspoon



Sharp knife



Chopping board



2 mixing bowls



1 cup (250mls)



1 cup (125mls)



1 small cauliflower



1 large potato



2 carrots



1 courgette



4 mushrooms cleaned



1 125ml cup red lentils  
(100g)



1 tablespoon curry  
powder



1 teaspoon chilli flakes



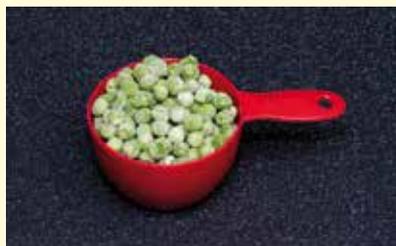
2 tablespoons oil



1 vegetable stock cube



3 cups water (750ml  
total)



1 cup frozen peas  
(4 tablespoons)



2 cloves of garlic



1 onion

# Method

Take the leaves off the cauliflower



Cut it in half



Cut the core out



Cut it into slices



Break it into chunks



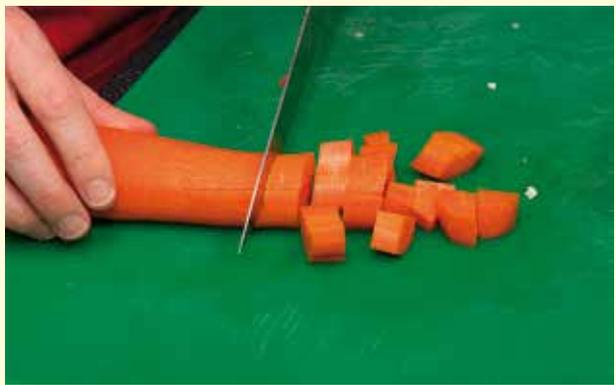
Peel the carrots



Cut off both ends



Cut into small pieces



Cut both ends off the courgette



Cut in half



Cut into chunks



Slice the mushrooms



Put all of these in a mixing bowl



Peel the garlic



Chop the garlic into small pieces



Cut both ends off the onion



Peel the onion



Chop the onion into small pieces



Put the onion in a mixing bowl



Turn the hob to a medium heat



Put the oil in the saucepan



When the oil is hot, add the garlic and onion



Cook for 5 mins. Keep stirring.



Add the chunky vegetables



Add the curry powder



Add the chilli flakes. Mix well



Cook for another 3 minutes.  
Keep stirring



Add the lentils



Add 3 cups of water



Add the stock cube - crumble this



Add the frozen peas



Put the lid on and cook for 25-30 minutes.



Turn the hob off.

Serve with rice or a naan bread (the recipes are in this book)



| <b>Nutritional information</b> | <b>Per serving (Mixed vegetable and lentil curry)</b> |
|--------------------------------|---|
| Energy                         | 345Kcal   |
| Protein                        | 13.2g   |
| Carbohydrate                   | 44.8g   |
| (of which sugars)              | 12g   |
| Fat                            | 14g   |
| (of which saturates)           | 7.4g  |
| Fibre                          | 7.3g  |
| Sodium                         | 0.64g   |
| Salt                           | 1.6g  |

\*Analysed without rice or naan bread

# **Beef chow mein**



**Serves 2**

# Shopping list



350g/1 small pack beef stir fry



Garlic



Ginger



Chilli flakes



Light soy sauce



Tomato puree



Noodles



Broccoli



Oil



Spring onions



Fish/oyster sauce



Beansprouts

## **Top Tip!**

Leftover beansprouts can be used to make spring rolls. The recipe is in this book.

# You will need



Frying pan/wok



Saucepan



Vegetable peeler



Wooden spoon



Tablespoon



Teaspoon



Sharp knife



Chopping board for vegetables



Colander



Mixing bowl



1 block noodles



2 cloves garlic



1 teaspoon ginger



1/2 teaspoon chilli flakes



1 teaspoon soy sauce



1 tablespoon tomato puree



1 tablespoon oil



1 tablespoon fish/oyster sauce



3 large broccoli florets



1 small carrot



350g/1 small pack beef stir fry



2 handfuls bean sprouts



2 spring onions

# Method

Peel the garlic



Chop the garlic into small pieces



Put the garlic into a mixing bowl



Add the chilli flakes



Add the ginger



Add the soy sauce



Add the tomato puree



Add the beef



Mix well. Leave to one side



Chop the stalk from the broccoli.  
Throw the stalk away



Cut the head in half



Cut into florets



Cut the florets into pieces



Peel the carrot



Cut the carrot in half



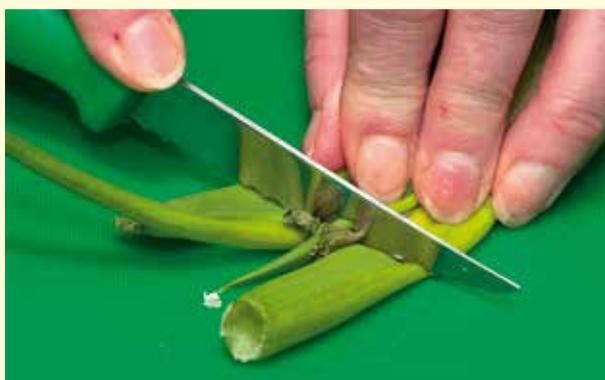
Cut the carrot into long sticks



Cut the end off the spring onions



Trim the other end



Chop into small pieces



Put the hob on a medium heat



Add oil to the frying pan



Add the beef to the frying pan



Fry for 5 minutes or until the meat is brown



Add the broccoli, carrot, beansprouts and spring onions to the pan



Cook for 5 minutes



Add the fish/oyster sauce



Add 4 tablespoons of water



Stir well for 2 minutes. Turn the hob off



Whilst the beef is cooking:  
Turn a hob to high heat



Put a pan of boiling water on the hob



Add the noodles to the pan



Cook for 5 minutes.  
Turn the hob off



Drain the noodles



Add the noodles to the beef and stir well





| <b>Nutritional information</b> | <b>Per serving (Beef chow mein)</b> |
|--------------------------------|-------------------------------------|
| Energy                         | 558Kcal                             |
| Protein                        | 50.4g                               |
| Carbohydrate                   | 45.6g                               |
| (of which sugars)              | 8.8g                                |
| Fat                            | 20.7g                               |
| (of which saturates)           | 6.2g                                |
| Fibre                          | 5.1g                                |
| Sodium                         | 0.47g                               |
| Salt                           | 1.2g                                |



