

FOOD PARCEL MEAL IDEAS

FRESH FOOD

SIMPLE IDEAS TO GET YOU
COOKING GOOD FOOD FAST



INTRODUCTION

Stuck for ideas on what you can make with the ingredients in your food parcel? Look no further.

Healthy Stadia's nutrition partner, Food Active, has developed a guide to help you to prepare and cook some basic but tasty meal ideas for breakfast, lunch, dinner, snacks and dessert.

All of the meals in the guide use fresh food ingredients (i.e. food you need to put in the

fridge and can only store for a short time) that you might find in your food parcel. Use the scale below to make sure all of the meals you prepare meet any dietary requirements you or your family may have.

Key	
B: Breakfast	P: Pudding
L: Lunch	V: vegetarian
D: Dinner	Ve: Vegan
S: Snacks	Gf: Gluten free

FRESH VEGETABLES

Mushrooms

B: Sliced and grilled, served with scrambled, poached, boiled or fried eggs and brown toast (v)

B: Sliced and fried, added to complete your full English breakfast (gf without toast)

B/L: Diced and cooked in a little oil or margarine, black pepper and served on brown toast

D: Delicious added to pasta dishes, especially tomato-based sauces (ve).

D: Perfect addition to any stews or casserole

D: Mushroom Bolognese. Make one quantity of the tomato sauce recipe under 'tinned tomatoes', but add finely chopped drained tinned mushrooms along with the rest of the vegetables at the start. Serve with brown pasta or spaghetti (ve) and a sprinkle of cheese (v)

Carrots

D: Accompaniment to meat/fish meals, cut into batons or rounds and boiled or steamed

D: Perfect addition to any stews or casseroles

S: Raw carrot cut into sticks makes for a quick and healthy snack (gf, ve)

Green Beans

D: Perfect accompaniment to any meat or fish meal, boiled or steamed

D: Delicious added to pasta dishes, especially tomato-based sauces. See recipe under 'Tinned Tomatoes' (ve)

Onions (Red or White)

D: A great base for any sauce, stew, casserole or soup, diced into small chunks and fried in a little oil or margarine/butter for about 10 minutes until softened

D: Delicious added to gravy for an onion gravy

L: Mix with cheddar cheese and a tablespoon of low-fat mayonnaise and some ground black pepper for a tasty sandwich filling (v)

Cabbage

D: Perfect accompaniment to any meat or fish meal

D: Delicious boiled and finely chopped, then mixed into mashed potato (v, gf)

L/D: Serve a portion of boiled cabbage with brown cooked pasta, chunks of tinned ham/pork or bacon chopped into small pieces and then mix all together with lots of black pepper and a tablespoon of margarine or oil. Serve with some grated cheese on top.



Top tip

When making pasta or rice dishes, it can be useful to make extra portions and use the leftovers for meals across the next few days. Store any leftovers in the fridge in a sealed container and consume within 3 days maximum. When reheating ensure food is piping hot before serving.

Celery

D: Delicious added to pasta dishes, especially tomato based sauces! See recipe under 'Tinned Tomatoes' (ve)

L: Grated cheese and finely sliced celery sandwich on brown bread (v)

S: Celery sticks stuffed with grated cheese (v, gf)

D: A great addition to stews and casseroles.

L/D: Celery soup - see right for recipe! (v)

Spinach

B: Added to a two-egg omelette (v, gf)

B: Added to scrambled egg (v, gf)

D: Delicious added to pasta, especially tomato-based sauces! See recipe under 'Tinned Tomatoes' (ve)

Tomatoes

B: Slices of tomato on two slices of brown toast with pepper and a touch of salt (ve)

L: Slices added to sandwiches including egg mayonnaise (v), cheese (v) and ham

L/D: A great addition to any salad

Broccoli and Cauliflower

D: Perfect accompaniment to any meat or fish meal, cut into stems and boiled or steamed

D: Perfect addition to any stews or casseroles

D: For an extra tasty side dish, boil and place in an ovenproof dish, top with grated cheese and grill until golden (v, gf)

Lettuce and Salad Leaves

D: Washed and served as accompaniment to any meat or fish meal. Add any sliced red onion, tomato, cucumber and/or peppers if you like (gf).

D: Add slices of tinned or fresh chicken or ham/pork and/or one or two boiled eggs along with sliced red onion, tomato, cucumber and/or peppers if you like (gf).

