



STEP BY STEP IDEAS FOR YOUR MEALS...



Zing Somerset

Stuffed Peppers

EQUIPMENT: Baking tray, oven, saucepan, hob, sieve, tin foil

Ingredients:

Serves 3 or 6

- 75g Long Grain Rice
- 3 Large Peppers, deseeded (chop in half vertically for 6 servings)
- Olive Oil
- 1 Onion, chopped
- 1 Courgette, chopped
- 3 Garlic cloves, crushed or finely chopped
- 1 Aubergine, chopped
- 3 tbsp paprika
- Salt and pepper (to taste)
- Mixed Herbs



Method:

1. Half fill a saucepan with water and bring to the boil, then add the rice and cook for about 10 minutes. Drain the rice in the sieve and cool by rinsing with cold water, then place in the fridge
2. Preheat the oven to 200°C, and place the peppers cut side up on a baking tray. If the peppers don't sit flat, cut a sliver off the base and set aside to use later in the filling.
3. Heat a drizzle of oil in a saucepan over a medium-high heat and cook the onions, aubergine and courgettes for about 3-5 minutes, then add the garlic and cook for 1 minute.
4. Turn the heat to low and stir in paprika, salt and pepper. Cook for a further minute then remove from the heat.
5. Add in the cooked rice and mixed herbs and mix with the courgette, onion and aubergine until combined, then spoon the stuffing loosely into the peppers.
6. Cover the baking tray with tin foil and bake for 45 minutes.

Top Tip:

Serve immediately with salad or mixed veg. You can also add cooked chicken, turkey or beef mince!

Creamy Chicken

EQUIPMENT: Large frying pan or wok, hob, wooden spoon

Ingredients

- 1 tablespoon of oil or spray oil
- 500g diced chicken
- 250ml boiling water with 1 stock cube
- Frozen peas
- Sliced mushrooms
- 2 Garlic cloves chopped
- 100g low fat cream cheese

Method:

1. Heat oil in the pan or wok over a medium-high heat and cook chicken for 8 minutes until golden.
2. Add mushrooms, garlic and stock, and simmer for 10 minutes until mushrooms are cooked
3. Add peas and cream cheese, keep stirring over a low heat until sauce thickens.
4. Serve with pasta, rice, mashed potato, jacket potato or some bread.



Top Tips:

Add additional vegetables such as peppers or green beans

Stuffed Jacket Potatoes

EQUIPMENT: Oven proof dish or baking tray, oven, masher, bowl, grater

Ingredients

- 4 Potatoes
- 1 tsp Olive Oil
- 80g cheddar cheese, grated
- 2 Peppers (any colour), finely chopped
- Splash of milk

Method:

1. Pre-heat the oven to 200°C
2. Prick potatoes with a fork and rub a little olive oil on the skin. Bake on a tray for about 1 hour, until soft inside. Turn potatoes over halfway through cooking time.
3. Remove from oven and allow to cool slightly, then cut in half and scoop the insides out into a bowl.
4. Mash the cooked potato flesh with a little milk and season to taste.
5. Add the cheese and peppers to the mash and mix well.
6. Spoon the mash back into the potato skin shells and cook for a further 15 –20 minutes, until crispy on top.
7. Serve with salad for the perfect lunch!

Top Tip:

You can add other vegetables, such as chopped spring onions. You could also add some cooked ham or bacon!

Vegetable Bolognese

EQUIPMENT: Large saucepan, hob, wooden spoon

Ingredients

Serves 4 –6

- 1 tablespoon of oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped (or garlic granules)
- 2 medium carrots, chopped
- 1 green pepper, deseeded and chopped
- 1 red pepper, deseeded and chopped
- 150g dried split red lentils
- 6 medium-large mushrooms, chopped
- 1 courgette, chopped
- 1 tin of chopped tomatoes
- 2 tbsp tomato puree
- 1 tablespoon mixed herbs
- 1 low-salt vegetable stock cube
- Splash of Worcestershire sauce
- 800ml water



Method:

1. Heat the oil in the pan over a medium heat, and fry the onion, garlic, carrot, courgette and peppers for about 10 minutes or until soft
2. Add the lentils, mushrooms, chopped tomatoes and tomato puree, water, stock cube, herbs and Worcestershire sauce, and bring to a gentle simmer
3. Cook for 30 minutes or until the red lentils have softened. Stir occasionally to start with then near the end of the cooking time stir more regular.
4. Once finished you can serve with pasta, potato wedges or salad.

Top Tip:

You can add as many different vegetables as you like! If you have enough left over, use a food processor or a hand blender make into soup for another day.

Sweet Potato and Spinach Frittata

EQUIPMENT: oven proof frying pan, hob, oven, whisk or fork, mixing bowl

Ingredients:

Serves 3-4

- 2 medium sweet potatoes
- olive oil
- 300g of fresh or frozen spinach
- 1 teaspoon of nutmeg (optional)
- 8 large eggs
- 70g feta cheese (or another of your choice)
- 40g cheddar cheese
- Salt and pepper



Method:

1. Preheat oven 180°C/Gas mark 4, place the potatoes on a baking tray and cook for about 50 minutes. Alternatively, you can cook them in a microwave for 5-10 minutes. Once cooked, place them aside to cool.
2. Crack 8 large eggs into a mixing bowl and whisk, crumble in half of feta cheese and half of the grated cheddar cheese.
3. Heat a drizzle of oil in the frying pan at a low heat. Add the spinach, salt and pepper and the nutmeg to the pan, stirring frequently until the spinach is wilted.
4. Chop the potatoes in to small, bite-sized pieces.
5. Remove the pan from the heat, pour the eggs in to the pan and stir, add the potatoes, then add the remaining feta and cheddar cheese.
6. Place in the oven for 15-20 minutes or until fluffy and golden.

Top Tip:

Serve hot or cold with salad. You could also try this with different vegetables—broccoli and tomatoes work well!



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Sweet Potato and Carrot 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)
- 3 medium carrots, finely chopped
- 3 medium sweet potatoes
- 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, carrots and sweet potato, 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. Season the soup with salt and pepper to taste, then serve.

Top Tip:

Add lentils, or lean meat for extra protein. You can also swap sweet potatoes for butternut squash.

Full bellies for longer.

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



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