

Big Batch Healthy Meals to make for the Family





MONDAY

Big Batch Spaghetti Bolognese

Prep Time: 25 Minutes

Cook Time: 1 hour 30 Minutes

Serves: 12

CALORIES
295 Kcal

FAT
12 G

SATURATES
4 G

CARBS
13 G

SUGARS
11 G

FIBRE
4 G

PROTEIN
34 G

SALT
0.9 G

*Nutritional values are per serving

Ingredients

4 tbsp olive oil
6 smoked bacon rashers, chopped
4 onions, finely chopped
3 carrots, finely chopped
4 celery sticks, finely chopped
8 garlic cloves, crushed
2 tbsp dried mixed herbs
2 bay leaves
500g mushrooms, sliced
1½ kg lean minced beef (or use half beef, half pork mince)
6 x 400g cans chopped tomatoes
6 tbsp tomato purée
large glass red wine (optional)
4 tbsp red wine vinegar
1 tbsp sugar
parmesan, to serve

Method

STEP 1.

Heat the oil in a saucepan and cook the bacon, onions, carrots and celery for 20 mins until golden.

STEP 2.

Add the garlic, herbs, bay and mushrooms, then cook for 2 mins more. Heat a large frying pan until hot and crumble in just enough mince to cover the pan, cook until brown, then add to the veg.

STEP 3.

Continue to fry the mince in batches until used up and browned. Tip the tomatoes and purée in with the mince and veg.

STEP 4

Add the red wine vinegar and sugar to the mix.

STEP 5.

Season generously and bring to a simmer. Simmer slowly for 1 hr until thick and saucy and the mince is tender.

Serve with pasta and parmesan.

Next... [Healthy Batch of Chilli >](#)



TUESDAY

Healthy Batch of Chilli

Loaded with protein, Chilli is the perfect batch meal! This one-pot meal is easy to make, freezable and it makes healthy cooking for the week a breeze.

Prep Time: 5 Minutes

Cook Time: 1 Hour

Serves: 6

CALORIES
301 Kcal

FAT
9 G

PROTEIN
40 G

CARBS
15 G

*Nutritional values are per serving

Ingredients

- 1 tsp olive oil
- 1 large onion, finely chopped
- 1 green pepper, chopped
- 3 cloves garlic, minced
- 1 kg ultra-lean beef mince
- 4 g oregano
- 5 g smoked paprika
- 10 g chilli powder
- 5 g cumin
- 1 dash of Worcestershire sauce
- 500 ml beef stock
- 250 g red kidney beans, drained and rinsed
- 400 g chopped tomatoes
- 10 g tomato puree

Method

STEP 1.

Heat a large pan over a medium heat and add the olive oil, onion, garlic and pepper and cook until the onion starts to become translucent. Add the mince into the pan and break it up cooking until browned, this will take at least 5-10 minutes.

STEP 2.

Add all of the remaining ingredients and simmer for 30-40 minutes until the sauce has thickened.

STEP 3.

Serve with rice and a little sour cream if it is too spicy for you.

You can freeze this in batches and defrost it whenever you want.





WEDNESDAY

Cheeseburgers

Batch cook these family-friendly burgers and freeze to use on busy weeknights. Sure to be a hit, they're also full of veg.

Prep Time: 20 Minutes

Cook Time: 20 Minutes

Serves: 4-6

Method

STEP 1.

Heat 1 tbsp of the oil in a frying pan over a medium heat and cook the garlic, onion, courgette, carrot, mushrooms and parsley with a little seasoning for 8 mins, stirring regularly, until soft. Set aside to cool completely.

STEP 2.

Mix together the fried veg, cheese, egg, breadcrumbs and beef with a little seasoning until well combined. Form into 4-6 burger-sized patties. (can be frozen for up to two months - defrost thoroughly before cooking).

STEP 3.

Heat the remaining vegetable oil in a non-stick frying pan and cook the patties (you may need to do this in batches) for about 3-4 mins on each side until well browned and cooked through.

STEP 4

Build the burgers with the remaining ingredients, and any more you fancy.

Next.... [Prawn Jalfrezi >](#)

CALORIES
509 Kcal

FAT
20 G

SATURATES
7 G

CARBS
55 G

SUGARS
8 G

FIBRE
4 G

PROTEIN
24 G

SALT
1.7 G

*Nutritional values are per serving

Ingredients

- 2 tbsp vegetable oil
- 1 garlic clove, crushed
- 1 small onion, finely chopped
- 100g courgette, grated
- 1 large carrot, grated
- 50g mushrooms, finely chopped
- ¼ bunch of parsley, finely chopped
- 75g cheddar, grated
- 1 large egg, beaten
- 5 tbsp breadcrumbs
- 250g beef mince
- 4-6 burger buns

To serve

- lettuce, tomato, red onion
- ketchup, mustard and mayo (optional)



THURSDAY

Prawn Jalfrezi

Satisfy a curry craving the healthy way with this Indian prawn dish - blitz the onions and spices into an authentic, thick, yet low-fat sauce.

Prep Time: 10 Minutes

Cook Time: 22 Minutes

Serves: 4

CALORIES
332 Kcal

FAT
7 G

SATURATES
1 G

CARBS
48 G

SUGARS
15 G

FIBRE
8 G

PROTEIN
21 G

SALT
1.5 G

*Nutritional values are per serving

Method

STEP 1.

Heat the oil in a non-stick pan and fry the onions, ginger and garlic for 8-10 mins, stirring frequently, until softened and starting to colour. Add the spices and chilli flakes, stir briefly, then pour in the tomatoes with half a can of water and the honey. Blitz everything in the pan with a hand blender until almost smooth (or use a food processor).

STEP 2.