# **Sweet & sour pork with noodles**



**Serves 4**

# Shopping list



2 pork loin steaks



Spring onions



2 peppers (any colour)



1 small tin pineapple rings/  
chunks in juice



130g 1 small pack baby corn



Garlic



Tomato ketchup



Oil



Ginger



Light soy sauce



Noodles

## **Top Tip!**

You can use pork, chicken  
or beef for this recipe.

# You will need



Frying pan/wok



Saucepan



Tin opener



Wooden spoon



Tablespoon



Teaspoon



Sharp knife for vegetables



Sharp knife for meat



Chopping board for vegetables



Chopping board for meat



Small bowl



Colander



6 spring onions



2 peppers (any colour)



2 lean pork steaks



130g/1 small pack  
baby corn



2 tablespoons tomato  
ketchup



1 teaspoon ginger



2 tablespoons light soy  
sauce



1 clove garlic



2 layers of noodles



1 tablespoon oil



1 small tin pineapple  
chunks/rings in juice



Pineapple juice (from  
the tin)

# Method

Chop the tops from the spring onions



Trim the other ends



Chop the spring onion into small pieces and put in the bowl



Cut the tops off the peppers



Remove the stalk and seeds from the pepper



Chop peppers into chunks and put in the bowl



Drain pineapple juice from the tin and keep for later



Cut the pineapple into chunks if you need to and put in the bowl



Cut the baby corn into chunks and put in the bowl



Peel the garlic



Chop the garlic into small pieces



On a different chopping board, cut the pork into thick strips



Turn the hob onto medium heat



Add oil to the frying pan



Add the garlic and pork and cook until the pork is brown



Add the baby corn, spring onions, peppers and pineapple chunks from the bowl



Cook for 3 minutes



Add the ginger to the frying pan



Add the ketchup to the frying pan



Add the pineapple juice.



Add the soy sauce



While the pork is cooking:  
Put a pan of boiling water on the hob



Add the noodles



Cook for 3 minutes



Drain the noodles



Add to the frying pan



Mix together and serve





| <b>Nutritional information</b> | <b>Per serving (Sweet and sour pork)</b> |
|--------------------------------|--|
| Energy                         | 378Kcal                                  |
| Protein                        | 24.6g                                    |
| Carbohydrate                   | 49.8g                                    |
| (of which sugars)              | 15.3g                                    |
| Fat                            | 10.2g                                    |
| (of which saturates)           | 2.6g                                     |
| Fibre                          | 3.9g                                     |
| Sodium                         | 0.24g                                    |
| Salt                           | 0.6g                                     |

\*Analysed with noodles



# **Turkey & pepper stir fry with rice**



**Serves 1**

# Shopping list



Packet of turkey breast



1 pepper (any colour)



Oil



Garlic



Spring onions



Light soy sauce



Orange juice



Ginger



Sweet chilli sauce



Brown rice

# You will need



Frying pan/wok



Saucepan



Vegetable peeler



Wooden spoon



Tablespoon



Teaspoon



Sharp knife for vegetables



Sharp knife for meat



Chopping board for vegetables



Chopping board for meat



Colander



Mixing bowl



Cheese grater

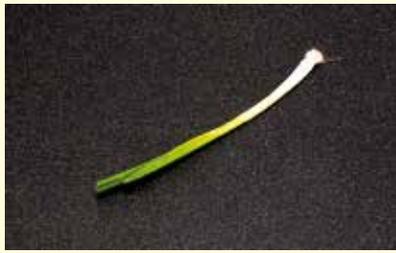


2 tablespoons oil





1 pepper (any colour)



1 spring onion



1 tablespoon light soy sauce



2 tablespoons water



1 teaspoon ginger



1 tablespoon sweet chilli sauce



1/3 cup brown rice (50g)



1 turkey breast



3 tablespoons orange juice



1 clove garlic

# Method

Turn the hob to a high heat



Put a pan of boiling water on the hob



Add the rice to the water. Bring to the boil.



Turn down to low heat



Cook for 30 minutes



Peel garlic



Chop garlic into small pieces



Cut the top off the pepper



Remove the seeds and stalk



Slice the pepper



Chop the end off a spring onion



Trim the other end



Chop the spring onion



On another chopping board, cut the turkey into chunks



Turn the hob to a medium heat



Add the oil to the frying pan/wok



Add the garlic and turkey to the pan



Cook for 5 minutes, stirring all the time



Add the spring onion



Add the pepper



Cook for 2 minutes



Add the orange juice



Add the soy sauce



Add the ginger



Add the chilli sauce



Stir this well



Cook for 5 minutes. Turn the hob off



Drain the rice and serve with the turkey





| <b>Nutritional information</b> | <b>Per serving (Stir fry)</b> |
|--------------------------------|-------------------------------|
| Energy                         | 472Kcal                       |
| Protein                        | 33.9g                         |
| Carbohydrate                   | 66.6g                         |
| (of which sugars)              | 23.5g                         |
| Fat                            | 9.5g                          |
| (of which saturates)           | 1.8g                          |
| Fibre                          | 4.2g                          |
| Sodium                         | 0.85g                         |
| Salt                           | 2.1g                          |

# Meat pizza



**Serves 2**

# Shopping list



Self raising flour



Salt



Dried mixed herbs



Margarine



Semi skimmed milk



Tomato puree



Half a pepper (any colour)



Mushrooms



Tomato



Cheese



55g/2 slices of cooked ham/  
chicken/cold meat

## **Top Tip!**

If you have leftover wraps,  
naan bread or pitta bread,  
use these as a quick base for  
your pizza.

