



Healthy Schools
MANCHESTER



HEALTHY SCHOOLS RECIPE BOOK



The Winners



A blue banner with a white border, featuring various food and kitchen items: a broccoli, a purple ribbon with the word 'Welcome', a red onion, a whisk, a yellow sponge, a wooden spoon, a bunch of tomatoes, and a head of lettuce. The text on the banner reads:

WELCOME TO THE FIRST MANCHESTER HEALTHY SCHOOLS' RECIPE BOOK



Back in Autumn 2017, we invited primary school pupils to use their knowledge and creativity to design a healthy meal, snack or dessert.

After a difficult judging process, we are delighted with the winning recipes and are proud to showcase their efforts within. We hope you enjoy making this exciting selection of new and healthy dishes with your child and that you feel inspired to get creative in the kitchen!

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TIME TO GET COOKING



Healthy Schools
MANCHESTER



Beef Jollof Rice

Ingredients:

- 300g long grain rice
- 400g diced beef
- 15ml (1 tbsp) oil
- 100g peas
- 1 large green pepper
- 1 large onion
- 100g (approx. ½ tube) tomato puree
- 2 reduced salt beef stock cubes
- 2 garlic cloves
- 1 tsp ginger powder
- 1 tsp chilli powder



Equipment:

Sieve, bowl, saucepans, chopping board, knife, measuring jug, fork



TOP TIP

Serve with salad or coleslaw.



Method:

1. Wash the rice and leave to soak for 10 minutes.
2. Follow the cooking instructions on the rice packet. Cook until soft and all the water is absorbed.
3. Heat the oil in a pan and add the beef and stir regularly. Cook for approx. 10-15 minutes.
4. While the beef is cooking, chop the onion into thin slices and chop the top of the pepper off, remove seeds and cut into small cubes. Crush or finely chop the garlic cloves.
5. Add the onion to the beef and continue cooking until onion is soft.
6. Add the tomato puree, garlic, ginger and chilli, stir well and leave to cook for a further 5 minutes.
7. Dissolve the two stock cubes in one litre of boiling water and add this into the beef mixture, stir well.
8. Cover with a pan lid and cook for 45 minutes stirring occasionally.
9. Stir in the peppers and peas and cook for a further 5 minutes.



Chicken Pot Pie

Ingredients:

- | | |
|---|-----------------------------------|
| 1kg skinless boneless chicken breast fillets (or approx. 6 fillets) | 2 tbsp vegetable oil |
| 1 packet shop bought puff pastry | 1 large onion |
| 4 large potatoes | 3 medium celery sticks |
| 4 large carrots | 100g green beans |
| 300g peas | 1 tbsp corn flour |
| | 1 reduced salt chicken stock cube |
| | 1 tsp mixed herbs |



SERVES 8

Equipment:

Peeler, chopping boards, knives, saucepan, deep frying pan, measuring jug, fork, colander, mixing spoon, tablespoon, teaspoon, rolling pin, ovenproof dish, oven gloves

Method:

1. Preheat the oven to 180°C / gas 4 / 350°F.
2. Peel the potatoes and carrots and carefully chop into chunks. Place potato and carrot chunks into pan of boiling water for approximately 5 minutes to parboil.
3. Dice the chicken fillets into good-sized chunks. Heat oil in a frying pan and add the onions until soft. Add the diced chicken to the frying pan and fry for approx. 10 minutes, continually stirring.
4. To make a chicken stock, dissolve the stock cube in approximately 300ml boiling water. Gradually stir the chicken stock into the frying pan with the chicken and bring to boil. Turn heat lower and simmer for a further 5 minutes.
5. Chop the stalks off the celery sticks and thinly slice. Chop green beans into 1cm pieces.
6. Drain the parboiled carrots and potatoes. Add the carrots, potatoes, peas, celery sticks, green beans and mixed herbs to the chicken and stir well. Gradually add the cornflour until the mixture starts to thicken. Place the mixture into an ovenproof dish.
7. Roll out the puff pastry until it is slightly larger than the top of the ovenproof dish and place over the top of the chicken and vegetable mixture.
8. Bake in the oven for 30-35 minutes until the pastry is a light brown colour and cooked through.
9. Leave for 5 minutes before serving.



