

**FIVE FUN PACKED,
SIMPLE RECIPES TO
CREATE AT HOME**

FOOD TO FUEL FUN



CARROT AND COURGETTE SPAGHETTI

SERVES
4

DONE IN
20

LESS THAN
£5

INGREDIENTS

- 1 x 500g packet spaghetti
- 1 large carrot (or 2 small)
- 1 large courgette (or 2 small)
- 1 tbsp vegetable oil
- 1 clove of garlic
- ½ small tub of light cream cheese
- 1 small block of Red Leicester cheese
- Pepper

TOP TIP

We've used fresh carrot, and courgette in this recipe, but it can be swapped for frozen veg which counts towards your 5-a-day and are packed with vitamins, minerals, and fibre.



A quick and colourful pasta dish packed with goodness. Deliciously melted cheese makes this a bowl full of fun to fill up on!

METHOD

01

Bring a large pan of water to the boil. Add the spaghetti and cook for 10-12 minutes, or according to the packet instructions. Once cooked, keep back ½ a mug of the pasta water (to use later), then drain the spaghetti and set aside.

02

While the pasta is cooking, peel the carrot, and then use the vegetable peeler to peel long wide strips (a bit like ribbons) along the length of the carrot and courgette. Peel and roughly chop the garlic.

03

Heat the vegetable oil in a large non-stick frying pan over a medium heat. Add the garlic, and then the carrot and courgette ribbons. Stir it all together and cook for a couple of minutes until softened.

04

Add the ½ mug of pasta water to the pan, and then add the cream cheese. Grate the Red Leicester and add this to the pan too. Mix it all together and let everything warm through gently until the cheese starts to melt.

05

Add the drained spaghetti to the pan with the vegetables and cheese, tossing it together so the pasta is coated in the sauce. Divide it between 4 plates or bowls and season with a bit of black pepper. Now tuck in!

FAMILY FUN

Ciao - it's pasta time!

Pasta comes in lots of shapes and sizes. But do you know what their Italian names really mean?

While your pasta cooks, try to match the names to their meanings!

Ravioli
Penne
Spaghetti
Farfalle

Little strings
Pens
Butterflies
Little turnips



VERY VEGGIE BURRITOS

SERVES
4

DONE IN
20

LESS THAN
£5



INGREDIENTS

- 4-6 soft flour tortillas
- 1 tbsp rapeseed oil
- 2 red onions
- 200g rice
- 400ml chicken or vegetable stock [reduced salt]
- 4 tbsp tomato purée
- 400g chilli beans, tinned
- 50g fresh coriander [optional]
- Black pepper, to taste

FILLER IDEAS:

- Lettuce
- Sweetcorn
- Cheese

TOP TIP

Protein is important for muscle growth. Did you know you can get protein from both animal and plant sources? The protein in this dish is beans!

SIMPLY DELICIOUS



These health by stealth burritos are packed with flavour and nutrients and allow children to get stuck in with their hands.

METHOD

01

Heat a little oil in a large non-stick pan and cook the onions until soft and see-through. Add in the rice and toast for a couple of minutes. Next, add the stock, stir and bring to a gentle simmer.

02

Pop in the tomato purée and combine it with the rice. Bring to a gentle simmer, turn the heat down, cover with a lid and allow the stock to absorb.

03

Once absorbed, check the rice is soft and cooked. Next, add the beans and coriander- stir all together and remove from the heat!

04

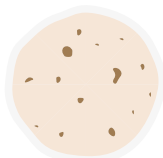
Heat the wraps in a pan [or microwave] until warm and soft. Place tin-foil under your wrap, add your toppings and wrap together. Now, get ready to enjoy!

FAMILY FUN

Foodie Fractions

Can you use your maths skills to work out what fraction of each tortilla is left?

a,



b,



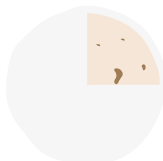
c,



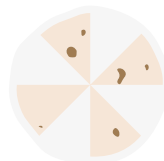
d,



e,



f,



Answers:

a: 1/8, b: 1/2, c: 1/2, d: 3/8, e: 1/4, f: 1/2



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MEXICAN STYLE CHICKEN

SERVES
4

DONE IN
1 HR

LESS THAN
£5



INGREDIENTS

- 8 chicken drumsticks
- 2 tbsp vegetable oil
- 1 onion
- 1 red pepper
- 2 tbsp fajita seasoning
- 1 stock cube (chicken or vegetable)
- 1 tbsp tomato purée
- 1 tin of chopped tomatoes
- 1 large mug of basmati rice
- 1 large mug of water

TOP TIP

Chicken is packed full of nutrients and protein. Freezing chicken helps to lock in the nutritional benefits and can be defrosted a few hours before cooking. Make sure your chicken is always cooked right through to 75 degree celsius.

A one-pan wonder with tonnes of different flavours, but hardly any ingredients!

METHOD

01

Whack the oven on at 180C.

Start by removing the skin from the drumsticks. Pull the skin down to the end of the bone and then, using a cloth to help you grip, pull the skin away completely.

