

Teatime
favourite



Sweetcorn Fritters



Easy
Recipe



Portions
8-10



Prep
10 mins



Cooking
10 mins



1 of your
5 a day



Cheap
to cook

What you will need

Ingredients

100g plain flour

1 tsp baking powder

Seasoning

Medium egg

150ml milk

198g can sweetcorn kernels

Equipment

Bowl

Whisk or fork

Frying pan

Optional

Salsa, either store-bought or home-made, to serve

Or other family favourite sauce

Information

Vegetarian meal

If you haven't got sweetcorn you can use peas, or tuna and add a little cheese if you have some!



Sweetcorn Fritters

Let's get cooking!

1. Put the flour, baking powder and seasoning into a large bowl. Make a well in the centre, add a medium egg and use a fork or whisk to mix in 150ml milk to form a smooth batter.
2. Drain a 198g can sweetcorn kernels, pat dry on kitchen towel, add to the batter mix.
3. In a frying pan, add a tablespoon of vegetable oil. Once hot, fry spoonfuls of mixture for about 2 mins then turn over on the other side for another 2 mins, until golden and crisp on each side.
4. Serve the sweetcorn fritters



TOP TIP

- Make it even healthier and add some salad
- Flour can be bought very cheaply from most supermarkets and for the salad, why not see what your local community garden has got on offer, sometimes even free if you agree to do a bit of digging!





Macaroni Cheese and Broccoli



Easy
Recipe



Portions
4



Prep
5 mins



Cooking
35 mins



1 of your
5 a day



Cheap
to cook

What you will need

Ingredients

- 200g macaroni or any other pasta you have
- 350g broccoli florets
- 340g can sweetcorn, drained - optional or use peas
- 40g butter
- 40g plain flour
- 600ml semi-skimmed milk, warmed
- 1tsp English mustard (optional)
- 175g strong Cheddar cheese, grated

Equipment

- Saucepan
- Ovenproof dish
- Spoon

**Family
friendly
meal**

Information

Vegetarian meal

Make this a
vegan meal by
using non-dairy
alternatives such
as margarine
instead of butter



Macaroni Cheese and Broccoli

Let's get cooking!

1. Heat the oven to 200°C, gas 6. Then cook the macaroni in a large pan of salted water for about 5 mins. Cut the broccoli into small florets add them to the pan and cook for another 3 mins until they are tender. Drain, and pour into the ovenproof dish.
2. To make the sauce:
 - melt the butter in a pan
 - stir in the flour and cook, stirring over a medium heat for 1 minute
 - Next, take the pan off the heat, slowly add the milk, keep stirring
 - Put back on the heat and bring to the boil, and cook
 - Keep stirring until the sauce thickens.
3. Take off the heat, add the mustard, salt and pepper. Add three quarters (1/3) of the cheese, stir until the cheese has melted.
4. Add the sweetcorn and pour into the dish, add the sauce and stir. Sprinkle the remaining cheese on top, then bake in the oven for 20 mins until the dish the top is golden.

TOP TIP

- Any leftovers can make an easy lunch for the next day or double the amount of ingredients freeze some for another meal!
- Save money by saving energy.
- Use water from a kettle that has already been boiled in the pan so you are not heating from cold and use a lid to speed get the water boiling quicker!

Tuna Pasta Bake



Easy
Recipe



Portions
4



Prep
5 mins



Cooking
25 mins



Cheap
to cook

What you will need

Ingredients

- 1tbsp oil
- 1 small red onion, peeled and finely chopped
- 5 medium-sized mushrooms, chopped
- 150g sweetcorn, canned or frozen
- 400g can chopped tomatoes
- 3tbsp tomato purée
- 300g penne pasta or other favourite pasta
- 185g can of tuna fish, drained
- 25g pack of ready salted crisps
- 100g mature Cheddar cheese, grated

Equipment

- Frying pan
- Saucepan
- Ovenproof dish
- Spoon
- Grater and /or knife

**Family
friendly
meal**

Information

Make this a vegetarian meal by swapping fish for vegetables such as peppers

Make this a vegan meal by using non-dairy alternatives such as margarine instead of butter



Tuna Pasta Bake

Let's get cooking!

1. Heat the oil in a frying pan, add the onion and cook for 5 minutes over a medium heat, add the mushrooms and cook for 5 minutes, until softened. Add in the sweetcorn, tomatoes and tomato purée and simmer for a few minutes.
2. Meanwhile, cook the pasta into a pan of boiling salted water (follow instructions on the pack) until tender. Drain, then put it back in the pan. Set the grill to hot.
3. Stir the pasta into the sauce, then break the tuna into large flakes and gently mix in. Spoon into the dish. Crush the crisps in the bag and sprinkle them over the top, with the cheese.
4. Put the dish on a baking tray and grill for about 5 minutes until the cheese has melted and turned golden and serve hot with salad or vegetables.



TOP TIP

- Use different vegetables e.g., frozen peas instead of sweetcorn. You could use breadcrumbs (drier bread works well) instead of crisps for the topping!
- Change it! If you haven't got tuna or do not like tuna, then why not make it into a very easy cheesy pasta bake and add different types of cheese to make it tasty. Or if you have chicken left over from your Sunday dinner then why not add that instead?