# You will need



Wooden spoon



Tablespoon



Teaspoon



Sharp knife for vegetables



Chopping board for vegetables



Large mixing bowl



Spatula



Non-stick baking tray



Cheese grater



Rolling pin



Oven gloves



1 cup self raising flour  
(10 tablespoons)



2 teaspoons mixed herbs



1 tablespoon margarine



3 tablespoons semi skimmed milk



3 tablespoons water



2 tablespoons tomato puree



3 mushrooms (cleaned)



Half a pepper (any colour)



1 cup of cheese (50g)



55g or 2 slices of cooked ham/chicken/cold meat



1 tomato



1 pinch of salt

# Method

Turn the oven to 200°C or gas mark 6



Put the flour in the bowl



Add the salt



Add the dried mixed herbs



Rub in the margarine



Stir in the milk



Stir in the water.



Make a smooth dough. If it's too sticky add a bit more flour



Sprinkle some flour on the work surface and put the dough on it



Using the rolling pin, roll out the dough



Place dough onto the baking tray



Spread tomato puree on the pizza base



Slice the mushrooms



Remove the seeds and stalk from the pepper



Slice the pepper into thin pieces



Slice the tomato thinly



Put the mushrooms on the pizza base



Add the peppers



Add the tomato



Chop the cold meat into chunks and add to the pizza



Using the cheese grater, grate the cheese



Put the grated cheese on top of the pizza



Sprinkle the dried mixed herbs over the pizza.



Put the pizza in the oven.



Cook for 10-15 minutes or until the crust is golden brown



Turn the oven off



| <b>Nutritional information</b> | <b>Per serving (1/2 pizza)</b> |
|--------------------------------|--------------------------------|
| Energy                         | 438Kcal                        |
| Protein                        | 18.8g                          |
| Carbohydrate                   | 45g                            |
| (of which sugars)              | 7.3g                           |
| Fat                            | 21.6g                          |
| (of which saturates)           | 8.3g                           |
| Fibre                          | 3.4g                           |
| Sodium                         | 0.9g                           |
| Salt                           | 2.3g                           |



# Vegetable pizza



**Serves 2**

# Shopping list



Self raising flour



Salt



Dried mixed herbs



Margarine



Semi skimmed milk



Tomato puree



Pepper (any colour)



Mushrooms



Tomato



Cheese

# You will need



Wooden spoon



Teaspoon



Tablespoon



Sharp knife for vegetables



Chopping board for vegetables



Large mixing bowl



Spatula



Non-stick baking tray



Cheese grater



Rolling pin



Oven gloves



1 pinch of salt



2 teaspoons mixed herbs



1 tablespoon margarine



3 tablespoons semi skimmed milk



3 tablespoons water



3 mushrooms (cleaned)



2 tablespoons tomato puree



1/2 a pepper



1 tomato



1 cup (50g) cheese



1 cup self raising flour (or 10 tablespoons)

## Top Tip!

If you have leftover wraps, naan bread or pitta bread, use these as a quick base for your pizza.

# Method

Turn the oven to 200°C or gas mark 6



Put the flour in the bowl



Add the salt



Add the mixed dried herbs



Rub in the margarine



Stir in the milk



Stir in the water



Make a smooth dough. If it's too sticky add a bit more flour



Sprinkle some flour on the work surface and put the dough on it.



Using the rolling pin, roll out the dough



Place dough onto the baking tray



Spread tomato puree on the pizza base



Slice the mushrooms



Remove the seeds and stalk from the pepper



Slice pepper into thin pieces



Slice the tomato thinly



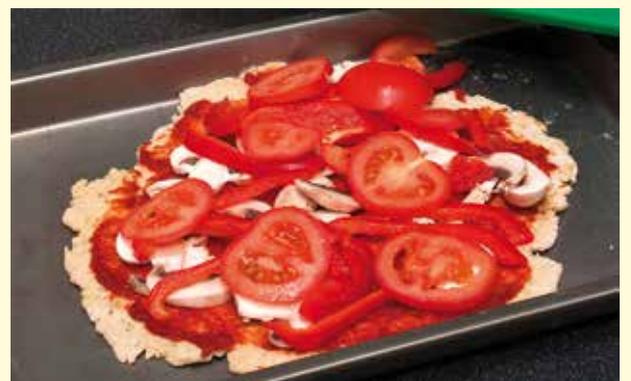
Put the mushrooms on the pizza base



Add the peppers



Add the tomato



Using the cheese grater, grate the cheese



Put the grated cheese on top of the pizza



Sprinkle the dried mixed herbs over the pizza



Put the pizza in the oven.



Cook for 10-15 minutes or until the crust is golden brown.

