

Sprinkle on a pinch of something interesting with these full of flavour recipes donated by charities, registered nutritionists and dietitians!





Adopt a School
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Blood Pressure UK
British Heart Foundation
Charlotte Radcliffe
Charlotte Stirling-Reed
Chefs in School
Food Active
Harman Bajwa
Priya Tew
Real Bread Campaign
Sophie Bertrand

For donating their recipes packed full of flavour

Dumplings with Mediterranean Vegetables Serves 4

Ingredients: Italian dumplings

100g fine semolina 100g 00 flour 150ml milk 2 whole eggs ½ tsp ground nutmeg

Vegetable ragù

1 onion, finely chopped
1 aubergine, 1cm dice
1 courgettes, 1cm dice
1 red pepper, 1cm dice
30 cherry tomatoes, halved
15 basil leaves shredded
20ml olive oil
Grated Parmesan to finish off the dish



Method:

- 1) Begin by making the Italian dumplings. Place all of the ingredients for the dumplings into a bowl and whisk until you have a smooth paste with no lumps, allow to rest for 30 minutes, occasionally giving it a whisk.
- **2)** Add the olive oil to a 30cm frying pan. Heat gently, add the onion and cook until softened and without colour, for about 4-5 minutes.
- **3)** Add the red peppers and cook for about 5 minutes. A great cooking tip: to prevent your vegetables colouring, you can add a splash of water, which reduces the heat of the pan and adds moisture to your vegetables which in turn, will prevent them from colouring.
- **4)** Add the aubergine and cook on a low heat for about 8 minutes, stirring occasionally.
- **5)** Add the courgettes and tomatoes and cook for a further 6-8 minutes.
- 6) Once the vegetables are cooked, add the basil leaves and stir through the sauce.
- **7)** Bring 6-8 litres of water to the boil. Using a scraper, pass the dumpling mixture through a tin/tray which has 10mm holes dotted all over. Please see image, this is a pizza tray, however, you could make your own by using a cake tin and drill the holes yourself ensuring you have smoothed off both sides of the surface.
- 8) Cook the dumplings until they float to the top, for about 2 minutes.
- **9)** To serve, add the dumplings to the vegetable ragù and stir through gently with the shredded basil leaves, being careful not to break the dumplings. Place in bowls and add the grated parmesan on top.



Adopt a School Executive Head Chef, Idris Caldora
Twitter @ChefsAdoptaSch

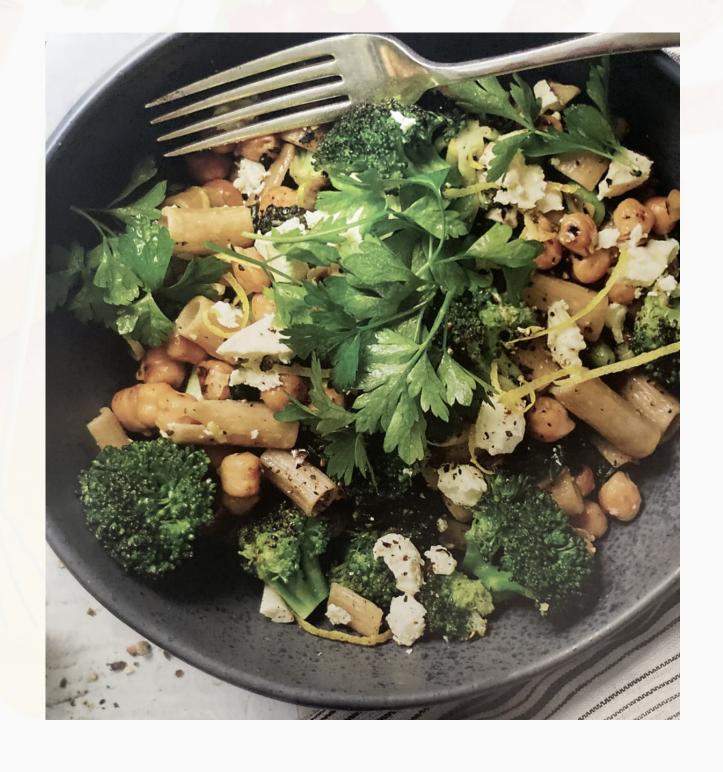
Rigatoni with Broccoli and Feta Serves 4

