

# Aubergine Bake


**MEAT**  
*Monday*  
**FREE**

## Recipe



## Background

Being healthy, and really tasty, this dish is popular with both school caterers and students alike! It's quick to prepare so perfect for busy, bustling canteens.

Portion sizes		Nutrients per 100 g	
Population group	Portion size (g)	Nutrient	Amount
Primary 7-10 years	175	Energy	76.1 kcal
		Fat	5 g
Secondary 11-18 years	234	Sat Fat	0.8 g
		Carb	6.8 g
 <b>Time</b> 1 hour		NMES	0 g
		Fibre	1.8 g
		Prot	1.6 g
		Iron	0.6 mg
		Calc	21.5 mg
		Vit A	36.4 g
		Fol	14.7 mg
		Vit C	4.9 mg
		Sodium	16.4 mg
		Zinc	0.3 mg

## Ingredients

Gastronorm	1 x quarter 1/1	1 x half 1/1	1 x 1/1	2 x 1/1
Primary portions	8	16	32	64
Secondary portions	6	12	24	48
onions, chopped	200 g	400 g	800 g	1600 g
aubergine	700 g	1400 g	2800 g	5600 g
Shredded Wheat, or similar breakfast cereal	60 g	120 g	240 g	480 g
sunflower oil	40g	80 g	160 g	320 g
passata	400 g	800 g	1600 g	3200 g
basil (fresh)	20 g	40 g	80 g	160 g
soya cream	26 g	52 g	104 g	208 g
pepper, black, to taste	3 g	6 g	12 g	24 g

## Method

- 1 Fry the onions in the oil, adding the crushed breakfast cereal. Stir the mixture until the cereal starts to brown a little.
- 2 Cut the aubergines into thin slices.
- 3 Layer the cereal mixture and aubergine slices alternatively on a greased baking dish.
- 4 Mix the fresh basil in the passata and pour this over the layers of cereal mixture and aubergine.
- 5 Bake in a preheated oven at 190°C/375°F/gas mark 5 for 45 minutes or until the aubergine is tender, removing the cover after 30 minutes.
- 6 Trickle the surface of the bake with cream two minutes before taking it out of the oven.



## Serving suggestion

Boiled potatoes and a salad

# Bean Burgers

**MEAT**  
*Monday*  
**FREE**


## Recipe

**HIGH  
IN PROTEIN  
AND FIBRE**



## Background

These burgers, made from kidney beans, are healthy and full of flavour. They can be frozen in advance and reheated for a quick, easy meal. They are especially popular with children when a variety of toppings are available to choose from – shredded lettuce, baby leaf spinach, sliced tomatoes, hot chilli salsa, tomato ketchup, mayonnaise, cooked onions and mustard.

Portion sizes		Nutrients per 100 g	
Population group	Portion size (g)	Nutrient	Amount
Primary 7-10 years	113	Energy	127.4 kcal
		Fat	2.2 g
Secondary 11-18 years	151	Sat Fat	0.3 g
		Carb	22.1 g
 Time 40 minutes		NMES	0.2 g
		Fibre	4.6 g
		Prot	6.3 g
		Iron	1.8 mg
		Calc	66.3 mg
		Vit A	12.2 µg
		Fol	15.1 µg
		Vit C	0.7 mg
		Sodium	589.2 mg
		Zinc	0.6 mg

## Ingredients

	Primary portions	12	24	48
	Secondary portions	8	16	32
onions, chopped	100 g	200 g	400 g	800 g
garlic, peeled and crushed	10 g	20 g	40 g	80 g
kidney beans, drained and rinsed	950 g	1900 g	3800 g	7600 g
rolled oats	60 g	120 g	240 g	480 g
soy sauce	26 g	52 g	104 g	208 g
breadcrumbs, homemade	100 g	200 g	400 g	800 g
chilli powder (optional)	3 g	6 g	12 g	24 g
vegetable oil	13 g	26 g	52 g	104 g

## Method

- 1 Heat oil in a large saucepan, add the onions and garlic and stir. Cover and leave to cook over a moderate heat for 5 minutes, stirring occasionally. Remove from the heat.
- 2 Drain and mash the beans in a bowl.
- 3 Add the oats, soy sauce and onion/garlic mix and knead well by hand.
- 4 Form the mixture into burgers and coat with the dried breadcrumbs.
- 5 In a lightly oiled skillet cook the burgers on both sides until browned over a high heat (approx 4-5 minutes each side).
- 6 Reduce the heat to low and cook for a further 3 minutes each side to ensure the burgers are cooked through.