Turn the oven off





| <b>Nutritional information</b> | <b>Per serving (1/2 pizza)</b> |
|--------------------------------|--------------------------------|
| Energy                         | 409Kcal                        |
| Protein                        | 13.7g                          |
| Carbohydrate                   | 44.8g                          |
| (of which sugars)              | 7.0g                           |
| Fat                            | 20.7g                          |
| (of which saturates)           | 8.0g                           |
| Fibre                          | 3.4g                           |
| Sodium                         | 0.6g                           |
| Salt                           | 1.5g                           |

# Beef burger



**Serves 1**

# Shopping list



125g/half a small pack of lean beef mince



Onion



Black pepper



Bread roll

# You will need



Wooden spoon



Teaspoon



Sharp knife for vegetables



Chopping board for vegetables



Large mixing bowl



Spatula



Non-stick baking tray



Oven gloves



125g half a small pack of lean beef mince



Pinch of black pepper



Bread roll



1/4 of an onion

## Top Tip!

For added flavour you can add 1 teaspoon of curry powder to your burger **or** a splash of Worcestershire sauce.

# Method

Turn the oven on at 200°C or gas mark 6



Put the mince in the bowl



Chop the onion in half



Chop half of the onion in half again



Peel a quarter of the onion



Chop into small pieces



Add the onion to the mince



Add a pinch of black pepper



Mix using your hands or a spoon



Shape into a round burger



Put burger onto a baking tray and put in the oven



Cook for 15-20 minutes



Cut the burger. There should be no pink meat.  
Turn the oven off.



Serve in a wholemeal bread roll with salad, potato wedges and coleslaw.

The recipes are in this book.



| <b>Nutritional information</b> | <b>Per serving<br/>(1 burger on a bread roll)</b> |
|--------------------------------|---|
| Energy                         | 342 Kcal  |
| Protein                        | 32.6g   |
| Carbohydrate                   | 23.7g   |
| (of which sugars)              | 2.4g  |
| Fat                            | 13.6g   |
| (of which saturates)           | 5.4g  |
| Fibre                          | 2.4g  |
| Sodium                         | 0.37g   |
| Salt                           | 0.9g  |

\*Analysed without salad, wedges or coleslaw

# Chicken kebab



**Serves 1**

# Shopping list



Pitta bread



1 chicken breast



Cajun spice



Oil



Iceberg lettuce



Onion



1 tomato

## Top Tip!

If you don't like spicy food,  
replace the Cajun spice  
with 1 teaspoon of paprika  
instead.

# You will need



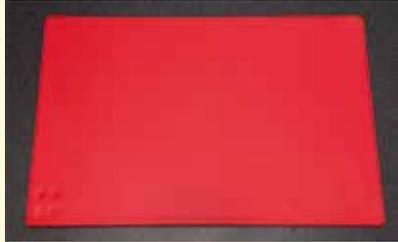
Sharp knife for vegetables



Sharp knife for meat



Chopping board for vegetables



Chopping board for meat



2 mixing bowls



Non-stick baking tray



Oven gloves



1 chicken breast



¼ iceberg lettuce



¼ of an onion



1 medium tomato



1 pitta bread



1 teaspoon Cajun spice



1 tablespoon oil

# Method

Turn the oven on to 200°C or gas mark 6



Cut the chicken in half



Put the oil in a bowl



Add the cajun spice mix to the same bowl



Mix them together



Add the chicken and mix well



Oil a baking tray



Rub the oil all over the tray



Put the chicken on the baking tray. Place in the oven



Cook for 20 mins



**Whilst the chicken is cooking:**  
Chop the lettuce into thin slices



Chop the onion in half



Chop half of the onion in half again



Peel a quarter of the onion



Chop into small pieces



Cut the tomato in half



Chop into small pieces



Put the lettuce, tomato and onion in a bowl and mix well



Put the pitta bread into the oven



Cook for 5 minutes



Take the chicken and pitta bread out of the oven.

Turn the oven off



Cut into the chicken to check there is no pink meat. If there is, cook it a little longer



Cut the chicken into chunks



Slice the pitta bread



Fill the pitta bread with the chicken.

Serve with the salad on the side.  
Serve with some salsa and yoghurt dip (raita). The recipes are in this book.



| <b>Nutritional information</b> | <b>Per serving (Chicken kebab)</b> |
|--------------------------------|------------------------------------|
| Energy                         | 521Kcal                            |
| Protein                        | 51.5g                              |
| Carbohydrate                   | 58.7g                              |
| (of which sugars)              | 8.3g                               |
| Fat                            | 10.5g                              |
| (of which saturates)           | 1.9g                               |
| Fibre                          | 3.9g                               |
| Sodium                         | 0.49g                              |
| Salt                           | 1.2g                               |

Analysed without the Cajun spice

# Chicken nuggets



**Serves 2**

# Shopping list



Reduced calorie mayonnaise



2 chicken breasts



Breadcrumbs



Oil



Weetabix

# You will need



2 mixing bowls



Non-stick baking tray



Sharp knife for meat



2 tablespoons  
mayonnaise



Chopping board for  
meat



2 skinless chicken  
breasts



1 teaspoon oil



2 weetabix



4 tablespoons  
breadcrumbs





Oven gloves

### **Top Tip!**

Frozen chicken could save you some money! Just remember to defrost in the fridge the night before.

# Method

Turn the oven to 220°C or gas mark 7



Put the weetabix in a bowl and crush it up



Add the breadcrumbs and mix together



Cut the chicken into chunks



Put the chicken into a different bowl



Add the mayonnaise to the chicken and mix



Add the breadcrumbs and weetabix to the chicken and mix well



Oil a baking tray



Rub the oil all over the tray



Put the chicken pieces on the baking tray. Put the tray in the oven



Cook for 10 mins.  
Turn the oven off.