Ingredients:

250g rigatoni
500g broccoli florets
2 garlic cloves
400g chickpeas, drained and rinsed
200g frozen edamame beans, thawed
200g frozen spinach, thawed
2 lemons, juice and zest
80g reduced fat feta cheese

To serve

Parsley Olive oil



Method:

- 1) Cook 250g rigatoni, according to pack instructions.
- 2) Drain and reserve 180ml of the cooking water.
- 3) Spray a saucepan with oil and put on medium heat.
- 4) Add 500g broccoli florets and cook for 2 minutes, stirring to avoid sticking.
- **5)** Add 2 cloves of sliced garlic and stir for another minute.
- **6)** Add 400g drained and rinsed chickpeas, 200g frozen and thawed edamame beans plus 200g frozen spinach, thawed.
- **7)** Finally, stir in the juice of two lemons.
- **8)** Finish by adding the reserved pasta water, followed by the pasta and 80g reduced fat feta cheese, lightly crumbled and a few grinds of black pepper.
- 9) Serve garnished with a little lemon zest and parsley and a small swirl of olive oil.

Amanda Ursell, RNutr Registered Nutritionist Recipe from Healthy Food Guide Magazine www.amandaursell.com



Chicken Tikka Pitta Pockets Serves 2

Ingredients

1 tsp tikka paste

½-1 tsp black onion seeds (kalonji) or black sesame seeds

4 tbsp low fat plain yogurt

1 tbsp tomato paste/puree

1-2 tsp vegetable oil e.g. rapeseed oil (optional)

Red chilli powder (to individual taste)

2 skinless chicken breasts (about 250g chicken), washed, cut into small cubes

To Serve

2 wholemeal pitta breadsShredded lettuce1/3 cucumber, cut into thin strips2 fresh tomatoes, finely diced



Method

- 1) Put tikka paste, yogurt, tomato paste, oil and chilli in a bowl and mix well.
- 2) Stir in the chicken and leave to marinade if time permits; even 15 minutes will make a difference.
- **3)** Heat the oil in a non-stick pan or wok, add the marinated chicken pieces and stir-fry over medium heat till tender but still moist (around 5-8 minutes). Add a little water if it begins to burn.
- **4)** Stuff wholemeal pitta bread with lettuce, cucumber and tomatoes and top with hot or cold chicken tikka.

Azmina Govindji RD MBDA
Consultant Nutritionist & Registered Dietitian
www.azminanutrition.com



Chicken Fajitas Serves 4

Ingredients

1 tbsp olive oil

1 large red onion, thinly sliced

1 red pepper, thinly sliced

1 yellow pepper, thinly sliced

450g skinned chicken breasts, sliced into thin strips

1 pinch paprika

1 tsp mild chilli powder

1 tsp cumin

1¼ tsp oregano

4 soft flour tortillas

1/2 iceberg lettuce, finely shredded Guacamole, to serve (optional)



Tomato salsa

1 small red onion, finely chopped425g small vine-ripened tomatoes2 garlic cloves, crushedLarge handful of fresh coriander leaves, choppedBlack pepper

Method:

- **1)** First make the tomato salsa. Combine the red onion, tomatoes, garlic and coriander leaves in a bowl. Season with black pepper, then cover and chill for 30 minutes to allow the flavours to develop.
- 2) Heat the oil in a wok or large non-stick frying pan. Add the onion and peppers and stir-fry for 3-4 minutes. Add the chicken, paprika, chilli powder, cumin and oregano and continue to cook for a further five minutes, or until the chicken is cooked through.
- **3)** Meanwhile, wrap the tortillas in foil and warm in the oven for five minutes or according to packet instructions.
- **4)** Spoon one-quarter of the chicken mixture into the centre of each tortilla, add a couple of tablespoons of tomato salsa and the shredded lettuce. Roll up and serve warm, accompanied by guacamole, if you like.

