

Healthy Lunches for NHS Staff





CALORIES
311 Kcal

FAT
12.9 G

SATURATES
3.7 G

CARBS
32.5 G

SUGARS
47.1 G

FIBRE
5.3 G

PROTEIN
16.2 G

SALT
5.3 G

*Nutritional values are per serving

Method

STEP 1.

Heat the oil in a frying pan and fry the salad onions for 2 minutes. Stir in the chipotle paste, add the tomatoes and beans and cook gently for 3-4 minutes.

STEP 2.

Make 4 wells in the mixture and crack an egg into each one. Cook for 2 minutes then place under a preheated grill for 2 minutes or until the eggs are cooked to your liking.

STEP 3.

Sprinkle with coriander and serve with flour tortillas.

MONDAY

Mexican Inspired Eggs

Sometimes, the simple dishes are the best, and this Mexican Inspired Egg dish is no different. Great ingredients, quick cook time and minimal clean-up.

Prep Time: 5 Minutes

Cook Time: 15 Minutes

Serves: 4

Ingredients

1 tbsp oil

1 bunch salad onions, sliced

1 tbsp Cooks' Ingredients
Chipotle Paste

400g can chopped tomatoes

400g can red kidney beans,
drained and rinsed

4 British Blacktail Eggs

½ x 28g pack fresh coriander,
chopped

Flour tortillas, to serve



Next...



TUESDAY

Spicy Meatball Pasta Bake

A good pasta dish shouldn't take long, and this Spicy Meatball Pasta Bake is the perfect crowd-pleaser.

Prep Time: 5 Minutes

Cook Time: 20 Minutes

Serves: 4

Ingredients

1 tbsp oil

300g pack 20 British Beef Meatballs

340g jar Tomato and Chilli Pasta Sauce

250g frozen grilled Vegetable Mix

300g Fusilli Pasta

50g English Cheddar Cheese, grated

CALORIES
607 Kcal

FAT
25 G

SATURATES
10.3 G

CARBS
67.4 G

SUGARS
11.1 G

FIBRE
6.4 G

PROTEIN
32 G

SALT
2.1 G

*Nutritional values are per serving

Method

STEP 1.

Heat the oil in a frying pan and fry the meatballs for 5 minutes. Add the sauce to the meatballs with the grilled vegetables and cook covered, for 5 minutes.

STEP 2.

Meanwhile, cook the pasta in boiling water for 10 minutes, then drain. Stir into the meatball mixture and transfer to a heatproof serving dish.

STEP 3.

Sprinkle with cheese and place under a preheated grill for 2-3 minutes until golden



Next...



WEDNESDAY

Piri-Piri Chicken with Mashed Sweet Potatoes and Broccoli

Are you looking to make a quick and delicious chicken dish the entire family will love? Serve up this one-pan dinner within 30 minutes and make cooking a breeze.

Prep Time: 10 Minutes

Cook Time: 10 Minutes

Serves: 2 Adults, 2 Children

CALORIES

662 Kcal

FAT

23 G

SATURATES

6 G

CARBS

74 G

SUGARS

40 G

FIBRE

15 G

PROTEIN

32 G

SALT

2.1 G

*Nutritional values are per serving

Method

STEP 1.

Heat the oven to 180C/160C fan/gas 4. Toss the sweet potatoes with a generous drizzle of oil and some seasoning, and tip into a very large roasting tin. Push the potatoes to one end of the tin, then, on the other end, toss the chicken with the onions, spice mix, a drizzle of oil and some seasoning. Roast for 40 mins, stirring everything halfway through. Add the broccoli to the tin, drizzle with a little oil and season, then roast for 10-15 mins more.

STEP 2.

Remove the chicken, onions and broccoli from the tin. Roughly mash the potatoes using a fork, making sure you incorporate all the chicken juices and spices from the pan. Spread the mash over the base of the tin, then top with the broccoli, chicken and onions and serve from the tin in the middle of the table.

Ingredients

3 large sweet potatoes (about 900g), peeled and cut into large chunks

Oil, for drizzling

6-8 chicken thighs, skin left on

2 red onions, cut into wedges

25g sachet piri-piri spice mix (or a mild version, if you like)

300g long-stem broccoli

Next.... [Vegan Thai Green Curry >](#)



THURSDAY

Vegan Thai Green Curry

Thai Green Curry is a quick, simple, and healthy meal that the entire family will enjoy. Plus, you can get your kids to help out, as it's child-friendly.

Prep Time: 10 Minutes

Cook Time: 20 Minutes

Serves: 4

CALORIES
436 Kcal

FAT
17 G

SATURATES
7 G

CARBS
57 G

SUGARS
5 G

FIBRE
3 G

PROTEIN
13 G

SALT
0.1 G

*Nutritional values are per serving

Method

STEP 1.

Cook the potatoes in boiling water for 8 mins until soft. Add the green beans and cook for a further 3 mins, then drain.

STEP 2.

Heat the oil in a wok or frying pan then add and fry the garlic for 1 min. Add the curry paste and cook for 1 min or until it smells fragrant. Stir in the coconut milk and bring to a simmer. Drop in the lime zest and let the mixture gently bubble for 5 mins.

STEP 3.

Add the potatoes you previously boiled, and beans followed by the sugar snap peas and cook for 1 min before stirring in the cherry tomatoes and tofu.

STEP 4.

Cut the lime in half and squeeze the juice into the pan, then stir in the coriander and serve the dish over a bed of rice.