## Serving suggestion



In burger baps with thinly shredded lettuce, baby leaf spinach and slices of tomatoes

# Butter Bean Gravy Stew


**MEAT**  
*Monday*  
**FREE**

## Recipe



## Background

This stew has a luxurious rich gravy sauce and goes well with steamed long-grain rice, or over mashed potato with some steamed seasonal vegetables and cauliflower cheese on the side.

Portion sizes		Nutrients per 100 g	
Population group	Portion size (g)	Nutrient	Amount
Primary 7-10 years	207	Energy	71.2 kcal
		Fat	4.1 g
Secondary 11-18 years	276	Sat Fat	0.5 g
		Carb	6.6 g
 <b>Time</b> 30 minutes		NMES	0.2 g
		Fibre	1.8 g
		Prot	2.4 g
		Iron	0.9 mg
		Calc	13.3 mg
		Vit A	13.9 µg
		Fol	18.8 µg
		Vit C	5.2 mg
		Sodium	450.2 mg
		Zinc	0.3 mg

## Ingredients

Gastronorm	1 x quarter 1/1	1 x half 1/1	1 x 1/1	2 x 1/1
Primary portions	4	8	16	32
Secondary portions	3	6	12	24
vegetable oil	30 g	60 g	120 g	240 g
leeks, trimmed, washed and chopped	200 g	400 g	800 g	1600 g
mushrooms, thinly sliced	100 g	200 g	400 g	800 g
butter beans (canned), drained and rinsed	400 g	800 g	1600 g	3200 g
soy sauce	15 g	30 g	60 g	120 g
parsley, fresh, chopped	20 g	40 g	80 g	160 g
cornflour	15 g	30 g	60 g	120 g
vegetable stock	10 g	20 g	40 g	80 g
water	300 ml	600 ml	1200 ml	2400 ml
pepper, black, to taste	2 g	4 g	8 g	16 g

## Method

**1** In a large saucepan or a large frying pan with deep sides, heat the oil and gently sauté the leeks for 5-8 minutes, until they are soft and starting to turn golden.

**2** Stir in the mushrooms and soy sauce, and fry for a further 5 minutes. Stir in the butter beans, and herbs, and allow them to heat through for a couple of minutes.

**3** Then mix together the cornflour and cold vegetable stock and pour this into the stew, stirring all the time to ensure it doesn't go lumpy. Simmer gently for 10 minutes, stirring often, until the mixture has thickened to a creamy consistency.

**4** Check the seasoning and add a little pepper if required.

**5** Add a spoonful of crème fraîche or soured cream and freshly ground black pepper on top.

## Serving suggestion



Steamed long-grain rice or mashed potato with steamed seasonal vegetables and cauliflower cheese

Recipe taken and adapted from *Food* by Mary McCartney, published by Random House.

# Butternut Squash Tagine with Chilli Couscous

MEAT  
Monday  
FREE

Recipe

## Background

This dish is chef and author Maria Elia's version of the amazing tagines she has had in Morocco. You can, of course, use any other variety of squash available or substitute carrots, turnips or courgettes. (The cooking time will vary slightly for each.)

Portion sizes		Nutrients per 100 g	
Population group	Portion size (g)	Nutrient	Amount
Primary 7-10 years	264	Energy	67.6 kcal
Secondary 11-18 years	353	Fat	1.5 g
		Sat Fat	0.2 g
		Carb	12.4 g
		NMES	0 g
		Fibre	1 g
		Prot	1.8 g
		Iron	1.5 mg
		Calc 2	9.5 mg
		Vit A	278.6 µg
		Fol	18.6 µg
		Vit C	16.2 mg
		Sodium	17.2 mg
		Zinc	0.1 mg



