



S2R's *How to Series*



Eat Well & Save Pounds with Bev Session 4 - Requested Dishes



- **Express Pizza**
- **Fish Pie**
- **Rainbow wraps**
- **Vegetable and lentil soup**



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Eat well feel well

I hope that you tried some of the dishes from last week, please do let us know if you have been inspired by the videos to have a go at a new recipe.

This week I will tell you how to make some of the dishes that are popular in community cooking sessions: fish pie is everyone's favourite, I have also included some easy dishes to reduce food waste, Rainbow wraps are a great way of using up salad vegetables and make a quick lunch. I have included the recipe for Vegetable and lentil soup, which is super easy to make using a veg pack or vegetables that you have at home, once you have tried this recipe you can start making lots of different soups. Have a look at the *One You* website to find more easy to cook recipes that are healthy choices:

<https://www.nhs.uk/oneyou/for-your-body/eat-better/>

Cooking from scratch has lots of benefits, two key ones are:

For our health

We know how much fat, salt and sugar we are eating, we can cook healthier options of our favourite take away dishes, and we can add more of our favourite vegetables to dishes.

To reduce our food shopping spend

By using cheaper cuts of meat, bulking out dishes with lentils and vegetables, batch cooking and freezing dishes for another day.

In the videos I showed how to make a plain tomato and cheese pizza into a great pizza that would feed the family, I used lots of vegetables and mixed herbs to make a tasty pizza, it's easy to adapt the recipe to add your favourite toppings.

Eat well

I have been asked to explain a little about what is a healthy diet? This is the Eatwell guide, it suggests ways to eat a balanced diet.

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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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It's recommended that men have around 2,500 calories a day (10,500 kilojoules). Women should have around 2,000 calories a day (8,400 kilojoules).

Guidelines for Eating Well

The EatWell Guide; the keys to a healthy diet are:

- Eating the right amount of food for how active you are
- Eating a range of foods to make sure you're getting a balanced diet.

To get a balanced diet it is important to eat a variety of different types of food. Each day you need to include lots of fruit and vegetables, aim to eat at least 5 portions. Include lots of starchy foods such as wholemeal bread, Pitta, Chapatti and wholegrain cereals; some protein-rich foods such as meat, fish, eggs and lentils; and some dairy foods.

Eight Tips for eating well:

1. Base your meals on higher fibre starchy carbohydrates
2. Eat lots of fruit and vegetables
3. Eat more fish, including a portion of oily fish
4. Cut down on saturated fat and sugar
5. Eat less salt: no more than 6g a day for adults
6. Get active and be a healthy weight
7. Do not get thirsty
8. Do not skip breakfast

And remember to enjoy your food!

For more information visit the NHS Eatwell website:

<https://www.nhs.uk/oneyou/for-your-body/eat-better/>

Have a great week cooking



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Express Pizza

Making your own Pizza can be fun, it can also;

- Help provide a portion of vegetables towards your 5 A DAY
- Have less fat and salt as you can reduce the amount of oil and cheese that you use.
- Save money by making it yourself

Here are some ideas to get you started.

Bases

A simple scone recipe or a dough base can be used, packet Pizza dough mixes are available, if you are short of time you can buy a variety of breads to use, try Tortillas, Bread Muffins, Pitta bread or French Stick. You could also buy a basic tomato and cheese pizza and add your own toppings.

Toppings

You will need some tomato puree to spread over the base, buy in a tube and any left over will keep in the fridge, remember one tablespoon of tomato puree counts as a portion of your 5 A DAY

Now the best bit, choose a variety of toppings, some vegetables that are good for Pizza toppings are

- Onions
- Tomatoes
- Peppers
- Mushrooms
- Sweetcorn

Slice the vegetables up thinly and layer onto the pizza base, you can add other low fat toppings if you want try:

- Tuna canned in water- drained, tinned Sweet corn goes well with Tuna
- Lean ham, chopped, tinned pineapple, drained, tastes good with ham

Grate a little cheese over the pizza, if you use a strong flavour cheese you can use less, still have the flavour but with less fat.

Sprinkle with a little dried mixed herbs.

Place on a baking sheet and cook for 15-20 minutes in a medium heat oven.

Serve with a cereal bowl size serving of mixed salad.



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Fab Fish Pie

Ingredients

- 1 Pack frozen fish pie mix, 320g-400g
- 25g Plain flour
- 25g Margarine
- 400ml Milk
- Fresh or dried parsley
- Salt and pepper to taste
- 1 kg Potatoes
- 2 Carrots
- 2 tablespoons Grated cheese
- Black pepper

Method

1. Heat the oven to 200c/fan 180c/gas mark 6.
2. Peel and chop potatoes and carrots to equal size chunks. Boil until tender, drain and mash.
3. Make parsley sauce. Place butter and flour in a pan, cook over a low heat, stirring until the butter has melted.
4. Take the pan off the heat, Slowly add the milk, whisking until the sauce is smooth, place back on the heat stirring until sauce thickens. Season with salt and pepper and add chopped parsley
5. Place fish into an oven proof dish. Pour over sauce, stir, top with the potato and carrot mix.
6. Sprinkle on the grated cheese. Bake in the oven for 25-30 minutes, check fish is cooked before serving.
7. Serve with peas



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Quick Vegetable and lentil Soup

Ingredients

- 1 onion, chopped
- 1 leek, washed, sliced
- ½ swede, chopped
- 1 parsnip, peeled and chopped
- 2 carrots, peeled and chopped
- 1 large tin tomatoes
- 2 tablespoons tomato puree
- Handful Lentils
- 1 Vegetable stock cubes
- 500 ml water
- Ground black pepper

Get Cooking

1. Place all vegetables into a large stock pot
2. Add lentils, tomatoes, tomato puree, crumbled stock cube and water
3. Place on the hob, bring to the boil and then simmer for 20 minutes, stirring occasionally.
4. Blend, add pepper to taste
5. Serve with crusty bread

This is a great recipe to use a Veg stew pack.

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Rainbow Wraps

Ingredients

- Wholemeal or your favourite bread wraps
- Low fat cream cheese
- Boiled beetroot, cut into strips (vacuum pack from salad counter)
- 1 yellow pepper, washed, cut into strips
- 2 handfuls spinach or rocket, washed and cut into strips
- 1 carrot, peeled, finely chopped or grated



Get Cooking

1. Spread the wrap with cream cheese.
2. Place a handful of each of the vegetables side by side across the wrap.
3. Turn the wrap, so that the vegetables are across the wrap, fold the sides of the wrap in, then roll the wrap.
4. Cut the wrap in half to serve.

*This recipe is great to use up any salad vegetables, tomatoes, lettuce, watercress, radishes, or choose tinned sweet corn. Instead of using cream cheese try Houmous. You could add cooked meat or Tuna.