

TAKE FIVE

COOKBOOK

**5 everyday ingredients,
used 5 different ways,
to make 25 low cost dishes!**



Healthworks
the community health charity

A wooden cutting board is the central focus, surrounded by fresh ingredients. At the top, there are several mushrooms and a sprig of rosemary. At the bottom, there's a green bell pepper, a red onion, and some other herbs. The background is a rustic wooden surface.

In this recipe book we've taken five main everyday ingredients and used them in five different ways to create 25 simple, low cost recipes for you to try out at home.

We hope you enjoy them

Don't forget to substitute any ingredients you are allergic to.



CHICKEN

FIVE WAYS

Cheats Risotto

What you need:

- 1 tin of chicken soup
- ½ cup water
- ¾ cup long grain rice
- 2 cups of frozen vegetables
- 1 onion peeled and chopped
- 4 pieces of chicken (breasts or thighs)
- ½ cup of grated cheese

How to prepare:

1. Pre heat the oven to 180°C
2. Stir the soup, water, rice, vegetables and onions together in a shallow baking dish
3. Put the chicken on the top and cover
4. Bake for approximately 45 mins or until chicken is cooked
5. Top with the cheese, then serve

Top tip/s: You can add any leftover vegetables you have at home

Chicken Fajitas

What you need:

- 6 tortilla wraps
- 2 large chicken breasts
- 1 onion
- 10 mushrooms
- 1 yellow pepper

For the spice mix:

- 1/2 tsp cayenne pepper
- 1/2 tsp oregano
- 1/2 tsp cumin
- 1 clove of garlic

How to prepare:

1. Slice the chicken, mushrooms, pepper, onion and garlic
2. Dry fry the chicken in a frying pan
3. Add the spice mix and garlic and fry for a few minutes
4. Add the mushrooms, peppers and onion to the pan
5. When cooked remove from the heat
6. Top the tortilla wraps with chicken mixture and serve

Top tip/s: Add salsa, guacamole or low fat sour cream as a topping

Chicken Kebabs

What you need:

- 4 large chicken breast
- 1 chopped white onion
- 3 Garlic cloves
- 1 tbsp tomato puree
- 1 cup natural yogurt (250ml)
- 2 tbsp lemon juice
- 2 tbsp oil
- 1tsp ground cumin
- 1ts ground paprika
- ¼ tsp cinnamon
- ½ tsp black pepper
- 1tbsp chilli powder to taste

How to prepare:

1. Dice your chicken into 3cm pieces
2. Mix all your chosen herbs and spices from above and add the chicken pieces
3. Marinade for 2hrs up to 24hrs in the fridge covered
4. Skewer your chicken ready to cook
5. Cook on a high heat—on a BBQ, grill, in a pan or in the oven, frequently turning until your chicken is cooked through, piping hot and no pink is visible inside

Top tip/s: Serve with chopped salad, wedges, flat breads and Tzatziki dip

Curried Chicken

What you need:

- 300g chicken mince
- 1 potato, cubed
- 2 tomatoes, diced
- 1 pepper, diced
- 1 onion, chopped
- 1tsp ginger paste
- 1tsp garlic paste
- 1 tbsp curry powder
- 1 tsp turmeric powder
- ½ tsp garam masala
- ½ mild chilli powder
- A little oil for frying

How to prepare:

1. Add oil, onions, ginger and garlic paste into a pan and fry for a few minutes
2. Add spices, mix well and add little bit of water, and cook for a few minutes
3. Add chicken mince, potatoes and tomatoes and mix well
4. Cover pot with the lid and simmer for 5 minutes
5. Add 1 cup of water and leave to boil. Once boiled, cook on low heat for 20 minutes, stirring occasionally
6. Garnish with coriander and serve with chapattis or rice

Chicken Pakora

What you need:

- 700g boneless chicken
- 1/2 tsp salt
- 1/2 tsp curry powder
- 1/2 tsp coriander powder
- 1/2 tsp cumin powder
- 1/3 of a bunch of coriander, finely chopped
- 2 small onions, finely chopped
- 2 tbsp cornflour
- 1 potato, cubed
- water as needed
- 1 egg

