

Recipe Ideas



Creamy Tomato Soup

Serves 4

Approx. 355kcal and 4g protein per portion.

Serving with cheesy croutons = approx. 765kcal and 22g protein per portion.

Ingredients

- 25g butter
- 30ml olive oil
- 125g chopped onions
- 2 tins chopped tomatoes
- 500ml chicken stock
- 150ml double cream
- handful chopped fresh basil leaves (or 2 teaspoons dried basil)
- salt and pepper to taste

Method

1. Heat the butter and olive oil in a large pot over medium heat. Stir in onions and cook until tender. Mix in tomatoes and chopped basil. Season with salt and pepper. Pour in the chicken stock, reduce heat to low, and continue cooking for 15 minutes.
2. Blend until smooth using a hand blender. Reduce heat to low, and gradually mix in the cream.
3. Serve with bread and enjoy!



Cheesy Croutons

Serves 4

Approx. 410kcal and 18g protein per portion.

Ingredients

- 4 slices thick bread
- 2 tablespoons butter
- 225g cheddar cheese, grated

Method

1. Toast the bread slices.
2. Heat your grill to medium - high and butter the toasted slices.
3. Spread the cheese evenly over the slices and place under the grill for 30 seconds to 1 minute (until melted and golden brown).
4. Place on a cutting board, allow to rest for 1 minute and cut into 1-inch cubes.
5. Place the warm cheesy croutons on top of your soup and serve.



Tuna Pasta Bake

Serves 6
Approx. 730kcal and 40g protein per portion.

Ingredients

- 500g pasta (choose wholemeal for added fibre)
- 50g butter
- 50g plain flour
- 600ml milk (choose full fat for more calories)
- 2 x 145g tins of tuna (in water)
- 125g spinach
- 200g sweetcorn tin (drained)
- 200g broccoli
- 1 tablespoon mixed herbs
- 300g cheddar cheese (grated)
- pepper to season

Method

1. Heat the oven to 180°C / fan 160°C / gas mark 4.
2. Boil pasta on medium temperature for 10 minutes. Add the broccoli for the final 2 minutes.
3. Drain and empty both cans of tuna into a large bowl. Add spinach and sweetcorn and mix well with herbs and pepper.
4. To make the sauce, melt the butter in a saucepan and stir in the flour over a medium heat. Cook for 1 minute and gradually add in the milk to make a thick white sauce. Remove from the heat and stir in all but a handful of cheese.
5. Add the drained pasta and broccoli to the bowl and mix again. Stir in the cheese sauce.
6. Empty contents of bowl into a level ovenproof dish.
7. Top with cheese and black pepper and bake for 15-20 minutes in the oven.
8. Remove from oven when golden colour.
9. Serve on plate and enjoy!



Lemon & Olive Oil Cake

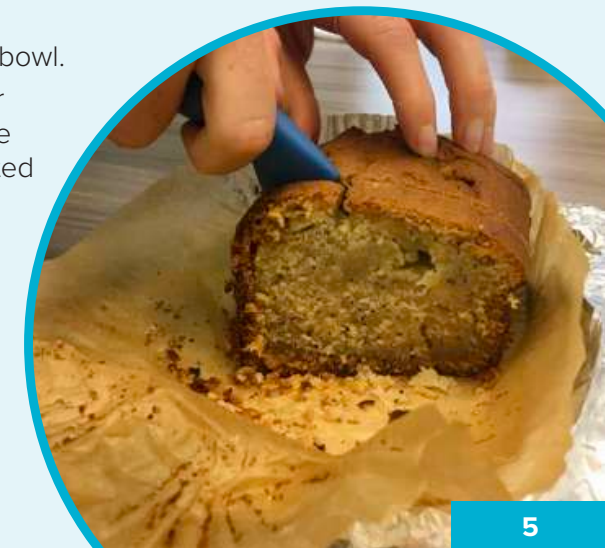
Serves 8
Approx. 450kcal and 8g protein per slice.

Ingredients

- ½ teaspoon baking powder
- 185g caster sugar
- zest of 2 lemons
- 150g Greek yoghurt
- 150ml olive oil
- 275g plain flour
- 3 medium eggs
- 2 tablespoons honey
- 2 tablespoons poppy seeds

Method

1. Preheat oven to 180°C / fan 160°C / gas mark 4.
2. Grease or line a loaf tin.
3. Mix all ingredients in a large bowl.
4. Pour into the tin and bake for 35-45 minutes (or until a knife comes out clean when inserted into the centre of the cake).



Peach & Raspberry Fruit Slice

Serves 8
Approx. 270kcal and 4g protein per slice.

TIP

Serve with 130ml custard (1/3 tin) for an extra 130kcal & 4g protein.

Ingredients

- 1 sheet of ready-rolled puff pastry
- 1 tin peach slices in fruit juice
- 75g raspberries (half a punnet)
- 5-6 tablespoons apricot jam
- 1/2 teaspoon cinnamon (optional)
- icing sugar to decorate (optional)

Method

1. Preheat the oven to 200°C, fan 180°C, gas 6. Allow the pastry to sit at room temperature for 15 minutes before preparing the recipe.
2. Unroll the pastry, keeping the greaseproof paper attached to the bottom, and place on a baking tray.
3. Drain the peaches but keep the fruit juice in a separate bowl to be used later.
4. Spread the apricot jam across the pastry sheet leaving a border (roughly 1 inch) without any jam.
5. Arrange the peach slices across the jam covered pastry sheet and scatter the raspberries on top.
6. Sprinkle with cinnamon (optional) and brush the edge of the pastry sheet with the leftover fruit juice.
7. Bake for 10-15 minutes until golden brown and cooked through. Cut into 8 slices. Dust with icing sugar (optional) and serve warm.



Mulled Apple Drink

Serves 2
Approx. 250kcal and 1g protein per portion.

Ingredients

- 1 cinnamon stick
- small piece of orange peel
- small piece of lemon peel
- 1/4 tsp ginger puree
- 600ml apple juice
- 2 tablespoons runny honey

Method

1. Add all the ingredients to a small pan, stir and slowly heat over a low temperature.
2. Simmer for 10-15 minutes to allow the flavours to infuse.
3. Carefully remove the fruit peels and cinnamon and pour the mixture into mugs.
4. Serve and enjoy!





**Eat Well Age Well is part of Scottish Charity Food Train
and is funded by the Scottish Government.**

Scottish Charity No. 24843



www.eatwellagewell.org.uk
www.thefoodtrain.co.uk