Time  
1 hour



HIGH  
IN IRON

## Ingredients

Gastronorm	1 x quarter 1/1	1 x half 1/1	1 x 1/1	2 x 1/1
Primary portions	8	16	32	64
Secondary portions	6	12	24	48
squash, butternut, raw	1000 g	2000 g	4000 g	8000 g
olive oil	26 g	52 g	104 g	208 g
onions, finely chopped	100 g	200 g	400 g	800 g
garlic, finely chopped	12 g	24 g	48 g	96 g
ground ginger	10 g	20 g	40 g	80 g
paprika powder	5 g	10 g	20 g	40 g
tomatoes, canned, whole contents	800 g	1600 g	3200 g	6400 g
red chillies, raw, split lengthways	20 g	40 g	80 g	160 g
coriander leaves, finely chopped	40 g	80 g	160 g	320 g
couscous	300 g	600 g	1200 g	2400 g
green chillies, raw, chopped	10 g	20 g	40 g	80 g

## Method

### Method for the Butternut Squash Tagine

- 1 Peel the butternut squash with a potato peeler. Cut in half widthways, then again lengthways, scoop out the seeds with a spoon, then cut into approximately 2 cm chunks. Reserve the peel and trim for stock.
- 2 Heat the olive oil in a pan, sauté the onions until softened, add the garlic and all the dry spices and cook 'out' for 2 minutes, until fragrant.
- 3 Add the tomatoes, red chillies and water and bring to the boil.
- 4 Add the butternut squash, season with black pepper and simmer for 30 minutes until the mixture has thickened and the squash is tender, adding more water if necessary.
- 5 Stir in the coriander and adjust the seasoning. Serve with Chilli Couscous (see below). And beware of the chillies!

### Method for the Chilli Couscous

- 1 Place the couscous in a large bowl and sprinkle over the green chillies.
- 2 Pour the boiling water over the top and immediately cover with cling film. Leave for 2-3 minutes; remove film and fluff with a fork to loosen the couscous.
- 3 Stir in the coriander and serve.

Recipe taken and adapted from *The Modern Vegetarian* by Maria Elia, published by Kyle Books.  
Photo by Jonathan Gregson.

# Chickpea Curry

**MEAT**  
*Monday*  
**FREE**

## Recipe



## Background

This chickpea curry is easy to prepare and uses simple ingredients. The addition of coriander leaves or parsley before serving adds freshness and colour.

Portion sizes		Nutrients per 100 g	
Population group	Portion size (g)	Nutrient	Amount
Primary 7-10 years	154	Energy	45.6 kcal
		Fat	1.7 g
Secondary 11-18 years	206	Sat Fat	0.1 g
		Carb	5.8 g
		NMES	0 g
		Fibre	1.4 g
		Prot	2.2 g
		Iron	0.7 mg
		Calc	20.7 mg
		Vit A	43.8 µg
		Fol	15.5 µg
		Vit C	9.9 mg
Time	45 minutes	Sodium	68.2 mg
		Zinc	0.3 mg



Time  
45  
minutes

## Ingredients

Gastronorm	1 x quarter 1/1	1 x half 1/1	1 x 1/1	2 x 1/1
Primary portions	8	16	32	64
Secondary portions	6	12	24	48
rapeseed oil	15 g	30 g	60 g	120 g
onions, chopped	100 g	200 g	400 g	800 g
garlic, peeled and crushed	12 g	24 g	48 g	96 g
cumin seeds	5 g	10 g	20 g	40 g
mustard seeds	5 g	10 g	20 g	40 g
chilli flakes	2.5 g	5 g	10 g	20 g
ground coriander	5 g	10 g	20 g	40 g
ginger, grated	5 g	10 g	20 g	40 g
tomatoes, canned	400 g	800 g	1600 g	3200 g
water, distilled	50 ml	100 ml	200 ml	400 ml
chickpeas, canned, re-heated, drained	390 g	780 g	1560 g	3120 g
lemon juice	20 g	40 g	80 g	160 g
pepper, black, to taste	0.5 g	1 g	2 g	4 g
coriander or parsley, fresh	20 g	40 g	80 g	160 g

## Method

- 1 Fry the onions until brown, add the garlic, ginger and all the spices, stirring for a few minutes.
- 2 Add the tomatoes, water, chickpeas, salt and pepper and cook under low heat for about half an hour.
- 3 Add the lemon juice and a bunch of fresh coriander or parsley.



**Serving suggestion**  
Rice and a green salad

# Chilli Non Carne

**MEAT**  
*Monday*  
**FREE**


Recipe

**HIGH  
IN FIBRE,  
PROTEIN AND  
VITAMIN C**



## Background

This chilli contains no meat, hence the name 'non carne' instead of 'con carne'. It's easy to throw together using mostly store cupboard ingredients.