Blood Pressure UK www.bloodpressureuk.org



Healthy Fish Pie Serves 2

Ingredients

1 large potato, or two smaller ones (about 250g or 9oz total), peeled and diced

½ small butternut squash, peeled, seeds removed and diced; or 200g (7oz) sweet potato, peeled and diced

30g (1oz) sunflower spread

30g (1oz) plain flour

300ml (½ pint) skimmed milk

1 medium-sized leek, peeled and thinly sliced (about ½ cm or ¼ inch)

100g (4oz) broccoli, chopped into small florets 100g (4oz) cauliflower, chopped into small florets

50g (2oz) frozen peas 200g (7oz) cod fillet, skinned and cubed 70g (3oz) peeled prawns 2 tbsp fresh parsley, chopped 40g (1½oz) low-fat soft cheese Freshly ground black pepper



Method:

- **1)** Preheat the oven to 200°C/180°C fan/gas mark 6. Boil the potato and squash (or sweet potato) for 20 minutes or until cooked. Drain and mash with the low-fat soft cheese and black pepper.
- 2) While the potato and squash are cooking, melt the sunflower spread in a pan and stir in the flour. Gradually add the milk and cook on a low heat, whisking until you have a smooth, thickened sauce.
- **3)** Cook the leek, broccoli, cauliflower and peas in boiling water for five minutes. Drain well and add to the sauce along with the cubed cod, prawns and parsley.
- **4)** Spoon the mixture into an ovenproof dish (roughly 1 litre /2 pint capacity), top with the mash and bake for 20 minutes.

Can be frozen after baking, once cooled. Defrost in the fridge overnight and reheat in the oven at 200°C/180°C fan/gas mark 6 for 20 minutes.

British Heart Foundation www.bhf.org.uk



Tofu Stir Fry Serves 2

Ingredients:

- 1 pack extra firm smoked or plain tofu (chopped into cubes)
- 120g whole wheat noodles (weight is the dried weight)

70 g baby corn (halved)

70g sugar snap peas

70g tenderstem broccoli

1 carrot (sliced into matchsticks)

3 tbsp cornflour

1 tbsp sesame oil

Garnish

2 spring onions (thinly sliced)

1 red chilli (thinly sliced)

1-2 tsp sesame seeds

Marinade

1 clove garlic (finely chopped or grated)

1 tsp ginger paste (or freshly grated ginger)

1/2 tsp crushed dried chillies

1 & 1/2 tbsp light soy

1 tbsp honey (or vegan alternative)

3 tbsp water



Method:

- 1) Check the instructions on the tofu packet before starting, some brands may require you to press the tofu before you start. We used no press tofu.
- 2) Place the tofu cubes, in one layer, into a bowl or container.
- **3)** In a small bowl, add all the marinade ingredients and whisk together. Pour the marinade over the tofu, cover and pop into the fridge for 30-45 minutes, turning the tofu in between.
- **4)** Whilst the tofu is marinating, if using dried noodles, cook as per the pack instructions and set aside. Prepare the vegetables, and garnish ready to go.
- 5) Once the tofu is ready, drain the marinade into a separate bowl and set aside.
- **6)** Add the cornflour to a shallow bowl and evenly coat all the tofu pieces in the cornflour.
- **7)** Heat the sesame oil in a wok on a high heat. Add the coated tofu pieces into the wok and fry the tofu until all sides are crispy and golden brown. This should take around 4-5 minutes.
- **8)** Add the vegetables to the wok and fry for 1-2 minutes.
- **9)** Add the remainder of the cornflour into the marinade and whisk together. Add this to the wok and cook everything for a further 2 minutes.
- **10)** Add the cooked noodles to the wok, toss everything together (easiest using 2 wooden spoons), until warmed through.
- **11)** Serve up the stir fry and garnish with the spring onion, chilli slices and sprinkle with sesame seeds. Enjoy!

