

Student Cookbook!

Healthy Recipes for the full day!

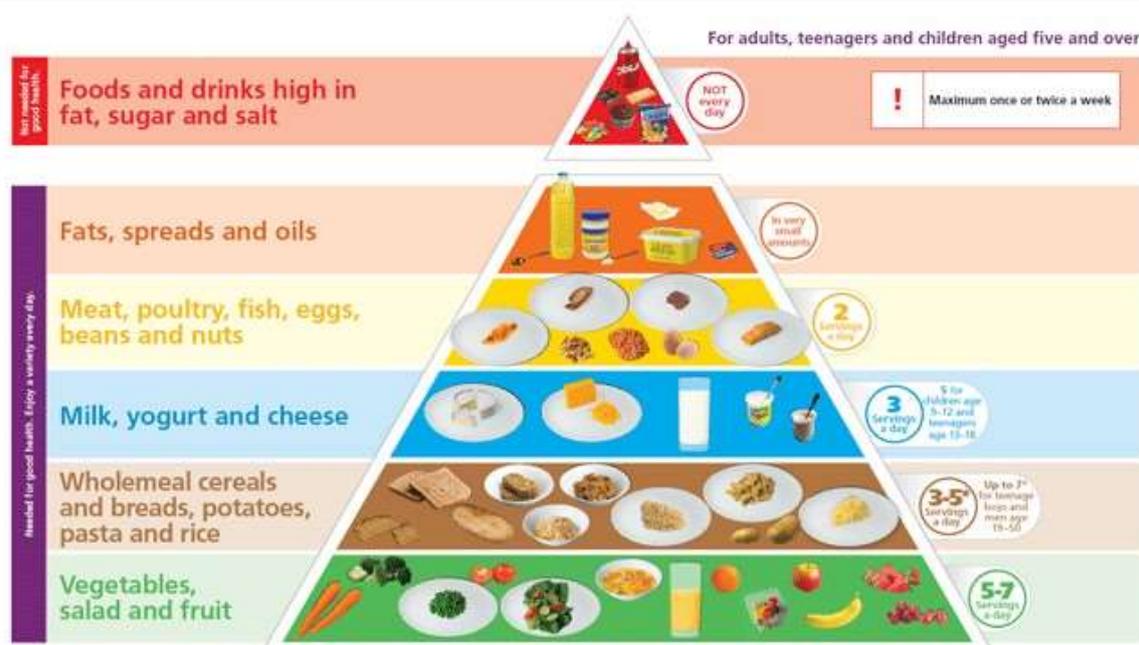
Ashbourne Community School



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Introduction to Healthy Eating



To have a healthy balanced diet it is recommended you follow the food pyramid.

It is recommended you base your meals on plenty of vegetables, salads, and fruits – up to half your plate or bowl at every meal. Choose a variety of colours.

Choose wholemeal and wholegrain breads, cereals, pasta and brown rice. As you can see there is no white bread, pasta etc on the food pyramid. We are recommended to eat brown bread as it has more **Fibre**. Fibre helps us to feel full and aids our digestive system.

A teenager is recommended to have 5 portions of dairy a day (milk /yogurt/ cheese) this is important as teenagers need lots of **Calcium** for strong bones and teeth and **Protein** for growth and repair of their body cells.

Include a small amount of poultry (birds like chicken or turkey), fish, eggs, nuts, beans or meat at 2 meals. Choose fish up to twice a week – oily fish is best as it contains **unsaturated fat** which reduces cholesterol.

Limit chips and takeaway food as much as possible. Most are very high in fat, salt, and calories. Do not eat the following foods and drinks every day. They should be enjoyed as a treat e.g., for a birthday. Sugary drinks, Biscuits, cakes, desserts, chocolate, sweets. Processed salty meats like sausages, bacon and ham, Salty snacks like crisps.

Healthy Breakfasts.



Blueberry and Banana Oat Pancakes.

