



STEP BY STEP IDEAS FOR YOUR MEALS...



Zing Somerset

Mini Pizzas

EQUIPMENT: Baking tray, oven, small bowl, spoon, and cheese grater

Ingredients:

Serves 4

- 4 wholemeal pitta bread
- 80g cheddar cheese, grated
- 4 tablespoons of tomato puree
- Optional toppings (choose 2 – 3):
 - Handful of frozen sweetcorn
 - Chopped pepper
 - Sliced mushroom
 - Chopped ham
 - Chopped cooked chicken
 - Handful of chopped spinach leaves
 - Anything you fancy!



Method:

1. Pre-heat the oven to 180-200°C
2. Spread pitta breads out on a baking tray
3. Add tomato puree to a small bowl and mix with a tiny bit of cold water – stir it well. (You want it to be just a little bit thinner)
4. Spoon the tomato puree onto one side of each pitta bread
5. Use the back of the spoon to spread it evenly across each pitta bread
6. Add your extra toppings – make sure they are well spread out and not too piled up!
7. Sprinkle the cheese evenly across each pitta bread
8. Place baking trays in the oven and cook for about 10 mins.
9. Enjoy soon as they are cool enough to eat!

Top Tip:

- You can use tortilla wraps instead of pitta breads – everything else is the same!

Pancakes

EQUIPMENT: hob, whisk, bowl and frying pan

Ingredients

Serves 1-2

- 1 teaspoon of oil or spray oil
- 300 ml milk
- 2 eggs
- 110g plain flour.

Method:

- 1 Beat eggs in bowl
- 2 Add flour
- 3 Add milk
- 4 Whisk together
- 5 Heat oil in frying pan
- 6 Add pancake mixture
- 7 Cook both sides for 3 minutes or until golden brown.



Top Tips:

Serve with fruit, low fat yoghurt and a drizzle of honey.

Easy cheesy greens

EQUIPMENT: Oven proof dish or baking tray, saucepan, colander, bowl

Ingredients

- 4 leeks, chopped into half inch-long pieces
- 1 Broccoli, chopped into small chunks
- 100g cheddar, grated
- 1 small tub (300ml) of crème fraiche (full or half-fat)
- Optional:
- Black pepper
- Wholegrain mustard (1 tablespoon)



Method:

- 1 Boil the kettle
- 2 Pre-heat the oven to 180-200°C
- 3 Cook the chopped leeks and broccoli in a pan of boiling water for 5 mins
- 4 Mix the Crème fraiche and the cheddar together in a bowl. Add black pepper or mustard if you are using it.
- 5 Drain the veg using a colander and run the cold tap over them for 10 seconds. Make sure they drain fully.
- 6 Put leeks and broccoli into a large baking dish.
- 7 Spread the cheese/crème fraiche over the leeks and broccoli, then bake for 20-30 mins until bubbling and golden brown

Top Tip:

You can add any veg you fancy to this – cauliflower, green beans, carrots, peas... the choice is yours!

Wicked wedges

EQUIPMENT: Mixing bowl and baking tray

Ingredients

Serves 4 –6

- 4 large potatoes or 6 smaller ones (white or sweet potatoes)
- Drizzle of olive oil
- Seasoning of choice – black pepper, paprika, dried thyme, dried rosemary, Cajun spice

Method:

1. Pre-heat oven to 180-200°C
2. Chop each potato into wedges, about 1cm thick.
3. Place chopped potatoes into a large mixing bowl, and drizzle with a small amount of olive oil (about 2-3 tablespoons)
4. Sprinkle on seasoning of your choice – there is no right answer or correct amount, it depends on your taste!
5. Mix well (either with clean hands or a large spoon)
6. Spread wedges out on a baking tray, making sure that none are still stuck together
7. Place in the oven for about 30 minutes – make sure you shake them once or twice so that they cook evenly and don't stick to the tray



Top Tip:

Serve as a half term snack or a side dish with your meal.

Salmon and cucumber wraps

EQUIPMENT: mixing bowl and spoon

Ingredients:

Use as much as you need for each serving

- Cucumber
- ½ Tin of salmon per serving
- 1 Tbsp cream cheese per serving
- Dash of lemon juice
- Lettuce
- Wholemeal wraps



Method:

1. Dice cucumber
2. Add salmon, cream cheese and cucumber to mixing bowl
3. Add dash of lemon juice (optional) and mix well
4. Lay out wraps add handful of lettuce
5. Top with salmon mixture.
6. Roll wraps up, cut in half and serve.

Top Tip:

Try different fillings such as tuna, sweetcorn, ham, grated cheese, chopped peppers and cooked chicken

Serve with a side of wedges as a meal



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Cauliflower cheese soup

EQUIPMENT: large saucepan, hob, wooden spoon, food processor

Ingredients

Serves 2-4

- 1 tbsp olive oil
- 1 medium onion, finely chopped
- 2 garlic cloves, crushed or finely chopped (or garlic granules)
- One cauliflower chopped
- Low fat cream cheese
- 1L vegetable stock (using 1-2 stock cubes)
- Salt and pepper to taste

Method:

1. Heat the oil over a medium heat and cook the onion for 5 minutes, then add the garlic and cauliflower cook for a further 5 minutes, stirring frequently
2. Stir in the vegetable stock, simmer for 20 minutes until vegetables are soft.
3. Allow to cool slightly, blend until smooth add some milk to loosen if needed.
4. Stir in cream cheese till all melted and smooth
5. Season the soup with salt and pepper to taste, then serve.

Top Tip:

Add lean ham or bacon for extra protein

Full bellies for longer.

If you have any fresh ideas, be sure to let us know @Zing Somerset on...



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