Serve with a baked potato and a simple salad. The salad recipe is in this book.



| <b>Nutritional information</b> | <b>Per serving (Chicken nuggets)</b> |
|--------------------------------|--------------------------------------|
| Energy                         | 350Kcal                              |
| Protein                        | 45.2g                                |
| Carbohydrate                   | 26.1g                                |
| (of which sugars)              | 2.3g                                 |
| Fat                            | 7.9g                                 |
| (of which saturates)           | 0.9g                                 |
| Fibre                          | 1.9g                                 |
| Sodium                         | 0.3g                                 |
| Salt                           | 0.8g                                 |

\*Nuggets only - analysed without potato or salad

# **Crispy fish & chips**



**Serves 2**

# Shopping list



2 white fish fillets



Breadcrumbs



Eggs



Frozen peas



Oil



2 large potatoes

# You will need



Small saucepan



Large mixing bowl



Colander



Wooden spoon



Tablespoon



Teaspoon



Sharp knife for vegetables



Chopping board for vegetables



Fork



2 plates



Oven gloves



Kettle



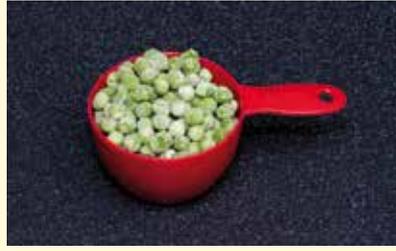
Non-stick baking tray



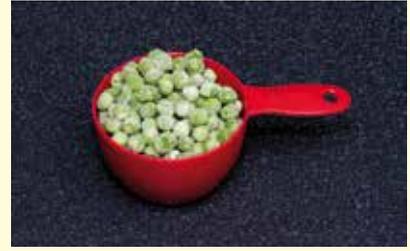
2 large potatoes



2 white fish fillets



2 cups of frozen peas



3 teaspoons oil



1 tablespoon oil



1 egg



4 tablespoons of  
breadcrumbs



### **Top Tip!**

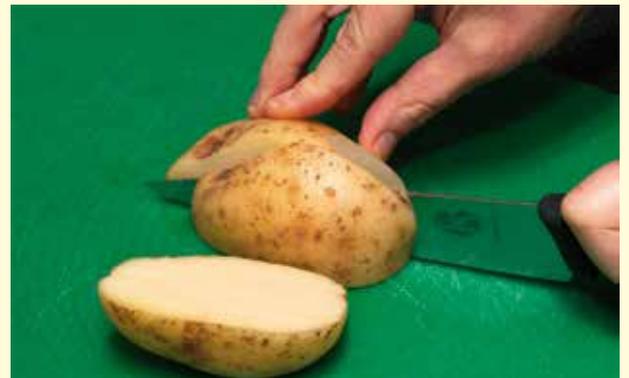
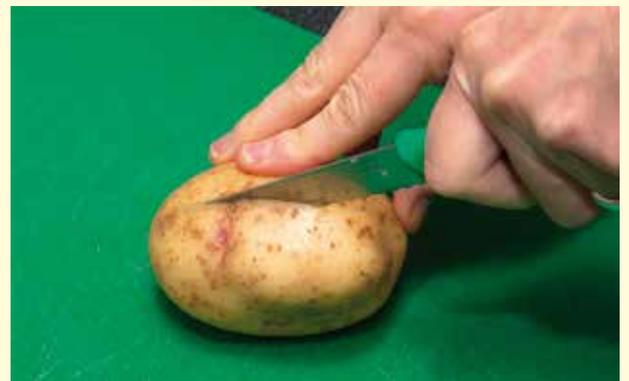
Serve the fish with a big squeeze of lemon juice. You can also use frozen fish, just remember to defrost it in the fridge the night before.

# Method

Turn the oven to 200°C or gas mark 6



**For the chips:**  
Chop potatoes into thick chips



Put the chips into a bowl



Add 1 tablespoon of oil and mix



Oil a baking tray



Rub the oil all over the tray



Put the chips on the baking tray and leave to one side



**For the fish:**  
Put the breadcrumbs on a plate and spread out



Break the egg onto another plate and whisk with a fork



Dip the fish into the egg and cover both sides



Dip the fish into the breadcrumbs and cover both sides well



Oil the second baking tray



Rub the oil all over the tray



Put the fish on this baking tray and drizzle with a little more oil



Put the fish into the oven



Put the chips into the oven



Cook both at the same time for 20 minutes until the fish and chips are golden



**Whilst the fish and chips are cooking:**  
Put the peas in a saucepan



Cover with boiling water from the kettle



Turn the hob to a high heat and cook the peas for 5 minutes



Turn the hob off. Drain the peas



Take the fish and chips out of the oven. Turn off the oven. Serve together.





| <b>Nutritional information</b> | <b>Per serving (Fish and chips)</b> |
|--------------------------------|-------------------------------------|
| Energy                         | 557Kcal                             |
| Protein                        | 40.4g                               |
| Carbohydrate                   | 77.8g                               |
| (of which sugars)              | 5.7g                                |
| Fat                            | 11.6g                               |
| (of which saturates)           | 1.7g                                |
| Fibre                          | 7.4g                                |
| Sodium                         | 0.3g                                |
| Salt                           | 0.7g                                |



# Coleslaw



**Serves 4**

# Shopping list



White cabbage



2 medium carrots



Onion



Light mayonnaise



Low fat natural yoghurt

## Top Tip!

You can also add 2 tablespoons of raisins or 1 grated apple to this recipe.