Stir in the pepper and coriander stalks, cover the pan and leave to simmer for 10 mins. (The mixture will be very thick and splutter a little, so stir frequently).

STEP 3.

Stir in the prawns and scatter over the coriander leaves. Heat the rice following pack instructions. Serve both with a minty yogurt or chutney, if you like.

Ingredients

4 tsp olive oil

4 medium onions , chopped

Thumb-sized piece ginger , finely chopped

4 garlic cloves , chopped

2 tsp ground coriander

1 tsp ground turmeric

1 tsp ground cumin

½ tsp chilli flakes (or less if you don't like it too spicy)

800g canned chopped tomato

2 large green peppers, halved, deseeded and chopped

Small bunch coriander , stalks and leaves separated, chopped

280g large cooked peeled tiger prawns

500g pouch cooked brown rice

Mint yoghurt or chutney, to serve (optional)

Next.... [Cajun Chicken Jambalaya >](#)



FRIDAY

Cajun Chicken Jambalaya

If you are looking for a recipe that is quick, simple and delicious, then this Cajun Chicken Jambalaya is the perfect dish for you.

Prep Time: 5 Minutes

Cook Time: 40 Minutes

Serves: 5

Ingredients

1 tsp coconut or olive oil

500 g chicken breast, chopped into small cubes

1 onion, diced

2 garlic cloves, crushed

1 green pepper, diced

1 red pepper, diced

150 g sweetcorn, drained

300 g brown rice (dry weight)

400 g can of chopped tomatoes

2 tsp Mexican/fajita spice

1 tsp chilli flakes

700 ml stock

Pinch of black pepper

CALORIES
387 Kcal

FAT
8 G

PROTEIN
24 G

CARBS
56 G

*Nutritional values are per serving

Method

STEP 1.

Heat a large pan on the hob on a medium heat and add the coconut oil. Add the onions and peppers and gently fry for 5 minutes. Once they're ready, add in the crushed garlic and fry for another minute.

STEP 2.

Add the chicken, Cajun spice and chili flakes and cook for a few more minutes until the chicken is lightly browned.

STEP 3.

Add the uncooked rice, chopped tomatoes, stock, black pepper and sweetcorn to the pan and give everything a good mix through.

STEP 4.

Reduce the heat down to low, cover and simmer for 30-40 minutes until the majority of the liquid has been absorbed and the rice is cooked through.



Next...



CALORIES 508 Kcal	FAT 9.7g G	SATURATES 7.2 G	CARBS 20.6 G
SUGARS 7.7 G	FIBRE 7.2 G	PROTEIN 57.2 G	SALT 2 G

*Nutritional values are per serving

Method

STEP 1.

Heat the oven to 200°C/180°C fan/gas 6. Put the onions and chicken in a large roasting tin. Mix together the spice mix and 2 tbsp oil, then rub all over the chicken. Put in the oven and roast for 30 minutes.

STEP 2.

Add the kidney beans and peppers (with the pepper juices) to the tin. Return to the oven for another 15-20 minutes.

STEP 3.

Meanwhile, put the tortilla strips on a baking sheet, toss in a drizzle of oil and bake for 10 minutes until crisp.

STEP 4.

Remove the traybake from the oven, sprinkle over the cheese, tortilla strips and coriander (if using) then serve.

SATURDAY

Mexican Traybake

A healthy meal that's high in protein, fibre and plenty of flavour. It only requires one tray too, so you don't have to worry about the washing up.

Prep Time: 10 Minutes

Cook Time: 40-50 Minutes

Serves: 4

Ingredients

2 red onions, cut into wedges

4 free-range chicken legs, or 1kg free-range chicken thighs and drumsticks

2-3 tbsp Mexican or fajita spice mix

2 tbsp olive oil, plus extra for drizzling

400g tin red kidney beans, drained and rinsed

200g roasted red peppers from a jar

1 flour tortilla, cut into 1.5cm strips

75g lancashire cheese or feta, crumbled

A few fresh coriander sprigs to serve (optional)





SUNDAY

Vegetable Lasagne

This vegetarian lasagna is delicious, and packed with vegetables, nutrients and flavour.

Prep Time: 45 Minutes

Cook Time: 1 Hour 10 Minutes

Serves: 4

CALORIES
366 Kcal

FAT
12.2 G

PROTEIN
17.7 G

CARBS
47.1 G

FIBRE
4.5 G

*Nutritional values
are per serving

Method

STEP 1.

Preheat oven to 190°C (Gas Mark 5 / 375°F), Cut aubergine and courgette, onions and peppers into small cubes and add to a roasting tray. Peel and crush the garlic.

STEP 2.

Add 5-6 tomatoes into a bowl of boiling water, remove once skins split. Cool and then peel and place in baking tray, repeat for all tomatoes. Sprinkle crushed garlic and pepper over top, with oil and roast for 40 minutes.

STEP 3.

Meanwhile, make sauce by mixing milk and flour, heat on a medium heat stirring until bubbling and thickening, reduce to a simmer and stir for 2 minutes.

STEP 4.

Remove from heat and sprinkle in parmesan, keep mixing. Assemble layers of lasagne, use a quarter of the sauce, a third of the veg, a third of the mozzarella then 3 lasagne sheets. Repeat layers twice more and top with last quarter of sauce and parmesan.

STEP 5.

Roast for 25-30 minutes, Serve and enjoy!

Ingredients

- 1 small aubergine
- 240g courgette
- 400g cherry tomatoes
- 1 yellow pepper
- 90g onion
- 2 garlic cloves
- 1½ tbsp olive oil
- 500ml skimmed milk
- 25g plain flour
- 25g sauce flour
- 30g Parmesan cheese
- 60g mozzarella
- 9 lasagne sheets