How to prepare:

1. Dice your boneless chicken, keeping the pieces fairly large and place all the diced chicken into a large mixing bowl. Then add the potatoes
2. Add the spices, onion, coriander and cornflour and coat the chicken pieces using your hand
3. Add water a little at a time till you can feel all the ingredients have become moist and ever so slightly wet
4. Add your egg and mix well
5. Heat a pan with oil.
6. Take a small amount of mixture and carefully drop it in
7. Fry for about 10 minutes over a medium heat, turning the Pakora during frying to ensure even browning.
8. Drain the cooked Pakora on tissue paper
9. Serve as a starter with salad or enjoy as a snack!



FISH

FIVE WAYS

Crispy Battered Fish

What you need:

- 4 skinless cod or haddock fillets
- Salt and pepper
- 2 eggs
- 100g 'cornflakes'
- Lemon wedges—optional

How to prepare:

1. Preheat your oven to 200 degrees or 180 degrees if fan assisted (gas mark 6)
2. Then line a tray with non-stick paper or foil
3. Roughly whisk the eggs in a bowl with a small pinch of salt
4. Put the cornflakes into a bowl and crush them
5. Cut the fish into equal size portions
6. Dip the fish into the egg, then into the crushed cornflakes to coat them
7. Put the coated fish onto the tray
8. Then bake for 10-12 minutes until slightly browned and cooked through
9. Serve with Crunchy Potato Wedges (see separate recipe) and squeeze the lemon wedge over

Top Tip/s: Serve with mushy peas as one of your five a day!

Tuna and Courgette Fritters

What you need:

- 1 tin of tuna (160g) drained
- 1 courgette, grated
- 80g self raising flour
- 1 egg
- 1 tbsp oil
- Light soy sauce, to serve

How to prepare:

1. Flake the tuna out of the tin into a bowl, then add the grated courgette, flour and egg
2. Mix together to make a batter. If needed add a dribble of water to loosen the consistency until it resembles thick double cream
3. Melt a little oil in a frying pan over a medium heat.
4. Spoon in large moulds of the batter, leaving some space between each one
5. Aim for fritters about 7-8cm in diameter (this will make about 12 fritters)
6. Cook the fritters for about 2-3 minutes on each side before lifting them out the pan and draining on a paper towel

Top Tip/s:

- They are delicious with a wedge of lime and light soy sauce to dip
- You can make 4 big ones if you wish and serve them with salad and rice

Fish and Potato Curry

What you need:

- 2 pieces fish fillet (cut into cubes)
- 1 tbsp oil
- 1 large potato (cut into cubes)
- ¼ tsp chilli powder
- 1 tsp cumin powder
- 1 tsp curry powder
- 1 tbsp onion (crushed)
- 1 tsp garlic (crushed)
- ½ tsp turmeric powder
- 1tbsp chopped fresh coriander
- 2 tomato (cut into cubes)

How to prepare:

1. Fry onion, garlic and spices in the oil for 4-5 minutes, stirring frequently to prevent sticking
2. Add the tomato, fish and potatoes and cook for a further few minutes
3. Add 2-3 cups of water and cook for 10-15 minutes

Top Tip/s: Garnish with fresh coriander for garnishing and serve with bread, rice or chapatti

Spicy fish 'chutney'

What you need:

- 2 tins of sardines in oil
- 2 large chopped tomatoes
- 1 chopped onion
- Curry powder mild to medium depending on your taste

How to prepare:

1. Simply put the sardines into the pan including the oil
2. Add the tomatoes, onions and curry powder
3. Fry the mixture until the onions are soft
4. Serve either hot with rice or a baked potato

Top Tip/s: It is also wonderful cold on crispy bread or toast

Tuna Bread Quiche

What you need:

- 5 slices of bread
- Tomato ketchup/relish
- Tuna in brine
- Small tin of sweet corn
- 3 eggs beaten with milk
- Grated cheese
- 1 sliced tomato
- Margarine to grease dish
- Season to your taste

