**Tomato pasta sauce**

This sauce is so versatile, it can be used for spaghetti bolognaise, on meatballs (see the mighty meatball recipe on the recipe page) and for pizza bases, or just as it comes on pasta. We make a batch of it and freeze enough servings to last the month. The ingredients list is approximately £4.00-£5.00 to cover all those meal ideas listed and any other ones you can think of yourself.

**Ingredients**

* 1 celery stick
* carrots (3-5 depending on size)
* 1-2 peppers (depending on size)
* 1 large red onion
* 2-3 cloves of garlic
* 250ml of vegetable stock
* 2 tins of chopped tomatoes
* Teaspoon of dried oregano
* Tablespoon of tomato puree

**Instructions**

* Peel and chop the vegetables and garlic into small pieces.
* Pour the tinned tomatoes into a pan and bring to boil.
* Add the chopped vegetables to the pan then pour in the stock and add the tomato puree and oregano.
* Leave to simmer for a while, checking on it every so often.
* Blend the vegetables to a smooth sauce once they’re soft enough. Leave it in the pan to cool and have your tupperware at the ready to box up the sauce for freezing.

**Pizza wrap**

An easy and fun lunch that can be made in minutes. This can also be a fun way to get children to eat vegetables, making faces with their pizza toppings. Even if nobody wants vegetables adding to the pizza, remember the sauce for the base is loaded with veg already.

**Ingredients**

* Tortilla wrap
* Homemade tomato sauce (previous recipe)
* Mild cheddar cheese grated (25g is the daily recommended portion size) or mix of cheddar and mozzarella cheese
* Any toppings you fancy adding, chopped and ready to sprinkle on (optional)

**Instructions**

* Pre-heat the oven to 180/200⁰C. Layout the wrap on clean worktop and spread over the tomato sauce. Sprinkle on half of the cheese then place your choice of toppings on and sprinkle over the rest of the cheese.
* Place on a tray and into the oven for 6-8 minutes (longer if you like the cheese to be crispy).

**Mighty meatballs**

**Ingredients**

* 45g of crustless bread
* 400g lean beef mince
* 2 cloves of garlic
* 1 large egg, beaten
* 40g of finely grated parmesan cheese
* Flour (for coating the meatballs)
* Portion of tomato sauce
* 300g spaghetti
* Tablespoon of extra virgin olive oil

**Instructions**

* Place the bread in a food processor and blitz until it turns into breadcrumbs. Next add the mince, garlic, egg and parmesan cheese.
* Process it all together until it all combines and turn into a giant ball. Flour your hands and take small amounts of the mixture and roll it into balls, the size of walnuts. Leave them in the fridge to chill for 10 minutes.
* Place the sauce in a pan and bring to boil. Once it’s bubbling, reduce heat and leave to simmer. Meanwhile, fill another pan with boiling water ready for the spaghetti.
* Place the olive oil in a pan and once it’s sizzling, place the meatballs in and start cooking them. Once they’re brown on the outside place them in the sauce. Using a spoon, cover the meatballs in sauce. Cover the pan and leave to simmer for 15 minutes (stirring occasionally).
* After 5 minutes place the spaghetti in the boiling water to cook (takes 8-10 minutes). Drain and serve.

**Chicken and veg nachos**

This is a naughty treat which is still loaded with goodness, for friends and family to enjoy over the weekend. It takes 20 minutes to make and is a lot cheaper than ordering a takeaway.

**Ingredients**

* Teaspoon of coconut oil
* Share size bag of plain nachos or lightly salted
* Jar of cool or hot (if you like it spicy) salsa
* 3 spring onions chopped
* ½-1 green pepper chopped
* ½-1 red pepper chopped
* 2 chicken breasts chopped into small chunks
* 1-2 cloves of garlic crushed and chopped
* Jalapeños (from the jar – again only if you like it hot)
* 50g grated mild cheddar

**Instructions**

* Pre-heat the oven to 180/200⁰C and then prepare the ingredients.
* Place the oil in a pan over medium-high heat. Once melted add in the garlic for 1-2 minutes. Then add the onion and pepper for another minute, followed by the chicken. Cook until all the chicken pieces are completely cooked through (cut open to make sure it’s white in the middle) and take the pan off the hob.
* Using a large ovenproof dish, pour in a layer of nachos. Next pour in the ingredients from the pan and some jalapeños. Add another layer of nachos and pour over the salsa. Then top it all with the grated cheese and carefully place in the oven for 8-10 minutes (depending how crispy you like the cheese). Enjoy!

**Breakfast pancakes**

**Ingredients**

* 150g of self-raising flour
* 1 tablespoon of caster sugar
* 1 egg
* 175ml milk
* 3 tablespoons of fat free Greek-style yoghurt
* Unsalted butter

**Instructions**

* Put the flour and sugar in a bowl and mix together, leaving a hole in the middle of the mixture for when you pour the rest in.
* Measure 175ml of milk in a jug and add the egg, then whisk. Add the yoghurt and give another whisk. Pour this into the bowl and mix all the ingredients together, until the mixture is smooth.
* Put a teaspoon of the butter into a frying pan and heat over a medium heat. Once the butter has fully melted and pan is hot, spoon in the mixture to make 2-3 small pancakes (2 spoonfuls for each pancake). After a minute or two flip the pancake to cook the other side. Once it’s cooked on both sides then transfer to a plate.
* Serve with choice of fruit and drizzle of honey.

**Salmon green Thai curry**

**Ingredients**

* Coconut milk
* Green Thai curry paste (best to use the sachets as they’re cheaper than jars with longer shelf life)
* 2 skinless salmon fillets sliced into chunks
* 1 red chilli (de-seeded and chopped)
* Fresh coriander
* Rice (of your choice)
* Thai fish oil
* 1 lime

Peppers and mange tout or sugar snap peas are always an extra option to bulk it up.

**Instructions**

* Using a large frying pan or wok, heat 1-2 tablespoons of the coconut milk and mix in the green curry paste. Once paste is semi-mixed into the milk pour the rest of the coconut milk in and reduce the heat to medium.
* Boil the rice (or place it in a microwaveable bowl, filled with water and place it in the microwave for around 9 minutes, depending on the wattage of the microwave).
* Place the chopped pieces of salmon into the pan and cook for 20-25 minutes stirring occasionally to help the sauce to thicken (two good tips to thicken the sauce – for this kind of dish use creamed desiccated coconut sachet and for general dishes use a teaspoon of cornflour). During the cooking time, splash in couple of sprinkles of the fish oil and once cooked sprinkle on the chopped chilli and coriander. Then squeeze in lime juice and it’s ready to serve.