# You will need



Vegetable peeler



2 tablespoons



Sharp knife for vegetables



Chopping board for vegetables



Mixing bowl



Cheese grater



2 medium carrots



½ onion



2 tablespoons light mayonnaise



¼ white cabbage



3 tablespoons low fat natural yoghurt



# Method

Remove any dirty leaves from the cabbage and throw them away



Remove the core



Slice the cabbage very thinly



Half the onion, then peel it



Cut the top and bottom off



Chop the onion into small pieces



Peel the carrots



Cut off both ends



Grate the carrots



Add the cabbage to the mixing bowl



Add the carrots



Add the onion



Add the mayonnaise



Add the yoghurt



Mix everything together





| <b>Nutritional information</b> | <b>Per serving (Coleslaw)</b> |
|--------------------------------|-------------------------------|
| Energy                         | 97Kcal                        |
| Protein                        | 0.3g                          |
| Carbohydrate                   | 10.5g                         |
| (of which sugars)              | 9.1g                          |
| Fat                            | 5.2g                          |
| (of which saturates)           | 0.2g                          |
| Fibre                          | 2.2g                          |
| Sodium                         | 0.2g                          |
| Salt                           | 0.5g                          |

# **Naan bread**



**Serves 6**

# Shopping list



Self raising flour



Salt



Sugar



Eggs



Oil

# You will need



Frying pan/wok



Tablespoon



Teaspoon



Mixing bowl



1 cup



Rolling pin



210 mls of water (14 tablespoons)



2 cups self raising flour (300g)



1 teaspoon sugar



2 tablespoons oil



Pinch of salt



1 egg

# Method

Put the flour into the bowl



Add the salt



Add the oil



Add the sugar



Break the egg into the mixture



Add the water



Mix to make a soft dough



Tip out the mixture and knead it





Make 6 equal balls



Roll the balls into a flat circle shape



Turn the hob to a medium heat



Dry fry the naan bread in a non-stick wok or frying pan until you see dark coloured bubbles



Turn the naan over and cook until brown.

Turn hob off





| <b>Nutritional information</b> | <b>Per serving (1 naan bread)</b> |
|--------------------------------|-----------------------------------|
| Energy                         | 212Kcal                           |
| Protein                        | 5.5g                              |
| Carbohydrate                   | 38.5g                             |
| (of which sugars)              | 1.4g                              |
| Fat                            | 5.2g                              |
| (of which saturates)           | 0.8g                              |
| Fibre                          | 1.5g                              |
| Sodium                         | 0.2g                              |
| Salt                           | 0.6g                              |

# Potato wedges



**Serves 2**

# Shopping list



2 large potatoes



Oil



Paprika

# You will need



Tablespoon



Sharp knife for vegetables



Chopping board for vegetables



Mixing bowl



Non-stick baking tray



Oven gloves



2 large potatoes (washed)



1 tablespoon oil



1 tablespoon paprika

# Method

Turn the oven on to 200 degrees or gas mark 6



Cut each potato into wedges



Put the potatoes into the bowl



Add the oil



Add the paprika and mix



Oil a baking tray



Put the wedges onto the baking tray.  
Place the tray in the oven.



Cook for 25 minutes.  
Turn the oven off.





| <b>Nutritional information</b> | <b>Per serving (Potato wedges)</b> |
|--------------------------------|------------------------------------|
| Energy                         | 214Kcal                            |
| Protein                        | 4.4g                               |
| Carbohydrate                   | 38.1g                              |
| (of which sugars)              | 1.3g                               |
| Fat                            | 5.9g                               |
| (of which saturates)           | 0.6g                               |
| Fibre                          | 2.9g                               |
| Sodium                         | 0.01g                              |
| Salt                           | 0.03g                              |

\*Analysed without seasonings

# Salsa



**Serves 2**

# Shopping list



3 medium tomatoes



Fresh coriander



Garlic



Lemon



Red onion

# You will need



2 small bowls



Sharp knife for vegetables



Chopping board for vegetables



1 handful fresh coriander



1 garlic clove



Juice of 1 lemon



1 small red onion



3 medium tomatoes

## Top Tip!

If you like it spicy, add 1/4 teaspoon chilli powder/ chilli flakes and mix well.

# Method

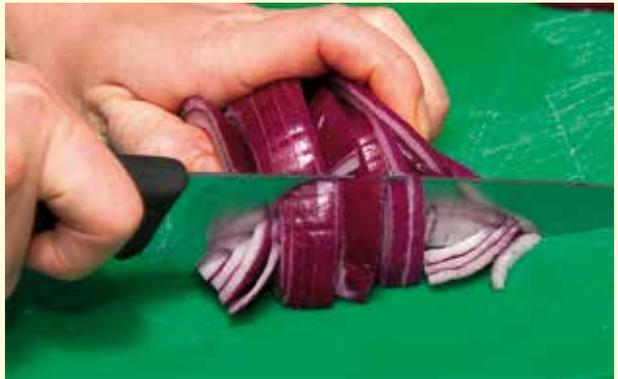
Chop the tomatoes into small pieces



Peel the onion



Chop the onion into small pieces



Peel the garlic



Chop the garlic into small pieces



Chop the coriander into small pieces



Put all the ingredients into a bowl



Cut the lemon in half



Squeeze the lemon into the bowl.  
Take out any pips from the bowl.



Stir the salsa and put it in the fridge until  
you are ready to eat it.



| <b>Nutritional information</b> | <b>Per serving (Salsa)</b> |
|--------------------------------|----------------------------|
| Energy                         | 35Kcal                     |
| Protein                        | 1.4g                       |
| Carbohydrate                   | 6.7g                       |
| (of which sugars)              | 5.9g                       |
| Fat                            | 0.5g                       |
| (of which saturates)           | 0.1g                       |
| Fibre                          | 1.7g                       |
| Sodium                         | 0.01g                      |
| Salt                           | 0.03g                      |



# Simple salad



**Serves 6**

# Shopping list



Lettuce



4 tomatoes



Half a cucumber



1 pepper (any colour)



Spring onions



French salad dressing

# You will need



Tablespoon



Chopping board for vegetables



Sharp knife



Mixing bowl



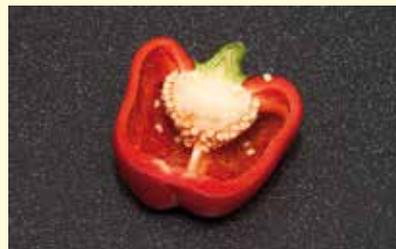
1/2 lettuce



4 tomatoes



1/4 cucumber



1/2 pepper (any colour)