Charlotte Radcliffe, RNutr Registered Nutritionist thenutritionconsultant.org.uk

Creamy Lemony Salmon Bake Serves 1 baby, 2 adults

Ingredients:

300g baby new potatoes, halved or in sticks 1 courgette, cut into sticks a drizzle of olive oil 100g full-fat soft cheese 1 lemon

125g asparagus, woody ends removed, chopped in half

2 salmon fillets

100g frozen peas



Method:

- 1) Preheat the oven to 200°C.
- 2) Put the new potatoes and courgette in a baking tray, drizzle over the olive oil and cook for 15–20 minutes, until starting to soften and brown. For younger babies, remove the skin from some of the potatoes and courgettes, when cooled.
- 3) Whisk together the cream cheese with 200ml boiling water until smooth, then squeeze in the juice of half the lemon and cut the other half into 2 wedges.
- **4)** Add the asparagus and lemon wedges to the tray, then lay the salmon fillets (skin side up) on top and return to the oven for another 10 minutes, until the salmon is almost cooked.
- **5)** Add the frozen peas then drizzle the lemony cream cheese mixture all over (make sure all the peas are covered in liquid so they cook properly!).
- **6)** Cook for a final 5 minutes then serve, spooning the creamy sauce all over. Make sure you remove the salmon skin before serving this to baby.

Charlotte Stirling-Reed, RNutr
Registered Nutritionist
Recipe from 'How to wean your baby' book
www.srnutrition.co.uk



Tomato Sauce and Pasta Serves 4

Ingredients:

250g Pasta (Strozzapreti)

1 tablespoon extra-virgin olive oil

1 onion (diced)

1 clove garlic

1 teaspoon smoked paprika

1 teaspoon seaweed (ground)

1 teaspoon oregano

1 tin tomatoes

Black pepper

1 extra tablespoon extra-virgin olive oil



Method:

- 1) Cook the onion in the oil until soft, then add garlic and cook until soft, add the seaweed, black pepper, paprika and oregano.
- 2) Add the tomatoes and cook out for forty minutes.
- 3) Bring a large pot of water to boil and add the pasta cook for ten minutes.
- **4)** Drain and keep 2 tablespoons of the water.
- 5) Put the pasta back in the pot with the water, black pepper and the extra oil mix.
- **6)** Stir in the tomato sauce.
- **7)** Taste and add more pepper if needed.



Nerissa, Chef Trainer at Chefs in Schools www.chefsinschools.org.uk

Mexican Chicken Rice Serves 2, with leftovers for lunch

Ingredients:

2 boneless chicken thighs

1 red pepper

3 salad tomatoes

2 tsp paprika

1/2 tsp each: oregano, chilli powder and cumin

1 tbsp tomato puree

1 tin of black beans

Oil spray

1 small tin of sweetcorn

1 x pack wholegrain microwavable rice



Method:

- 1) Heat the oven to 180C/fan 160C/gas 4. Spray a large frying pan with oil and heat on a medium to high heat. Add the chicken thighs and sear on each side for 5 minutes until browned, and then flip and cook for a further 5 minutes.
- 2) Whilst the chicken is cooking, chop the red pepper into small chunks and roughly chop the tomatoes. Set aside.
- 3) Once the skin of the chicken is nice and brown, place them in an oven proof dish, season with some black pepper and place in the oven to continue cooking. Wash your hands with hot water and soap.
- **4)** Spray a little more oil in the same frying pan used for the chicken, heat on a medium high heat, add the peppers and cook for 5 minutes. Then add the tomatoes and cook for a further 3 mins.
- **5)** Next, drain the sweetcorn and the black beans in a colander, shaking off as much water as possible. Then add the beans and sweetcorn to the frying pan and mix everything together with a wooden spoon.
- **6)** One by one, add the paprika, cumin, oregano, chilli powder and tomato puree to the frying pan, stir everything together so the vegetables are all coated in the spices and cook for another minute.
- **7)** Finally, add the pack of pre-cooked rice to the frying pan, and mix everything together thoroughly once more. Reduce to a low heat and allow to cook for 5 minutes, stirring frequently.
- **8)** Check to make sure the chicken is cooked by piercing the meat with a knife if the flesh is white throughout and the juices run clear then it is cooked. Spoon the vegetable rice mix between two plates and place the chicken thigh on top.
- **9)** Finish with some black pepper and serve! Sprinkle a touch more chilli powder on top if you like things spicy.



