

RECIPES

SAUSAGE AND BEAN CASSEROLE

good source of protein, high in fibre, 2 of your 5 a day

INGREDIENTS

6 chicken sausages
1 carton of passata
1 onion (finely chopped)
1 teaspoon of thyme
1 can of kidney beans (drained and rinsed)
1 can of chickpeas (drained and rinsed)
1 can butter beans (drained and rinsed)
300ml of vegetable (low salt) stock cube

METHOD

Fry the sausages and onion in a large frying pan for around 5 minutes- turn regularly to ensure even cooking.

Then add all of the beans. Cook this for a further 5 minutes.

Add the passata, stock and thyme, mix well to cover all the Turn the heat to high and let the casserole bubble for 5 minutes.

Cook for a further 20 minutes on a low/medium heat. Stir regularly to prevent from sticking. The sauce should start to become sticky and thick.

TOP TIP!

For a healthier option use chicken or turkey sausages. For a vegetarian meal use Quorn sausages.

FLATBREADS

high in fibre, low in salt, easy for children to make!

INGREDIENTS

250g self-raising wholemeal flour
3/4 teaspoon baking powder
250g plain yoghurt
Olive oil for greasing
Seasoning of choice e.g. coriander, garlic, rosemary, cumin.

METHOD

Place the flour and baking powder into a bowl and mix.

Pour in the yoghurt and mix together until you have a rough dough.

Turn out onto a lightly floured surface and knead until the dough comes together. Place in a lightly greased bowl, cover with a damp tea towel and rest for 10 minutes.
-Divide the dough into eight balls. Roll each one on a lightly floured surface into an oval shape.

Place a griddle pan/frying pan over a high heat. Once hot griddle each flatbread for 2-3 minutes, until puffed up and charred. Turn halfway through cooking.

TOP TIP!

Serve with cooked chicken, hummus, sliced peppers and tomatoes for a quick and healthy lunch.