2 spring onions



2 tablespoons French salad dressing



# Method

Cut the lettuce into thin slices



Cut the tomatoes into chunks



Cut the cucumber into chunks



Cut the top off the pepper



Remove the stalk and seeds from the pepper



Chop the pepper



Cut the end off the spring onions



Trim the other end



Chop the spring onions



Put the lettuce in the bowl



Add the tomatoes



Add the cucumber



Add the spring onions



Add the French dressing



Mix well

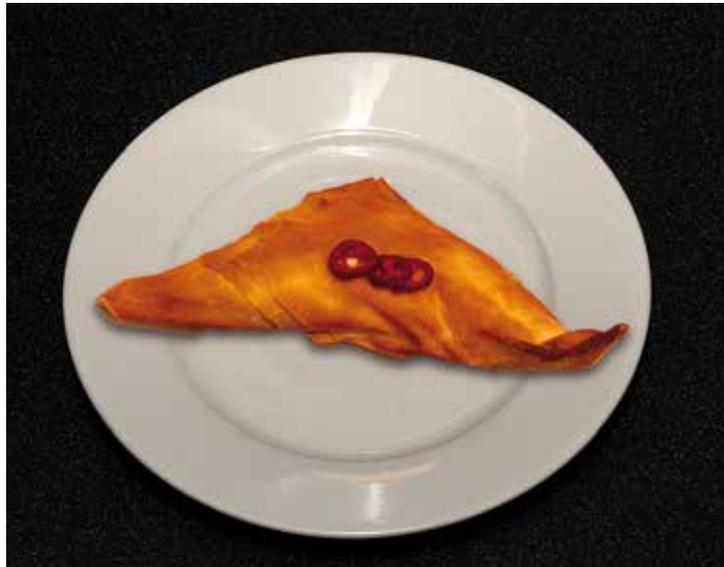




| <b>Nutritional information</b> | <b>Per serving (Salad)</b> |
|--------------------------------|----------------------------|
| Energy                         | 43Kcal                     |
| Protein                        | 0.9g                       |
| Carbohydrate                   | 3.8g                       |
| (of which sugars)              | 3.7g                       |
| Fat                            | 2.8g                       |
| (of which saturates)           | 0.5g                       |
| Fibre                          | 1.1g                       |
| Sodium                         | 0.09g                      |
| Salt                           | 0.2g                       |

\*Analysed using Iceberg lettuce

# Vegetable samosas



**Serves 6**

# Shopping list



1 packet of filo pastry (6 sheets)



1 small onion



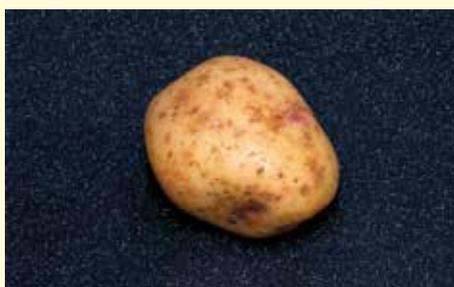
Curry powder



Chilli flakes



Oil



1 small potato



Frozen mixed vegetables

# You will need



Frying pan/wok



Saucepan



Pastry brush



Colander



Tablespoon



Teaspoon



Sharp knife for vegetables



Chopping board for vegetables



Non-stick baking tray



Oven gloves



1 tablespoon curry powder



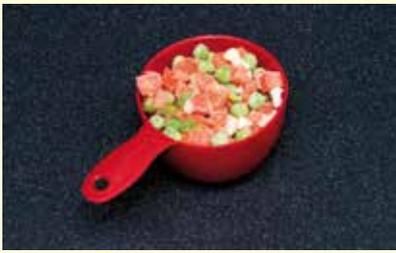
1/2 teaspoon chilli flakes



2 tablespoons oil



1 small potato



1 cup/100g frozen mixed vegetables



1 packet of filo pastry (6 sheets)



1 small onion

### **Top Tip!**

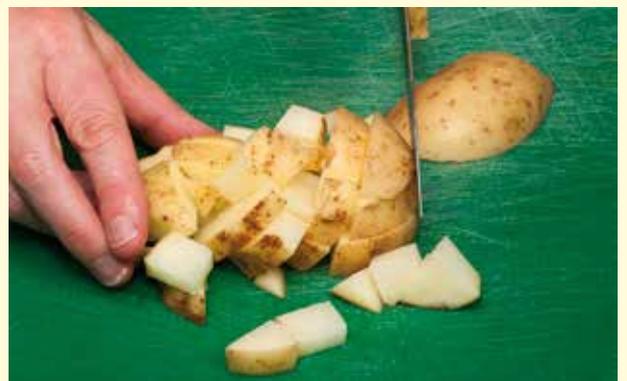
Serve with yoghurt dip.  
The recipe is in this  
book.

# Method

Turn the oven to 200 degrees gas mark 6



Chop the potato into very small cubes



Put the hob on to a high heat



Put boiling water into a saucepan



Add the potato



Cook for 5 minutes. Turn the hob off



Drain the potato



Cut both ends off the onion



Peel the onion



Chop the onion into small pieces



Turn hob to medium heat



Put oil in the frying pan



Add the onion



Add chilli flakes



Add the curry powder



Add the potato



Add the mixed vegetables



Add 3 tablespoons water



Turn the hob to a low heat



Cook for 5 minutes.  
Turn the hob off.  
Let the mixture cool down



Brush one filo sheet with a little oil



Place another sheet on top



Cut both into 2 strips



Put a spoonful of the vegetable mixture onto the end of the pastry



Then fold into triangles like this...