Portion sizes		Nutrients per 100 g	
Population group	Portion size (g)	Nutrient	Amount
Primary 7-10 years	224	Energy	54.8 kcal
		Fat	2.2 g
Secondary 11-18 years	299	Sat Fat	0.3 g
		Carb	5.5 g
 <b>Time</b> 30 minutes		NMES	0 g
		Fibre	2.2 g
		Prot	3.6 g
		Iron	1 mg
		Calc	24 mg
		Vit A	89.1 µg
		Fol	16 µg
		Vit C	15.2 mg
		Sodium	217.2 mg
		Zinc	0.2 mg

## Ingredients

Gastronorm	1 x quarter 1/1	1 x half 1/1	1 x 1/1	2 x 1/1
Primary portions	8	16	32	64
Secondary portions	6	12	24	48
sunflower oil	26 g	52 g	104 g	208 g
onions, chopped	100 g	200 g	400 g	800 g
garlic, peeled and crushed	12 g	24 g	48 g	96 g
courgettes, chopped	100 g	200 g	400 g	800 g
peppers (red), chopped	100 g	200 g	400 g	800 g
veggie mince (e.g. Linda McCartney Foods' Vegemince)	225 g	450 g	900 g	1800 g
tomatoes, canned	800 g	1600 g	3200 g	6400 g
tomato purée	13 g	26 g	52 g	104 g
chilli powder	2.5 g	5 g	10 g	20 g
paprika powder	5 g	10 g	20 g	40 g
cumin seeds	5 g	10 g	20 g	40 g
sweetcorn, drained	325 g	650 g	1300 g	2600 g
kidney beans, drained and rinsed	400 g	800 g	1600 g	3200 g
coriander or parsley, fresh	0.5 g	1 g	2 g	4 g
pepper, black, to taste	0.5 g	1 g	2 g	4 g

## Method

- 1 Fry the onions and red peppers in the oil until soft (about 10 minutes).
- 2 Add the garlic and courgettes and cook for a few minutes.
- 3 Add the veggie mince, spices and half the tinned tomatoes and cook for 4-5 minutes, stirring constantly.
- 4 Add the remainder of the tinned tomatoes as well as the tomato purée, stir well and simmer for 10 minutes over a low heat.
- 5 Add a few teaspoons of water to each of the empty tomato tins, shake and add this to the mixture too, so that all juice is used and the chilli is not too dry.
- 6 Add the sweetcorn and kidney beans to the chilli and cook for a further 2-3 minutes.
- 7 Sprinkle some coriander or parsley on top.



**Serving suggestion**

Rice or fresh crusty bread

# Falafel and Hummus Pita

**MEAT**  
*Monday*  
**FREE**

## Recipe

### Background

Common across the Middle East, falafel are fried balls made from ground chickpeas, traditionally served in pita bread or flatbread, along with tomato and cucumber salad and hummus. Children can choose additional fillings such as lettuce, shredded cabbage and chilli sauce.

Portion sizes		Nutrients per 100 g	
Population group	Portion size (g)	Nutrient	Amount
Primary 7-10 years	165	Energy	448.7 kcal
Secondary 11-18 years	247	Fat	20.9 g
		Sat Fat	2.5 g
		Carb	56.1 g
		NMES	0 g
		Fibre	7.8 g
		Prot	13.3 g
		Iron	5.3 mg
		Calc	215.6 mg
		Vit A	120.9 µg
		Fol	31.9 µg
		Vit C	28.5 mg
		Sodium	424.8 mg
		Zinc	1.8 mg