TOP TIP

For a vegetarian version, replace diced chicken with Quorn or soya pieces.

Rainbow Pizza

Make this delicious recipe from scratch by following the recipe below or create a pizza base using a flat bread, pitta bread or tortilla wrap.

Ingredients:

Made from scratch pizza base:

85g white strong flour
85g wholemeal flour
10g hard vegetable fat
3g dried yeast
2g salt
2g sugar
85ml lukewarm water



Equipment:

Bowl, measuring jug, fork, baking tray, knife, chopping board, spoon, grater

Method:

Made from scratch dough:

1. Rub the vegetable shortening into the dry ingredients until it feels like breadcrumbs.
2. Slowly add the water and using a fork, mix thoroughly until a soft, sticky dough is created.
3. Make into a ball shape with hands, keep adding flour until it is no longer sticky.
4. Leave the dough for five minutes in a warm place so the yeast can start to work.
5. Flatten with your hand to create a round pizza base and place on a greased baking tray.



Topping:

400g tin chopped tomatoes
1 tbsp tomato puree
1 tsp dried mixed herbs
½ small pack cheese (or approx. 150g)
Vegetable toppings of your choice:
sweetcorn, mushrooms,
mixed peppers,
red onions, spinach,
cherry tomatoes,
wild rocket, basil,
pineapple



TOP TIP

Make a rainbow of colour with all your favourite toppings.

Toppings:

1. Preheat the oven at 220°C / gas 7 / 425°F.
2. Combine tomato puree and chopped tomatoes and spread onto pizza base.
3. Carefully chop vegetables into thin slices and top the pizza base. Try making a funny face or spelling your name with the toppings!
4. Grate the cheese. Sprinkle the cheese over the pizza and garnish with mixed herbs.
5. Place in the oven for 10-15 minutes until the cheese is bubbling and golden.

Singapore Noodles

Ingredients:

- 3 nests of egg noodles
- 1 red pepper
- 1 tbsp oil
- 100g broccoli (approx. 4 large florets)
- 1 small pack of baby corn
- 2 garlic cloves
- ½ tsp of ginger paste or powder
- 1 tsp all-purpose seasoning
- 300g Quorn or soya pieces
- ½ tsp madras curry paste
- 2 tbsp reduced salt soy sauce
- 15g fresh coriander (approx. 3-4 leaves)
- 4 spring onions
- 50ml water
- 2 limes



Equipment:

Bowl, kettle, knife, chopping board, garlic press, large non-stick wok or pan, mixing spoon, measuring jug

Method:

1. Add enough boiling water over the noodles to cover and leave to soften.
2. Slice the top off the red pepper and remove all seeds. Chop into small slices. Cut the broccoli florets into small pieces. Chop each baby corn into four pieces. Crush or finely chop the garlic cloves. Finely chop the spring onions and coriander.
3. Heat the oil in a large non-stick wok or pan and stir fry all vegetables with the garlic and ginger until softened.
4. Make a paste by mixing together the soy sauce, madras curry paste, 50ml of water, the juice of 1 lime and the all-purpose seasoning.
5. Add the Quorn pieces and paste to the vegetables and mix well. Cook for 3-5 minutes until Quorn is cooked.
6. Add the coriander and spring onions to the pan and mix well.
7. Slice the other lime into quarters and serve with the stir fry.



TOP TIP

If you buy the Quorn frozen, leave in the fridge over night to defrost.

Crunchy Pasta Salad

Ingredients:

300g uncooked pasta
1 large carrot
Half red onion
100g broccoli (approx. 4 large florets)
1 small tin sweetcorn in water
Handful red grapes (approx. 10)
Handful of green grapes (approx. 10)
150g cheddar cheese
Pepper for seasoning



Equipment:

Saucepan, colander, vegetable peeler, grater, knife, chopping board, bowl

Method:

1. Place the pasta in a pan of boiling water and cook for approximately 10 minutes. Once cooked, drain and run under cold water until cooled.
2. Place the broccoli in a pan of boiling water and cook for approximately 5 minutes, drain and place to one side.
3. Peel and grate the carrot.
4. Drain the sweetcorn.
5. Cut the grapes in half.
6. Carefully chop the onion into thin slices.
7. Cut the cheese into small cubes.
8. Mix all the ingredients together in a bowl.
9. Season with pepper (optional).