L: Great addition to any sandwich filling

Cucumber

D: Great addition to any salad

L: Delicious sliced in a cheese sandwich, served on brown bread (v)

S: Sliced into sticks is a quick and tasty snack to tie you over until dinner time! (ve, gf)

Homemade Celery Soup

Serves 4-6 (ve)

Prep time: 15 mins / Cook time: 40 mins

- Chop up a whole head of celery into medium chunks (leaves included), dice 1 garlic clove and dice one medium sized potato in small chunks and fry in a tablespoon of oil, butter or margarine
- Cook on a medium heat for 15-20 minutes, stirring frequently to ensure the veg doesn't burn
- Add in 500ml vegetable stock, bring to the boil and then reduce to a simmer for another 20 minutes, or until all the vegetables are soft
- Blend with a hand blender or a food processor until smooth, add 100ml milk, season with pepper and blitz for a further minute.
- Serve with brown bread
- Leftovers can be kept in a sealed container in the fridge for up to 3 days or frozen and can be a perfect and easy option for lunch or dinner. If freezing, defrost overnight in the fridge and make sure to reheat thoroughly before serving

DID YOU KNOW?

Portion sizes that count towards your five-a-day are typically 80g. This is roughly one handful of fruit or veg so try to use this as a guide in your meals!



Red, Yellow and Green Peppers

D: Great addition to any salad

L/D: Delicious added to pasta dishes, especially tomato-based sauces. See recipe under 'Tinned Tomatoes' in the non-perishable meal ideas guidance (ve)

S: Sliced into sticks is a quick and tasty snack to tie you over until dinner time! (ve, gf)

Garlic

D: A great base for any sauce, soup, noodle or rice dish, diced into small chunks and fried on a low heat in a little oil or margarine/butter for about 2 minutes until softened

Ginger

S: Sliced and placed in a mug with some boiling water and lemon for a soothing and comforting drink (ve, gf)

L/D: Peel off the skin and grate into stir fry's or rice dishes



FRESH FRUIT

There are many different types of fresh fruit available, and most will work across the selection of meal ideas below. You may receive apples, oranges, bananas, plums, strawberries, grapes, blueberries, raspberries and more.

B: Perfect topping on cereal or porridge - sliced bananas and blueberries are tasty options (ve)

B: Delicious served on top of yogurt - try strawberries or raspberries (v, gf)

S: Bowl of fruit, served with yogurt if available or on its own - a mixture of anything you have got! (v, gf)

S: Whole fruit is a filling snack - try an orange or apple (ve, gf)

P: Delicious swirled into rice pudding - sliced plums and pears are a great choice (v)

P: Fruit salad - dice up any fresh fruit you have, apples, plums, bananas and mix with grapes, strawberries, raspberries - whatever you have going spare! (ve, gf)

EGGS

B: Scrambled, poached, fried or boiled eggs on wholemeal toast/soldiers. Serve with add a 150ml glass of orange juice for one of your five-a-day (v)

B/L: Two-egg omelette (add in some a handful of diced fresh tomatoes, fresh or tinned spinach, or fresh or tinned mushrooms for one of your five-a-day) (v, gf)

B: Eggy bread (made with two eggs and brown bread). Serve with a 150ml glass of orange juice for one of your 5-a-day (v).

L: Sliced boiled egg and tomato sandwich, served on brown bread (v)

L: Egg mayonnaise made with two boiled eggs, lots of black pepper and a tablespoon of low-fat mayonnaise. Serve on two slices of brown bread and sliced tomato, cucumber and/or salad (v).

S: Boiled egg as a snack (v, gf)

CHEESE

B/L: Brown toast topped with sliced tomato or diced tinned/fresh mushrooms and grated cheese, grilled (v)

S: Slices of cheese (v, gf)

L: Cheese and tomato sandwich, served on brown bread (v)

L: Cheese and onion sandwich, served on brown bread and a piece of fruit (v)

L: Cheese and cucumber or salad sandwich, served on brown bread (v)

L/D: Delicious thrown into omelettes or sprinkled on any pasta dish (v)

P: Slices of cheese, crackers and sliced tomato, cucumber, celery, grapes and/or any chutney or pickle for a DIY cheeseboard (v)



YOGHURT

B: Add 125g (4 tablespoons) of yogurt from a large pot, or one single individual pot, to a bowl and add a portion of fruit that you have handy - strawberries, blueberries and raspberries are a great choice (v, gf)

B: Add one or two tablespoons on top of your cereal or porridge, along with any fresh fruit

S: An individual pot of yogurt is a tasty and filling snack in between meals (v, gf)



Top tip

Some types of fruit can be frozen. If you have any bananas that are going brown, slice them up and place in a bag in the freezer for up to 3 months. You can get these out and use as a topping for your cereal, porridge or yoghurt later!