Time 1½



**HIGH  
IN FIBRE,  
CALCIUM  
AND IRON**

### Ingredients

	Primary portions	12	24	48
Primary portions	6	12	24	48
Secondary portions	4	8	16	32
<b>Falafel</b>				
chick peas, drained and rinsed	275 g	550 g	110 g	2200 g
breadcrumbs, homemade	15 g	30 g	60 g	120 g
flour, white, plain	30 g	60 g	120 g	240 g
onions, finely chopped	100 g	200 g	400 g	800 g
garlic, finely chopped	20 g	40 g	80 g	160 g
baking powder	2.5 g	5 g	10 g	20 g
ground cumin	5 g	10 g	20 g	40 g
coriander, ground	5 g	10 g	20 g	40 g
pepper, cayenne	2.5 g	5 g	10 g	20 g
flat leaf parsley, fresh	20 g	40 g	80 g	160 g
pepper, black, to taste	5 g	10 g	20 g	40 g
sunflower oil, for frying	100 g	200 g	400 g	800 g
<b>Hummus</b>				
chick peas, drained and rinsed	240 g	480 g	960 g	1920 g
lemon juice	10 g	20 g	40 g	80 g
garlic, finely chopped	10 g	20 g	40 g	80 g
tahini paste	15 g	30 g	60 g	120 g
water	100 ml	200 ml	400 ml	800 ml
paprika powder	2.5 g	5 g	10 g	20 g
<b>For assembly</b>				
pita bread	150 g	300 g	600 g	1200 g
cucumber, cut into small cubes	50 g	100 g	200 g	400 g
tomatoes, raw, cut into small cubes	50 g	100 g	200 g	400 g

### Method

#### Method for Falafel

- 1 Combine the onions, garlic, chickpeas, breadcrumbs, parsley, flour, baking powder, cumin, coriander, cayenne pepper, and black pepper in a food processor until the mixture has a pastelike consistency. The mixture should look fairly green from the parsley.
- 2 Cover and refrigerate for at least ½ hour.
- 3 Form the mixture into small balls.
- 4 Deep-fry the balls, in batches.

#### Method for Hummus

- 1 Combine the chickpeas, lemon juice, garlic, water and tahini. Blend them together in a food processor to form a creamy purée.
- 2 Place in a dish and garnish with a sprinkle of paprika.

#### Method for assembly

- 1 Put together the falafel meals by placing a generous layer of hummus inside a pita bread, and adding falafel balls, and tomato and cucumber salad. Students can then add other fillings.

### Serving suggestion



Green salad, shredded cabbage, chilli sauce and chips or potato wedges

# Spaghetti Bolognese

**MEAT**  
*Mondays*  
**FREE**

## Recipe

**HIGH  
IN  
PROTEIN**



## Background

Bolognese sauce originates from Bologna, Italy. Traditionally it uses minced beef, and is served with tagliatelle. Many recipes also include red wine, but this is not used in this version for schools. Here veggie mince is used instead of meat, and the sauce is great with any kind of pasta.

Portion sizes		Nutrients per 100 g	
Population group	Portion size (g)	Nutrient	Amount
Primary 7-10 years	164	Energy	80.4 kcal
		Fat	3 g
Secondary 11-18 years	218	Sat Fat	0.4 g
		Carb	5.3 g
		NMES	0 g
		Fibre	0.8 g
		Prot	8.4 g
		Iron	2 mg
		Calc	57.4 mg
		Vit A	161.4 µg
		Fol	20 µg
		Vit C	9.1 mg
		Sodium	788.7 mg
		Zinc	0.9 mg



**Time**  
30  
minutes

## Ingredients

Gastronorm	1 x quarter 1/1	1 x half 1/1	1 x 1/1	2 x 1/1
Primary portions	8	16	32	64
Secondary portions	6	12	24	48
olive oil	26 g	54 g	108 g	216 g
onions, chopped	125 g	250 g	500 g	1000 g
garlic, peeled and crushed	18 g	36 g	72 g	144 g
carrots, chopped	100 g	200 g	400 g	800 g
celery, sliced	30 g	60 g	120 g	240 g
soya mince	225 g	450 g	900 g	1800 g
tomatoes, canned	800 g	1600 g	3200 g	6400 g
tomato purée	13 g	26 g	54 g	108 g
bay leaves	2	4	8	16
basil (fresh)	20 g	40 g	80 g	160 g
pepper, black, to taste	0.1 g	0.2 g	0.4 g	0.8 g

## Method

- 1 Fry the onions, garlic, celery and carrots in the oil for about 10 minutes.
- 2 Add the mince and fry for 4-5 minutes, stirring constantly. (If the mixture sticks and needs a bit of moisture use some of the juice from the tinned tomatoes.)
- 3 Add the tomato purée, tinned tomatoes, black pepper and bay leaves, stir well and simmer for approximately 10 minutes over a low heat.
- 4 Garnish with fresh basil.