TOP TIP

Serve a small portion of the pasta salad with a chicken or Quorn fillet as a super tasty side dish.

Guacamole

Ingredients:

2 ripe avocados
1 ripe tomato
1 green chilli
Handful of fresh coriander
2 spring onions
Pepper for seasoning



Equipment:

Sharp knife, chopping board, spoon, fork, bowl, gloves (optional – for chopping chilli)



SERVES 4

TOP TIP

Use carrot and pepper sticks as delicious dippers.



Method:

1. Slice down the middle of the avocado, scoop the flesh out and throw away the stone.
2. Mash the avocado in a bowl with a fork or back of a spoon until it is a smooth, sticky paste.
3. Finely chop the spring onions, finely slice the chilli, cube the tomato and chop the coriander.
4. Add prepared ingredients to the avocado and mix well.
5. Top with pepper and coriander for extra seasoning (optional).



Crispy Breakfast Bars



Ingredients:

375g dried dates
50g low-fat spread
2 tbsp of honey
25g dried apricots
25g raisins
75g oats
25g puffed rice



Equipment:

Knife, chopping board, saucepan, tablespoon, mixing spoon, oven gloves, square baking tin



TOP TIP

Try using different dried fruits such as cranberries, sultanas and mango.

Method:



1. Preheat the oven to 190°C / 170°C fan.
2. Finely chop the dates.
3. Put the low-fat spread, honey and dates into a saucepan and heat gently. Stir until the spread has melted.
4. Add all the remaining ingredients to the pan and mix well.
5. Spoon the mixture into the tin, using the back of a spoon, spread level.
6. Bake in the oven for 15 minutes until golden brown.
7. Remove and cut into 6-9 pieces, then leave to cool.

Mango & Pineapple Fruit Layered Dessert



Ingredients:

1 large ripe mango or 1 tin (approx. 400g) of mango chunks/slices in juice

1 tin (approx. 400g) pineapple chunks in juice

500g Greek yoghurt

1 lime

Desiccated coconut (optional)



Equipment:

Vegetable peeler, knife, chopping board, sieve/colander, liquidiser/blender, grater, spoon, serving bowls



SERVES 6-8

Method:

1. Peel the mangoes using a vegetable peeler. Carefully slice the flesh from around the mango stone and cut into small dice. If using tinned mango, drain juice and cut mango into small dice. Set mango aside.
2. Add $\frac{1}{4}$ of the cubed mangoes and purée in a liquidiser/blender until there are no lumpy bits visible. If you do not have a liquidiser/blender, you can miss out this step.
3. Drain the pineapple chunks and set aside.
4. To create the lime zest, hold the lime firmly in one hand, drag the green skin against the fine holes on a grater and place the zest aside.
5. Cut the lime in half and squeeze the juice into a bowl.
6. Add the lime juice and zest to the mango purée.
7. Gently fold the yogurt into the mango purée.
8. Layer equal amounts of the remaining diced mango and pineapple into six serving bowls.
9. Top each bowl equally with the mango purée and yoghurt mixture.
10. Sprinkle with coconut (optional).
11. Cover and chill in the fridge for approximately 30 mins before eating.

TOP TIP

Serve with some toasted oats for a healthy breakfast.





And finally...



THANK YOU



Firstly, a big thank you to all the pupils who entered the competition!

The dedication and creativity shown by all of the entrants has been extraordinary and choosing the recipes to feature within the book was an incredibly difficult decision. If you entered the competition but your recipe wasn't chosen then don't worry... carry on cooking and having fun; you can always enter again next year!



Thank you also to the catering staff, teachers and parents who supported the pupils as they developed their recipes- without you this wouldn't have been possible!

Thank you to Danielle Mulligan and Farhana Patel for testing and photographing the recipes.

Finally, a big thank you to Avalanche for designing our recipe book.

KEEP UP THE GOOD WORK



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