*Did you know? The **oats** in these pancakes are really high in **Carbohydrates**. This means it will give you **energy** for the day ahead and these are good to eat on a day you have training or doing a form of exercise.*

Serves	Prep Time	Cooking Time	Calories (204g)	Carbs (g)	Protein (g)	Fat (g)	Fibre (g)
3	5Mins	10Mins	403	60	15	15	7.1

Ingredients.

130g porridge oats

3 eggs

1tbsp honey

50 ml milk

Blueberries

2 bananas

Honey and natural yoghurt to serve.

Preparation.

1. Using a blender or food processor blend the oats, eggs, honey, bananas, and milk into a soft, thick consistency.
2. Tip the mixture into a bowl and mix in some blueberries with a large spoon.
3. Use a tablespoon or a ladle to dollop batter into a non-stick, very lightly oiled pan for each pancake. Cook until golden on both sides.
4. Serve with natural yoghurt, honey and more fresh berries



Quick and Easy Overnight Oats

*Did you know? The milk and yogurt in this recipe are high in **calcium** needed for growing bones and teeth. It would count as 1 of the recommended 5 portions of dairy teenagers are required to have per day.*

Did you know? You can add whatever fruit or nuts you like to top these overnight oats to change the flavour.

Serves	Prep Time	Calories (196g)	Carbs (g)	Protein (g)	Fat (g)	Fibre (g)
1	3-4 Mins	305	24	5	14	5.8

Ingredients.

50g rolled oats

200ml milk

2tbsp Greek yoghurt.

50g mixed berries.

1tbsp chopped almonds

1tbsp almond/peanut butter.

Preparation.

1. Stir all the ingredients together in a bowl.
2. Pour into an airtight container and place in the fridge for the night.
3. In the morning top with more berries, nut butter or nuts.



Porridge with Toppings

Did you Know? Oats contain Magnesium which boosts energy. Milk contains Calcium essential for proper muscle contraction and strong bones.

Ingredients.	Preparation.
80g oats	1. Put the oats (or alternative) in a saucepan; add the milk, cinnamon & honey.
150ml milk	
2 teaspoon honey	2. Bring to the boil and simmer for 4-5 minutes, stirring from time to time and watching carefully that it does not stick to the bottom of the pan.
½ teaspoon cinnamon (optional)	
Toppings (Optional) <ul style="list-style-type: none">○ Banana○ Mixed seeds○ Blueberries○ Peanut butter and 1 square of dark chocolate.	3. Or make in a microwave: mix the ingredients in a microwave proof bowl, then microwave on high for 5 minutes, stirring halfway through. Leave to stand for 2 minutes before eating.
	4. To serve. Pour into a bowl and top with chopped fruit, seeds and nuts.



Spinach and Chorizo Omelette

*Did you Know? The eggs make this dish high in **Protein** which is needed for growth and repair in the body. Eggs contain all your ten essential amino acids.*

Serves	Prep Time	Cooking Time	Calories (383g)	Carbs (g)	Protein (g)	Fat (g)	Fibre (g)
2	3-4Mins	15Mins	396	9.4	32	26	3.8

Ingredients.

1tbsp olive oil

1 clove of garlic, peeled and finely chopped

½ onion

20g chorizo diced

8 cherry tomatoes

1 red pepper

Handful of baby spinach, washed

4 eggs

60g grated cheddar cheese

Preparation.

5. Heat the olive oil in a large frying pan on a medium heat. Add garlic, onion and chorizo and cook for 5 minutes.

6. Add the tomatoes, red pepper and spinach, and cook for another 5 minutes.

7. Lower heat slightly and pour the eggs over the meat and vegetables and cook until egg is no longer runny at the sides (3-5 minutes).

8. Spread cheese on top, slide the pan under a grill on high heat and cook for 5 minutes until cheese is melted and bubbling. Use an oven glove or tea towel when removing from under the grill.



Healthy Lunches



Almond Covered Fried Chicken

Did you know? This recipe freezes well. You can make double the amount and freeze for another time.