Look Who's Cooking, a project delivered by Food Active www.foodactive.org.uk

@food_active / #LookWhosCooking





Low-salt chickpea curry Serves 4

Ingredients:

1 tbsp vegetable oil
1/2 tsp mustard seeds
1 or 2 large onion, finely chopped
3 medium tomatoes, chopped
2 garlic cloves
1/2 tsp ground ginger
1/2 tsp ground turmeric
1/2 tsp hot chilli powder (or add to taste)
1/2 tsp ground cumin
400g tin chickpeas, drained
2 tsp coriander powder
150g baby leaf spinach
Water as appropriate



Method:

- 1) Heat the oil in a non-stick pan (preferably) on a medium heat, add the mustard seeds and cumin seeds. Allow the mustard and cumin seeds to pop for a few seconds before adding garlic cloves and ginger. Wait until the garlic cloves and ginger are slightly golden and add onion.
- 2) Stir fry over a medium heat for 10 minutes until soft and slightly golden (add a little water if it sticks).
- **3)** Add the tomatoes, turmeric, chilli powder, coriander powder, salt and a little water. Stir well and close the lid, cook for a few minutes.
- **4)** Add chickpeas, add water (that just covers the chickpeas in the pan) cover with a lid and cook for 7 minutes.
- **5)** Stir well and add finely chopped baby leaf spinach.
- **6)** Stir well for 1/2 a minute and switch off the heat. Enjoy this recipe with pitta or a naan bread

Harman Bajwa, RNutr Registered Nutritionist (Food, Public Health) www.nutrificientlife.com

Green Thai Curry Serves 4

Ingredients:

Brown basmati or brown long-grain rice (50g, 70g or 100g per person on 1,600/2,000/2,500kcal meal plan)

400g skinless chicken thigh fillets or 400g firm (drained) tofu, cut into thin strips

200g green beans, trimmed and cut into strips

1 head of broccoli (about 350g), broken into small florets

200g baby corn, cut lengthways into strips

2 peppers (any colour), cored, deseeded and cut into strips

250ml canned reduced-fat coconut milk (freeze the rest)

Large handful of prepared green leaves (i.e baby spinach, shredded chard or spring greens, or chopped kale)

Green curry paste

3 green chillies, chopped (deseeded if you prefer less heat)

2 shallots, chopped

2 garlic cloves, peeled but left whole

1 lemon grass stalk, trimmed and roughly chopped large handful of fresh coriander, leaves and stalks



Method:

- 1) Cook the rice in a pan of boiling water according to the packet instructions until tender, then drain.
- **2)** Meanwhile, make the curry. Make the green curry paste by whizzing all the ingredients together in a food processor to make a paste. Whatever you don't use, pop in the freezer for next time.
- **3)** Add 1–2 tablespoons of the curry paste to a wide-based saucepan. Cook the curry paste over a medium-low heat for 3 minutes until fragrant.
- 4) Increase the heat to medium, add the chicken to the pan and coat in the curry paste.
- **5)** Add the green beans, broccoli, baby corn and peppers and stir well. Cook, stirring regularly, for 5 minutes or until the vegetables are soft.
- **6)** Add the coconut milk, stir in the green leaves and simmer for 5 minutes until the chicken is cooked through (when you cut a piece in half, it will be white in the centre).
- **7)** Serve the chicken curry with the cooked rice.

The leftover curry paste will keep in an airtight container in the fridge for up to 4 weeks or the freezer for up to 3 months (defrost it before use). The leftover coconut milk will keep in an airtight container in the freezer for up to 3 months (defrost it before use).

Priya Tew, RD
Dietitian
Recipe from 'DASH Diet' book
www.dietitianuk.co.uk



Easy Real Bread Makes one large loaf

Ingredients:

600g Strong / bread flour (white, wholemeal or a mix)
350-400g Water straight from the tap 6g
Salt (about one level teaspoon)
5g Fresh (or 1tsp fast-acting**) yeast

**Read the label and avoid any that contains additives, which fall outside the Campaign's Real Bread criteria.



Method:

- 1) Put most of the water in a bowl and stir in the salt and yeast until dispersed.
- 2) Mix in the flour until it all comes together and there's no dry flour lurking about. If it's too dry and stiff, add in the rest of the water and perhaps a bit more the wetter the better, frankly. Bran in brown and wholemeal flour really sucks up water, so you'll need even more than if just using white flour.
- **3)** Cover the bowl (eg with a carrier bag that you can reuse again and again) and leave to rest for half an hour or so.
- **4)** Scoop the dough out of the bowl (with a wetted dough scraper, if you have one) stretch it and fold it in half, then repeat this action a few times. You can find videos demonstrating how on the internet. Place the dough back in the bowl and cover again.
- 5) Leave at room temperature to prove/rise. Depending on what temperature your room is (mine was about 19-20°C when I did tests of this bread) this might be seven or eight hours. During this time, repeat the stretch'n'fold action every now and then so it ends up smooth and stretchy by the end.
- **6)** Shape the dough however you like e.g to put in a banneton, an oiled tin, or free standing on an oiled baking tray. Again, the internet is full of shaping how-to videos. Cover and leave the dough for two or three hours until it's fully risen.
- **7)** Heat the oven (with a baking stone or tray in place if you're proving dough in a banneton) to about 220°C.
- **8)** If proved in a banneton, turn the dough onto a dusted peel or board. Dust the top of the dough with flour, if you like, and/or slash it with a lame/grignette or super sharp knife and then put straight into the oven.
- **9)** Bake a large loaf for about 45 minutes, or small ones for about half an hour. Turn out onto a wire rack and leave to cool before slicing bread can be gummy and lose a lot of moisture if you cut when hot.

Chris Young, Co-ordinator Real Bread Campaign www.realbreadcampaign.org



Lentil Bolognese Serves 3 - 4

Ingredients:

1 small onion, diced

1 large carrot, finely chopped

1 tsp minced garlic

1 tbsp dried thyme

1 tsp chilli flakes

2 tbsp tomato paste

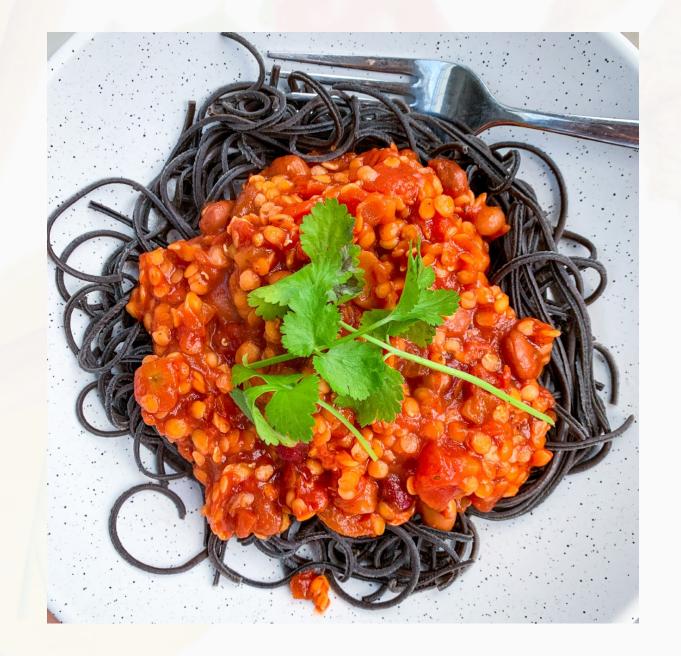
1 x 400g tinned tomatoes

240g dried red or green lentils

80ml vegetable broth

Olive oil

Spaghetti to serve (I used black bean spaghetti)



Method:

- 1) In a large pan over medium heat, sauté the onions and carrots in olive oil for 5 minutes.
- 2) Add the garlic and dried thyme and sauté for 2 to 3 minutes.
- **3)** Add the tomato paste, broth, and tomatoes and stir to incorporate well. Add the lentils and mix well for 5 to 7 minutes.
- 4) Bring to a boil and then reduce the heat and let simmer for 25 to 30 minutes.
- **5)** Cook spaghetti according to the pack instructions.
- **6)** Divide the cooked spaghetti amongst 4 portions and spoon the lentil mixture on top of each. Enjoy!

Sophie Bertrand BSc, MSc, RNutr Registered Nutritionist https://sophieshealthykitchen.com





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