Homemade Chicken Nuggets



Easy
Recipe



Portions
4



Prep
10 mins



Cooking
15 mins



Cheap
to cook

What you will need

Ingredients

350–400g/12–14oz chicken breast
mini-fillets or 2 chicken cut into strips
3 tbsp plain flour
1 large free-range egg
80g dried Breadcrumbs or fresh
breadcrumbs (see Recipe Tip below)
4–6 tbsp oil
Salt and pepper

Equipment

Frying pan
Plate
Spoon
Knife
Fork
3 bowls

**Kids
favourite**



Homemade Chicken Nuggets

Let's get cooking!

1. If you are oven-cooking the chicken, preheat the oven to 220C/200C Fan/Gas 7. If pan-frying, ignore this step.
2. Put the flour in a large bowl. Season with salt and pepper and stir. Break the egg into a second bowl and beat with a fork until smooth and pale. Add breadcrumbs into a third shallow bowl.
3. Coat each chicken strip first in flour, then egg, then breadcrumbs, pressing firmly, turn to coat on both sides. Put them on baking paper.
4. If oven-cooking the chicken, grease baking tray with 1 tablespoon of oil. Place the chicken pieces on the tray and brush lightly with more oil. Bake for 15 minutes, turning halfway through.
5. If pan-frying the chicken, heat 3 tablespoons of oil in a large non-stick frying pan. Add half the chicken strips and fry over a medium heat for 2–3 minutes on each side, or until golden-brown, crisp and cooked throughout. Turn with tongs. Drain on a plate lined with kitchen paper and fry the remaining half with 3 more tablespoons of oil.

TOP TIP

- Two-day-old bread works well, or you can toast slices in a preheated oven at 180C/160C Fan/Gas 4 for 10–15 minutes, or until dry but not coloured. Cut off the crusts, blend into fairly coarse crumbs in a blender or food processor.
- If you don't have flour or breadcrumbs, use crushed ready salted crisps to coat the nuggets
- Serve with chips, Jacket potato and your family's favourite vegetables, salad, or baked beans.

Homemade Oatie Biscuits



Easy
Recipe



Portions
8



Prep
15 mins



Cooking
10 mins



Cheap
to cook

What you will need

Ingredients

100g porridge oats
50g plain flour
50g wholemeal flour
100g golden caster sugar
100g butter
1tbsp golden syrup
1tsp bicarbonate of soda mixed
with 2tbsps boiling water

Optional

Change it! If you have got some raisins or sultanas why not add them in too?

Equipment

Bowl
Spoon
Saucepan
Baking Tray

Information

Vegetarian

Make these biscuits vegan by using non-dairy alternatives such as margarine instead of butter



Homemade Hobnob Biscuits

Let's get cooking!

1. Preheat the oven to 180°C/356°F/Gas Mark 4 and butter two large baking sheets.
2. Put the oats, flour and sugar into a large mixing bowl and make a 'well' in the middle.
3. Melt the butter in a small pan over a gentle heat. Once melted, stir in the golden syrup and the bicarbonate of soda until combined.
4. Pour the butter and syrup mixture into the bowl containing the dried ingredients and mix well to incorporate all the ingredients together.
5. Put dessert spoonsful of the mixture on to the prepared baking sheets, an inch or so apart to allow for spreading.
6. Bake in batches for 8-10 minutes until golden in colour.
7. Allow to cool for 5-10 minutes on the trays then transfer to a wire rack to cool completely.



TOP TIP

- Look after your teeth!
- Sweets treats are best eaten as part of a pudding at the end of a meal.

DID YOU KNOW?

- When you eat a meal, the amount of saliva in their mouth increases, which helps to neutralise the effects of the tooth-attacking acid.

Family Peach Crumble



Easy
Recipe



Portions
4-6



Prep
10 mins



Cooking
35 mins



1 of your
5 a day



Cheap
to cook

What you will need

Ingredients

150g plain flour
150g butter - unsalted butter is best
50g oats - (porridge oats are good)
2 tins of canned peaches
100 g sugar
(optional) tsp vanilla extract -
or any other extract

Equipment

Saucepan
Bowl
Spoon
Ovenproof dish

Information

Vegetarian meal

Make this a
vegan meal by
using non-dairy
alternatives such
as margarine
instead of butter



Family Peach Crumble

Let's get cooking!

1. Melt the butter
2. Sift the flour and add it to a large bowl together with the oats
3. Add the butter and use a spatula to mix everything
4. The sugar and vanilla extract can go in too
5. Give everything a good mix, and job done
6. Transfer the drained peaches into an oven-proof dish, top with the oat mixture
7. Bake in the preheated oven at 190 degrees Celsius (375 Fahrenheit) for 35-40 minutes until golden and bubbling hot.



TOP TIP

- If you haven't got canned peaches use any other canned fruit!
- Oats can be bought very cheaply, look for own and value brands they are just as good!