How to prepare:

1. Grease dish & pre heat oven 190°C/375°F/Gas mark 5
2. Cut crusts off the bread and spread with tomato sauce
3. Line the dish with the bread—tomato side up
4. Mix tuna, eggs, milk & sweet corn together
5. Pour on to the bread, sprinkle cheese over it, place tomato on the top
6. Cook in the oven for approx. 30/40 mins



MINCE

FIVE WAYS

Burgers in a Bowl

What you need:

- 500g lean beef mince
- 1 onion finally chopped
- 2 garlic cloves crushed
- Pinch of black pepper
- Sauce
- 3tbsp light mayonnaise
- 2tbsp tomato puree
- 1/4tsp onion granules
- 5tbsp fat free yoghurt
- 2tsp white wine vinegar
- 1/4tsp paprika
- 1tbsp American mustard
- 1/2 tsp garlic salt (optional)

How to prepare:

1. Place all the sauce ingredients in a bowl and mix well
2. Set the sauce to one side
3. Chop your salad and share between 4 bowls
4. Spray a non stick frying pan with spray oil and heat on a medium/high heat
5. Add the mince garlic and onion and fry for 6-7 minutes
6. Season with black pepper to taste
7. Spoon your mince mixture over the bowls of salad
8. Top with the burger sauce and serve

Top Tip/s: Add sliced gherkins on top and/or serve with our potato wedges on the side

Chilli Con Carne

What you need:

- 1 onion chopped
- 500g minced beef
- 1 tin baked beans
- 1 tin chopped tomatoes
- ½ tsp garlic powder
- ½ tsp chilli powder
- 2 tbsp. Worcestershire sauce
- Salt and pepper to taste

How to prepare:

1. Put the mince, onion, garlic and chilli into the pan and cook until the mince has browned
2. Drain any excess fat
3. Add all the other ingredients to the pan and cook for about 10–15 minutes
4. Season to taste before serving
5. Check seasoning before serving

Top Tip/s: This is lovely served with rice or a jacket potato

Friday Fridge Mince

What you need:

- 1 Leek
- 1/2 Onion
- 1 Courgette
- 1 Pepper
- Small Jacket Potatoes
- 1lb Mince
- 2 Stock Cubes

How to prepare:

1. Prepare and chop the vegetables
2. Put the potatoes in the pre-heated oven (200°C) for 30 minutes
3. Dry fry the mince in a frying pan for 5 minutes
4. Add the vegetables to the mince and cook for 5 minutes
5. Make 1 pint of stock with the stock cubes and add 1/2 a pint to the pan
6. Simmer for 10 Minutes
7. Add the rest of the stock and simmer for a further 10 minutes
8. Take potatoes out of oven once cooked and serve with the mince

Mince Medley

What you need:

- 1 onion
- 1 clove garlic
- 1 pint water, beef stock cube
- 400g lean mince
- 1 tin of tomatoes
- Dried mixed herbs
- Beef stock cube

How to prepare:

1. Chop peel and chop the onion and garlic
2. Put the mince in the pan, break it up and fry until brown
3. Add the onions and garlic and cook for 5 minutes
4. Add the tomatoes, herbs, 1/2 pint of water, stock cube and bring to the boil
5. Simmer for 30 minutes, adding some of the extra water if needed.

You can also use this basic recipe and method to prepare:

- **Bolognese sauce:** Add 100g of chopped mushrooms and tomato puree when adding the tomatoes
- **Chilli con carne:** Add 1 tbsp of paprika, 1 tbsp chilli powder, 1 red pepper diced and 1 tin red kidney beans (or baked beans) when adding the tomatoes
- **Spicy mince:** Add 1 tsp curry powder and 1 potato (peeled and diced) when you cook the onions and garlic. Add 50g sultanas, 2 tbsp mango chutney and 1 apple peeled and chopped when you add the tomatoes

Mighty Meatballs

What you need:

