RECIPES

bell
painting and building maintenance.

CHILLI CON CARNE
high in fibre, of your 5 a day, good for batch cooking

INGREDIENTS

500g 5% beef mince
1 onion, finely chopped
2 cloves garlic, finely
chopped 200g mushrooms,
finely chopped 2tsp chilli
powder
2tsp ground cumin 2tsp
ground coriander 2tbsp plain
flour
1tsp sugar 1tsp oregano
450ml beef stock (1 stock
cube) 400g tinned tomatoes
2tbsp tomato puree
400g kidney beans, drained
and
rinsed

METHOD

Place the beef and onion in a pan and
fry for around 5 minutes, try to break
up the beef as you go.
Add the garlic, chilli, cumin and
coriander and fry for another few
minutes.
Add the mushrooms and then sprinkle
in the flour and stir well. Then pour in
the stock.
Add the tinned tomatoes, kidney
beans, tomato puree, caster sugar
and oregano. Stir well to ensure its
evenly mixed.
Bring to the boil and then lower the
heat, partly cover with a lid and cook
for 45mins-1hr until the meat has
broken down and the sauce has
thickened.

TOP TIP!

For meat free
try using Quorn
mince.

Serve with rice.

FRITTATA
high in protein, easy for chidren to make, good for snacks!

INGREDIENTS

1tbsp olive or rapeseed oil
250g new potatoes, cut
into
quarters
1 courgette, chopped into
dice size
3 spring onions or 1 white
onion,
finely chopped
10 sundried tomatoes,
chopped
into dice size
6 eggs
2tbsp milk
50g parmesan

METHOD

Preheat the oven to 180c or gas 4 and
line a 20cm square baking dish with
greaseproof paper.
Place the new potatoes in a pan and
cover with water. Boil on the hob for
around 10 minute- until soft.
Place the oil into a frying pan and add
the onions, courgette and sundried
tomatoes, fry for around 5 minutes.
Then add in the cooked potatoes.
Set aside to cool slightly.
In a bowl beat together the eggs and
milk, adding a little pepper if you like.
Add the Parmesan and then the
cooled vegetables.
Pour into the prepared tin and cook
for 20-25 minutes until set and
slightly golden.

TOP TIP!

Buy sundried tomatoes
in the tinned aisle for
cheaper option that you
can keep in the fridge for
multiple recipes