02

Heat the vegetable oil in a casserole dish (or any ovenproof dish with a lid) and, once hot, add the chicken drumsticks. Cook for 10-15 minutes in the oven until they're nicely browned all over. Remove the drumsticks from the pan and put them on a plate to one side.

03

Peel and roughly chop the onion, then cut up the pepper too. Add this to the same dish and cook for 4-5 minutes, stirring frequently, until softened and starting to brown. Add the fajita seasoning and crumble in the stock cube. Then add the tomato purée and give it a stir, cooking for another minute or two.

04

Next, pour in the tin of chopped tomatoes, followed by the mug of rice. Fill up the same mug with water and add this to the dish, and add the chicken drumsticks back in. Bring this to a simmer, so it's gently bubbling, and pop the lid on. Place this in the hot oven and cook for 30-35 minutes.

05

Once cooked, take the dish out of the oven and let it stand for 5 minutes, allowing any remaining liquid to be absorbed. Then spoon onto plates and enjoy!

FAMILY FUN

In Mexico, most people speak Spanish, do you know any words in Spanish?

Why not try to say these words to your family tonight?

Hola
Por favour
Gracias

Hello
Please
Thank you



CRISPY CAULI MAC N CHEESE

SERVES
8

DONE IN
1 HR

LESS THAN
£5

INGREDIENTS

- 1 Cauliflower 600g-800g (including leaves and root)
- 300g Mixed pasta
- 50g Butter
- 150g Diced white onions
- 50g Plain flour
- 1 litre Semi-skimmed milk
- 400g Mixed Grated cheese (low fat if you have it)
- 100g Mixed bread (stale bread, crusts, use it up!)

TOP TIP

Did you know, you can eat the whole cauliflower, including the leaves? Roasting the leaves until they are crisp tastes great and reduces food waste. Win win!

METHOD

01

Pop the oven to 220°C.

Bring a large pan of water to a boil, and cook the pasta for 6 minutes.

02

While the pasta is cooking, cut the cauliflower into bite-size pieces, including the root and leaves. Once the pasta has cooked for 6 minutes, add the cauliflower and cook for a further 4-6 minutes. Drain and set aside.

05

Pop into the oven for 15- 20 minutes until the top is crispy and the middle is piping hot. Let it cool down for 5 minutes – before spooning it onto plates!

03

To make the white sauce, put the butter in a medium-sized pan and melt on low heat, adding the onions to sweat down for 5 minutes until soft. Add the flour to the pan, mix to make a thick consistency, and cook out for 30 seconds. Add the milk by stirring continuously on medium heat until you have a smooth sauce.

04

Once the sauce has come together, mix in 200g of cheese until combined and melted. Add the pasta and cauliflower and place them in an oven-proof dish. Sprinkle crumbled breadcrumbs and the remaining cheese on top.



FAMILY FAVE

A family favourite full of flavour - and some sneaky hidden veg!

FAMILY FUN

Grow your own veggies

You can also regrow veg from the stems (which most people throw away!)

Here's how...

1. Place the 'root,' or the 'heart' of the vegetable in a small shallow, dish of water

2. Watch the roots grow to around 5cm, then plant in some soil, in a pot or in the garden!
3. Take any herbs that have at least a couple of leaves and a stem. Place in water for 2 weeks or until you see roots grow to about 2cm, then transfer to some soil in a pot.



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TORTILLA PIZZAS

SERVES
4

DONE IN
20-30

LESS THAN
£5

INGREDIENTS

- 4 tortilla wraps
 - 1 tube of tomato purée
 - 4 large handfuls of grated mozzarella
- Toppings (optional)**
- 1 small red pepper
 - 1 small courgette
 - ½ small can of sweetcorn in water, drained
 - 4 slices of wafer thin ham

TOP TIP

Cheese and other dairy products can form part of a healthy, balanced diet for you and your family. The mozzarella in this recipe is packed with calcium which helps keep your teeth and bones strong!



Making pizza at home is so easy if you cheat! And it's a great way to get the kids involved in creating their own toppings. Here we've gone for a mix of colourful vegetables and some ham too. Easy peasy!

METHOD

01

Take the oven shelf racks out of the oven and then whack it on at 200C.

Place a tortilla wrap straight onto the oven shelf rack. Squeeze on some tomato purée and spread it around with the back of a spoon, leaving some space around the edge.

02

Time to add your toppings. Cut the red pepper in half, scoop the seeds out and then slice this up into strips. Slice up the courgette, and then drain the tin of sweetcorn (you only need ½ the tin). Pop the pepper and courgette slices on top of the tomato purée, sprinkle on some sweetcorn and then tear over the ham. Finally, sprinkle your pizza with a large handful of grated mozzarella.

03

Repeat these steps to make 4 pizzas.

Pop the oven shelf rack with the assembled pizzas into the hot oven (you may need to cook them in batches). Cook for 6-8 minutes, until the cheese is all melted and oozing, and the base is crisp. Take them out of the oven, slice up, and serve!

FAMILY FUN

Selfie Pizzas

Grab a slice of fun with your pizza. Challenge your children to make a funky face with their tasty toppings.

If you can, show off your selfies by tagging

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