- 12 Cream crackers
- 4 sprigs of fresh rosemary
- 2 heaped teaspoons Dijon mustard
- 500 g quality minced beef, pork, or a mixture of the two
- 1 heaped tablespoon dried oregano
- 1 large free-range egg
- Spaghetti pasta
- 2 tins of tomatoes and one tablespoon of tomato puree
- Any vegetables you want to go in your sauce—onions, mushrooms, peppers, courgette etc

Mighty Meatballs

How to prepare:

1. How to prepare:
2. Wrap the crackers in a tea towel and smash up until fine, breaking up any big bits with your hands, then tip into a large bowl.
3. Pick and finely chop the rosemary, then add to the bowl with the mustard, minced meat and oregano
4. Crack the egg into the bowl, then add a good pinch of sea salt and black pepper
5. With clean hands, scrunch and mix everything up well and divide into 4 large balls
6. With wet hands divide each ball into 6 and roll into little meatballs – you should end up with 24.
7. Place the meatballs onto a plate, drizzle with oil and jiggle about to coat, then cover and place in the fridge until needed
8. Heat 1 tablespoon of oil in another large frying pan over a medium heat, add the meatballs and cook for 8 to 10 minutes, or until cooked through, turning regularly
9. To check if they're cooked, cut one opening – there should be no sign of pink
10. Add any vegetables you have to the pan and fry for a few minutes before adding tinned tomatoes, place lid on pan and let simmer for 10 minutes
11. Toss with spaghetti and serve

Top Tip/s:

- You can serve with rice, noodles or even a jacket potato or in a wrap
- Adding leftover vegetables helps make the recipe stretch further
- Try using turkey or lean pork instead of chicken



POTATOES

FIVE WAYS

Crunchy Potato Wedges

What you need:

- 2 large washed potatoes
- 60 ml olive oil
- 240g cornflakes
- 1 tablespoon mixed herbs

How to prepare:

1. Pre heat oven to 200°C
2. Cut the potatoes into wedges and place in a large bowl
3. Pour in the oil and coat the potatoes
4. Coat the potatoes with the cornflakes and herbs
5. Place onto a flat baking tray
6. Cook for 20 minutes and then turn the potatoes and cook for another 20 minutes

Top tip/s:

- You can also use sweet potatoes
- Add parmesan cheese and paprika for extra taste.

Quick Potato Salad

What you need:

- Cooked potatoes
- 1 apple
- Mayonnaise
- 1/2 onion
- Parsley to decorate (optional)

How to prepare:

1. Cube the potatoes
2. Cube the apple
3. Finely chop the onion
4. Mix them all together with the mayonnaise
5. Decorate with parsley

Top tip/s:

- Use a red apple to add colour

Potato Scones

What you need:

- 250g potatoes
- 25g margarine or butter
- 50g self raising flour
- 1 tsp oil
- Season to taste

How to prepare:

1. Boil the potatoes, drain and mash with the butter
2. Season to taste , add the flour and mix well
3. Turn onto a floured board and press out into a circle shape
4. Cut the circle into segments— about 6 triangles
5. Heat the oil in the pan and add the potato scones
6. Cook on each side until golden brown
7. Then serve with grilled tomatoes, egg or bacon

Tomato, Potato and Basil Bake

What you need:

- 4 medium potatoes
- 1 punnet of cherry tomatoes
- A bunch of basil
- 1 vegetable stock cube

How to prepare:

1. Slice the potatoes
2. Cut the tomatoes in half
3. Make up 1 pint of stock
4. Layer the potatoes in an oven proof dish
5. Place tomatoes on top of the potatoes, add the stock and sprinkle with basil
6. Cook in a hot oven for 1 hour

Chickpea and Potato Curry

What you need:

- 2 tins of chickpeas
- 2 potatoes cut into cubes
- 1 medium onion chopped
- 4 cloves of garlic chopped
- 1 tbsp oil
- 1 tsp curry powder
- 1 tsp cumin powder
- 1/2 tsp turmeric powder
- 1 tsp coriander powder
- 2 cups of water
- 1 tin chopped tomatoes