**Serving  
suggestion**  
Spaghetti

# Tomato and Rosemary 'Chicken' Pasta Bake

**MEAT**  
*Monday*  
**FREE**

Recipe



**HIGH  
IN PROTEIN  
AND  
VITAMIN C**

## Background

Children usually like pasta bake and this is a healthy alternative with texture.

Portion sizes		Nutrients per 100 g	
Population group	Portion size (g)	Nutrient	Amount
Primary 7-10 years	240	Energy	102.6 kcal
Secondary 11-18 years	300	Fat	1.2 g
		Sat Fat	0.2 g
		Carb	19 g
		NMES	0 g
		Fibre	3.2 g
		Prot	4.5 g
		Iron	0.6 mg
		Calc	20.5 mg
		Vit A	102.7 µg
		Fol	21.9 µg
		Vit C	7.9 mg
		Sodium	72.8 mg
		Zinc	0.5 mg



Time  
1 hour

## Ingredients

Gastronorm	1 x quarter 1/1	1 x half 1/1	1 x 1/1	2 x 1/1
Primary portions	10	20	40	80
Secondary portions	8	16	32	64
Quorn 'chicken' or alternative vegetarian 'chicken'	450 g	900 g	1800 g	3600 g
tomatoes, canned	1200 g	2400 g	4800 g	9600 g
onions, chopped	100 g	200 g	400 g	800 g
garlic, peeled and crushed	24 g	48 g	96 g	192 g
rosemary, fresh	25 g	50 g	5 g	10 g
chilli powder	1.25 g	2.5 g	5 g	10 g
spinach, chopped roughly	150 g	300 g	600 g	1200 g
pasta, corn, dry	500 g	1000 g	2000 g	4000 g
pepper, black, to taste	0.2 g	0.4 g	0.8 g	1.6 g

## Method

- 1 Fry the onions until soft and golden and add the garlic and chilli powder.
- 2 Stir for a few minutes then add the tomatoes and rosemary.
- 3 Cook for 15 minutes or more and then add pepper and the 'chicken' pieces.
- 4 Add the spinach and only cook this for a minute or two.
- 5 Add the cooked (al dente) pasta and place the mixture into a (greased) ovenproof dish.
- 6 Cook in the oven at 225°C/425°F/gas mark 7 for 20-30 minutes or until the top looks slightly crunchy.



**Serving suggestion**  
Green salad

# Vegetable and Mixed Bean Hot Wraps


**MEAT**  
*Mondays*  
**FREE**

Recipe

## Background

This dish originates in Mexico where thin flour tortillas are wrapped around a delicious filling to form a burrito. The dish is now popular worldwide and variations for the filling include Mexican-style rice, beans or refried beans, meat, cooked vegetables, avocado, salsa, sour cream and cheese. This healthy meat-free version uses both beans and vegetables. The dish can be made more 'meaty' by using vegetarian 'chicken' pieces or veggie mince in addition.



Portion sizes		Nutrients per 100 g	
Population group	Portion size (g)	Nutrient	Amount
Primary 7-10 years	199	Energy	123.7 kkal
		Fat	1.2 g
Secondary 11-18 years	298	Sat Fat	0.1 g
		Carb	25 g
		NMES	0 g
		Fibre	2.8 g
		Prot	4.8 g
		Iron	1.4 mg
		Calc	69.4 mg
		Vit A	100.1 µg
		Fol	27.4 µg
		Vit C	11.4 mg
 Time 30 minutes		Sodium	190.1 mg
		Zinc	0.5 mg

**HIGH  
IN PROTEIN,  
FOLATE AND  
VITAMIN C**

## Ingredients

	Primary portions	6	12	24	48
	Secondary portions	4	8	16	32
tortillas		400 g	800 g	1600 g	3200 g
olive oil		6 g	12 g	24 g	48 g
garlic, peeled and crushed		6 g	12 g	24 g	48 g
peppers (yellow), chopped into small pieces		100 g	200 g	400 g	800 g
mushrooms, sliced		300 g	600 g	1200 g	2400 g
onions, chopped		75 g	150 g	300 g	600 g
kidney beans, drained and rinsed		400 g	800 g	1600 g	3200 g
spinach, chopped roughly		100 g	200 g	400 g	800 g
cumin seeds		2.5 g	5 g	10 g	20 g
chilli powder		1.25 g	2.5 g	5 g	10 g
pepper, black, to taste		0.25 g	0.5 g	1 g	2 g