Ingredients

200g baby potatoes, halved

100g green beans, trimmed and halved

1 tbsp rapeseed oil

1 garlic clove, finely sliced

1 tbsp Thai green curry paste (check the label to make sure it's vegetarian/vegan)

400g can of light coconut milk

1 lime, zest pared in thick strips

80g sugar snap peas, halved lengthways

150g cherry tomatoes, halved

100g firm tofu, chopped into small cubes
small bunch coriander, chopped

200g jasmine rice, cooked following pack instructions

Next.... [Vegetarian Fajitas >](#)



Ingredients

400g can black beans, drained
Small bunch coriander, finely chopped
4 large or 8-12 small flour tortillas
1 avocado, sliced, or 1 small tub guacamole
2 tbsp soured cream

For the fajita mix

1 red and 1 yellow pepper, cut into strips
1 tbsp oil
1 red onion, cut into thin wedges
1 garlic clove, crushed
½ tsp chilli powder
½ tsp smoked paprika
½ tsp ground cumin
1 lime, juiced

FRIDAY

Vegetarian Fajitas

If you are looking for the perfect, quick and easy veggie meal, then this Vegetarian Fajita recipe will be perfect for the entire family.

Prep Time: 5 Minutes

Cook Time: 10 Minutes

Serves: 4

Method

STEP 1.

To make the fajita mix, start by taking two or three strips from each colour of pepper and chop them finely. Once chopped, set aside, heat the oil in a frying pan, and fry the remaining pepper strips and the onion until soft. Once cooked, let the mixture cool slightly, and mix the chopped raw peppers to the mixture. Then, add the garlic and cook for 1 minute, and add the spices and stir. Cook for a couple of minutes until the spices become aromatic, then, add the juice of half a lime, stir, and transfer to a dish.

STEP 2.

Tip the black beans into the pan you have just used, then add the remaining lime juice and plenty of seasoning. Stir the beans around the pan to warm them thoroughly, then add the coriander.

STEP 3.

Warm the tortillas in the microwave or in the oven on low. Once warmed up, serve the tortillas with the fajita mix, beans, avocado, and any additional toppings of your choosing.

CALORIES
463 Kcal

FAT
19 G

SATURATES
6 G

CARBS
55 G

SUGARS
8 G

FIBRE
11 G

PROTEIN
12 G

SALT
1.6 G

*Nutritional values are per serving

Next.... Spicy Cauliflower
and Halloumi Rice >



SATURDAY

Spicy Cauliflower and Halloumi Rice

Whether you've got a busy day planned completing errands or a lazy day watching TV, this Spicy Cauliflower and Halloumi Rice is an excellent and healthy dish the family will love. Mix it up with different veg and spices to keep it interesting

Prep Time: 5 Minutes

Cook Time: 20 Minutes

Serves: 4

Method

STEP 1.

Bring a large pan of salted water to the boil and cook the cauliflower for 5 mins over a high heat, adding the spinach for the final 2 mins. Drain, then set aside.

STEP 2.

Heat the oil in a large frying pan or shallow casserole dish and fry the onion over a medium heat for 5 mins

STEP 3.

Turn up the heat, add the halloumi, cook for a further 5 mins, then add the garlic, ginger, turmeric and curry powder, and cook for 1 min more.

STEP 4.

After this, stir through the rice, cauliflower and spinach to warm everything through, adding 1 tbsp water if it looks a little dry.

Ingredients

1 small head cauliflower (500g), broken into medium florets

150g baby spinach

1 tbsp rapeseed oil

1 red onion, sliced

120g halloumi, cut into cubes

1 garlic clove, crushed

1 thumb-sized piece ginger, finely grated

1 tsp ground turmeric

1 tbsp medium curry powder

2 x 250g pouches brown basmati rice

1 red chilli, finely sliced

CALORIES

337 Kcal

FAT

14 G

SATURATES

6 G

CARBS

36 G

SUGARS

5 G

FIBRE

7 G

PROTEIN

14 G

SALT

1.01 G

*Nutritional values are per serving



SUNDAY

Tomato and Mozzarella Tart with Pesto

If you are looking for something quick, simple, and filling, then this Tomato and Mozzarella Tart with Pesto is perfect. Serve it with a side salad or veggies to keep it light and fresh.

Prep Time: 5 Minutes

Cook Time: 25 Minutes

Serves: 6

Ingredients

375g pack ready-rolled puff pastry

85g coarsely grated parmesan (or vegetarian alternative)

450g jar whole roasted red pepper

Olive oil for drizzling (basil oil is good)

4-5 medium-large ripe tomatoes

2 x 125g packs mozzarella balls

Drained basil leaves for scattering

CALORIES
540 Kcal

FAT
38 G

SATURATES
17 G

CARBS
29 G

SUGARS
5 G

FIBRE
2 G

PROTEIN
23 G

SALT
2.54 G

*Nutritional values are per serving

Method

STEP 1.

Put a baking sheet in the oven and preheat to fan 200C/conventional 220C/gas 7. (Heating the sheet helps cook the pastry base.) Use the pastry to line a shallow rectangular tin about 20 x 30cm. Prick the base lightly with a fork.

STEP 2.

Scatter the Parmesan over the pastry base. Drain the peppers and pat dry on paper towels. (If the peppers are in oil, don't worry about this part.) Lay the whole peppers widthways across the pastry base. If the peppers aren't in oil, brush a little over them and the pastry, then season with any spices you enjoy. Bake for about 15 minutes until the pastry is puffy and golden.

STEP 3.

Slice the tomatoes and mozzarella. Lay alternating, slightly overlapping lines of tomato and mozzarella over the peppers. Drizzle with oil, scatter with basil leaves and an extra grinding of black pepper, then serve while the pastry is still warm.