Oil the baking tray



Place the samosas on the baking tray



Brush the tops with oil.  
Put the tray into the oven



Cook in the oven for 20 minutes or until  
golden brown.  
Turn the oven off.





| <b>Nutritional information</b> | <b>Per serving (Samosa)</b> |
|--------------------------------|-----------------------------|
| Energy                         | 177Kcal                     |
| Protein                        | 4.5g                        |
| Carbohydrate                   | 30.1g                       |
| (of which sugars)              | 1.8g                        |
| Fat                            | 5.1g                        |
| (of which saturates)           | 0.6g                        |
| Fibre                          | 0.4g                        |
| Sodium                         | trace                       |
| Salt                           | trace                       |

# Vegetable spring rolls



**Serves 6**

# Shopping list



Sweet chilli sauce



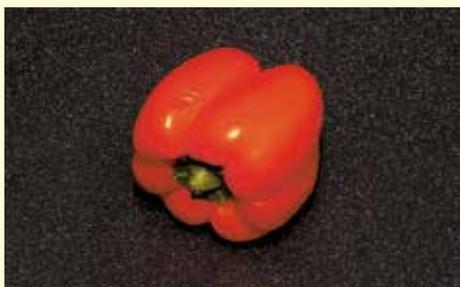
Beansprouts



2 mushrooms



1 carrot



1 pepper (any colour)



Packet of filo pastry



Oil

# You will need



Vegetable peeler



Tablespoon



Sharp knife for vegetables



Chopping board for vegetables



Mixing bowl



Scissors



Grater



Pastry brush



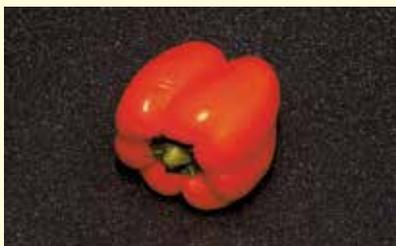
Oven gloves



Non-stick baking tray



2 tablespoons chilli sauce



1 pepper (any colour)



3 sheets filo pastry



2 mushrooms (cleaned)



1 small carrot



2 tablespoons oil



2 handfuls beansprouts



# Method

Turn the oven to 220 degrees or gas mark 7



Put the beansprouts into the mixing bowl



Cut the beansprouts into small pieces



Chop the mushrooms into small pieces



Peel the carrot



Cut off both ends



Grate the carrot



Chop the top off the pepper



Remove the stalk and seeds



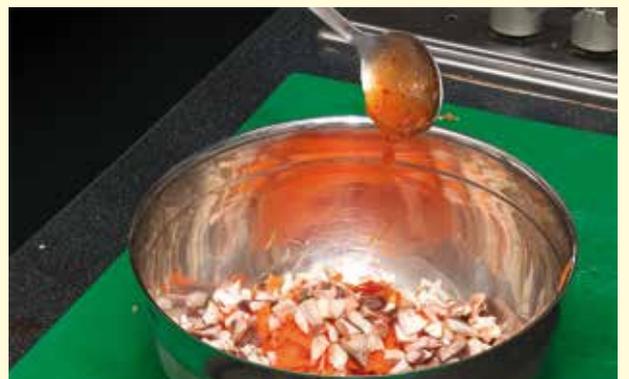
Chop the pepper into small pieces



Put the mushrooms, carrot and pepper into the mixing bowl with the beansprouts



Add sweet chilli sauce to the mix



Mix well



Cut the filo pastry sheets in half



Place 1 filo pastry square on a flat surface and brush with oil



Turn the filo pastry sheet to make a diamond shape in front of you



Place 2 spoonfuls of the vegetable mixture onto the corner of pastry. Leave one finger space from the edge.



Fold the corner over the mixture



And roll once



Fold in both sides of the pastry





Roll the pastry to make a log shape



Brush the end corner of the pastry with a little oil to seal the spring roll



Repeat these steps until the mixture and filo pastry is used up.



Oil a baking tray



Arrange the spring rolls on the tray and brush with oil. Put the tray into the oven.



Cook for 15 minutes until golden brown.  
Turn oven off





| <b>Nutritional information</b> | <b>Per serving (1 spring roll)</b> |
|--------------------------------|------------------------------------|
| Energy                         | 111Kcal                            |
| Protein                        | 2.8g                               |
| Carbohydrate                   | 15.6g                              |
| (of which sugars)              | 4.9g                               |
| Fat                            | 4.6g                               |
| (of which saturates)           | 0.6g                               |
| Fibre                          | 1.3g                               |
| Sodium                         | 0.3g                               |
| Salt                           | 0.76g                              |

# Yoghurt dip (Raita)



**Serves 2**

# Shopping list



125ml low fat natural  
yoghurt



Mint sauce



Cucumber



Pepper

# You will need



Sharp knife for vegetables



Chopping board for vegetables



Mixing bowl



Grater



125ml low fat natural yoghurt



1/4 cucumber



1 teaspoon of mint sauce



Pepper to taste

# Method

Grate the cucumber into the mixing bowl



Add the yoghurt



Add the mint sauce



Add the pepper



Mix well





| <b>Nutritional information</b> | <b>Per serving (Yoghurt dip)</b> |
|--------------------------------|----------------------------------|
| Energy                         | 43Kcal                           |
| Protein                        | 3.4g                             |
| Carbohydrate                   | 6g                               |
| (of which sugars)              | 5.7g                             |
| Fat                            | 0.7g                             |
| (of which saturates)           | 0.4g                             |
| Fibre                          | 0.2g                             |
| Sodium                         | 0.1g                             |
| Salt                           | 0.2g                             |



Devised and written by NHS Fife Department of Nutrition & Dietetics  
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