How to prepare:

1. Heat the oil in a large pan
2. Fry the onion and garlic until brown
3. Add all the spices and fry for a few minutes.
4. Add a little water to stop them from burning
5. Stir in chickpeas, potatoes and tinned tomatoes
6. Add the rest of the water and cook for 10-15 minutes

Top tip/s:

- Best served with chapattis



FRUIT
FIVE WAYS

Apple and Pear Crumble

What you need:

- 1 1/2lb eating apples
- 4oz plain flour
- 2oz low fat spread
- 4oz rolled oats
- 1oz brown sugar
- 1 tin of pears in juice - chopped up

How to prepare:

1. Pre heat oven 190°C/375°F/gas mark 5
2. Boil 2 fl oz of water in a pan
3. Peel the apples, remove cores add to the water and bring to the boil
4. Cover tightly and cook on the lowest heat for 5 minutes
5. Place flour and low fat spread in bowl and mix with fork
6. Rub in low fat spread
7. Stir in oats and 1oz of sugar
8. Add chopped tinned pears to the apple mixture
9. Tip the apple mixture into a pie dish and sprinkle over the flour mixture to cover
10. Bake for 15-20 minutes until brown

Banana Cake

What you need:

- 4oz/100g low fat margarine
- 2oz/50g sugar
- 1 teaspoon baking powder
- 5oz/140g self raising flour
- 2 eggs beaten
- 4oz/100g sultanas
- 1 teaspoon mixed spice
- 3 bananas mashed

How to prepare:

1. Pre heat oven to 180c/ 350f gas mark 4
2. Beat low fat margarine and sugar together
3. Stir in the eggs and bananas
4. Add all of the remaining ingredients and mix well
5. Place into 2lb loaf tin and bake for 40 - 45 minutes

Top tip/s:

- This is a great way to use up your ripe bananas

Blueberry Crunch

What you need:

- ½ packed of
- biscuits
- 1 packet of blueberries
- 1 tub of
- Low fat Greek yoghurt or Crème Fraiche

How to prepare:

1. Place the biscuits in a food bag, and crush with a rolling pin (or other heavy object). Alternatively, you can blitz them in a food mixer
2. In the glass or dish you are going to serve it in, put a layer of the biscuits at the bottom
3. Add a layer of the blueberries
4. Add a layer of the yogurt
5. Repeat the layers
6. Finish with a layer of the biscuits

Top tip/s:

- Other fruit that can be used include: peaches, pineapple, pears or mango
- You can also use other biscuits such as 'gingernuts' for the base

Banana and Raisin Cookies

What you need:

- 25g/1oz raisins
- 125ml orange juice
- 225g/8oz low fat margarine
- 140g/5oz caster sugar
- 1 egg yolk, lightly beaten
- 280g/10oz plain flour
- 85g/3oz dried banana, chopped

How to prepare:

1. Put the raisins into a bowl, pour in the orange juice and leave to soak
2. Pre heat oven to 190°C/gas mark 5
3. Cream the butter and sugar in a bowl, beat in egg yolk and 2 tsp orange juice
4. Sift flour into mixture, add the raisins and dried banana and stir until combined
5. Put 1 tbsp of mixture onto baking trays and flatten gently
6. Bake for 15-20 minutes until golden brown

Lemon Cake

What you need:

- 100g/4oz self raising flour.
- 100g/4oz low fat spread.
- 100g/4oz sugar.
- 2 eggs.
- 1 Lemon

How to prepare:

1. Pre heat the oven to 190°C/375°F/gas 5
2. Cream the low fat spread and sugar together until light and fluffy
3. Beat the eggs in one at a time, gently mix in a little bit of flour, after both eggs have been added mix in the remaining flour
4. At this point you can add the lemon juice and zest
5. Fill the cake tin with the mixture.
6. Bake in the pre heated oven for about 40 minutes until firm
7. Remove from oven and leave to cool

**We hope you enjoyed
this Take Five Cookbook!**

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