## Method

- 1 Heat the olive oil in a large frying pan over a low/medium heat.
- 2 Add the garlic and stir for 30 seconds.
- 3 Add the peppers and onions, and sauté until soft – about 6 minutes.
- 4 Mix in the mushrooms and sauté until all the vegetables are tender – about 4 minutes longer.
- 5 Add the spinach leaves and cook for a further 2 minutes (until the spinach reduces down).
- 6 Meanwhile, preheat the oven to 180°C/350°F/gas mark 4.
- 7 Place the beans in large bowl and mash coarsely with a fork and add the spices. Mix in the cooked vegetables.
- 8 Place the tortillas on your work surface. Spoon the filling down the centre of each, leaving a 2-inch border at the bottom. Roll up the tortillas by folding the bottom of the circle up to just below the centre, and folding each of the sides to roughly the same point, making sure one overlaps the other.
- 9 Arrange the wraps, seam side down, on a baking tray. You will find that they will hold together after cooking.
- 10 Cover the wraps with foil. Bake until the filling is heated through, about 15 minutes.

## Serving suggestion



This can be a standalone dish but for a more substantial meal, serve with salad and potato wedges.

# Winter Minestrone

**MEAT**  
*Monday*  
**FREE**


Recipe

HIGH  
IN FIBRE



## Background

Don't be fooled by the name – the character of this thick, wholesome soup is more North African than Italian. It has a lot in common with the European version though, with the pasta playing a similar role to the vermicelli noodles found in many recipes.

Portion sizes		Nutrients per 100 g	
Population group	Portion size (g)	Nutrient	Amount
Primary 7-10 years	209	Energy	78.6 kcal
		Fat	3 g
Secondary 11-18 years	261	Sat Fat	0.4 g
		Carb	11.4 g
 Time 1 hour		NMES	0 g
		Fibre	2.1 g
		Prot	2.1 g
		Iron	0.5 mg
		Calc	21.3 mg
		Vit A	103.4 µg
		Fol	14.6 µg
		Vit C	8.1 mg
		Sodium	60.5 mg
		Zinc	0.3 mg

## Ingredients

	10 Primary portions	10 Secondary portions	10	10
pasta, corn, dry	200 g	400 g	800 g	1600 g
olive oil	54 g	108 g	216 g	432 g
onions, finely chopped	125 g	250 g	500 g	1000 g
leek, finely chopped	125 g	250 g	500 g	1000 g
celery, finely chopped	30 g	60 g	120 g	240 g
carrots, finely chopped	100 g	200 g	400 g	800 g
turnips, finely chopped	100 g	200 g	400 g	800 g
garlic, crushed	18 g	36 g	72 g	144 g
chilli powder	0.5 g	1 g	2 g	4 g
tomatoes, canned	400 g	800 g	1600 g	3200 g
vegetable stock	800 ml	1600 ml	3200 ml	6400 ml
kidney beans, drained and rinsed	400 g	800 g	1600 g	3200 g
curly kale, finely chopped	100 g	200 g	400 g	800 g
pepper, black, to taste	0.1 g	0.2 g	0.4 g	0.8 g

Recipe by Stella McCartney. Taken and adapted from *The Meat Free Monday Cookbook*, published by Kyle Books. Photo by Tara Fisher.

## Method

- 1 Heat the olive oil in a large saucepan.
- 2 Add the chopped vegetables and cook over a low-medium heat for 10-15 minutes until tender but not coloured.
- 3 Add the crushed garlic and chilli powder and cook for a further minute.
- 4 Pour the tomatoes into the pan, add the stock and bring to the boil.
- 5 Add the pasta to the pan.
- 6 Reduce the heat to a gentle simmer, cover and cook the soup for 25 minutes until the vegetables are tender and the pasta is cooked.
- 7 Add the kidney beans and cook for a further 2-3 minutes. You may need to add extra stock if the soup is too thick.
- 8 Add the curly kale and cook for 3-4 minutes until tender.
- 9 Season to taste with freshly ground black pepper.

## Serving suggestion

In bowls with a drizzle of olive oil and slices of toasted sourdough bread