Serves	Prep Time	Cooking Time	Calories (220g)	Carbs (g)	Protein (g)	Fat (g)	Fibre (g)
2	10Mins	20Mins	461	3.9	44	30	5.8

Ingredients.

2 large chicken fillets

1 egg

2tbsp whole milk or almond milk

80g ground almonds

1tsp paprika

Sea salt

Ground black pepper



Preparation.

1. Preheat oven to 190C.
2. Slice each chicken fillet lengthways into two even strips.
3. Whisk the egg and milk together in a bowl.
4. Combine the ground almonds and seasoning in a bowl.
5. Dip a chicken strip into the egg mixture, transfer to the flour mix and coat generously. Set aside on a plate and repeat for the remaining strips.
6. Lightly oil a pan over a high heat and fry the chicken for 2 to 3 minutes each side until golden brown and crisp.
7. Transfer to a baking sheet and place in the oven for 10 minutes until the chicken is cooked through and golden brown on the outside. Serve with roasted vegetables and baked potato.

Beef Bolognese

Did you know? The mince meat is very high in Iron. Iron is needed to carry oxygen around our body. A lack of Iron can cause Anaemia. This is also a high energy dish which is really good for days you are training/ exercising.

Serves	Prep Time	Cooking Time	Calories (740g)	Carbs (g)	Protein (g)	Fat (g)	Fibre (g)
2	5Mins	20Mins	641	49	65	22	9

Ingredients.

1tbsp olive oil

2 cloves of garlic finely chopped

1 onion diced

500g lean mince beef

1 tbsp Worcestershire sauce

Sea salt

Ground black pepper

1 red pepper diced

400g tin of chopped tomatoes

1 tsp oregano

1 tsp basil

160g wholemeal pasta

40g Parmesan cheese



Preparation.

1. Heat the olive oil in a large pan on a medium heat. Add onion and garlic and sauté until softened.
2. Add the mince and Worcestershire sauce, breaking up the meat with a wooden spoon as it browns. Season with salt and pepper.
3. Once the beef has browned, add in the diced pepper, tinned tomatoes, and herbs. Stir everything together well.
4. Bring to the boil then reduce the heat and simmer gently for 20 minutes.
5. Whilst the sauce is cooking, bring a large pot of water to the boil and insert the pasta for the recommended amount of time.
6. Take the pan off the heat and stir everything together. Finish with black pepper and Parmesan cheese.

Chicken Stir Fry

Did you know? You can swap out the chicken to beef in this recipe to add variety.

Serves	Prep Time	Cooking Time	Calories (583g)	Carbs (g)	Protein (g)	Fat (g)	Fibre (g)
4	10Mins	20Mins	498	34	57	12	8.7

Ingredients.

2tbsp olive oil

2 cloves of garlic finely chopped

1 onion diced

A thumb-sized piece of ginger, grated

4 free range chicken breasts chopped into chunks

3 carrots thinly sliced

50g sugar snap peas

8 mushrooms chopped

Sea salt

1 red pepper diced

1 red chilli

Juice of 1 grapefruit

2 tbsp honey

2 tbsp balsamic vinegar

Preparation.

1. Heat the olive oil in a large pan on a medium heat. Add onion, garlic and ginger and sauté until softened.
2. Add the chicken to the pan and cook for 3-4 minutes stirring regularly.
3. Add the sliced carrot sugar snap peas, mushrooms, pepper, and chilli and stir regularly, moving everything around the pan.
4. Mix the grapefruit juice, honey, vinegar, and olive oil in a small dish. Once well mixed pour over the stir fry and cook for another 5 minutes.
5. Serve on its own or with rice or noodles.



Healthy Dinners

Spicy Cod with Plum Tomatoes

Serves	Prep Time	Cooking Time	Calories (536g)	Carbs (g)	Protein (g)	Fat (g)	Fibre (g)
3	5Mins	20Mins	261	14	30	9.9	5.4

Ingredients.

2 tbsp olive oil

1 onion finely chopped

1 clove of garlic finely chopped

1 red chilli diced

½ stick of celery chopped

10 piccolo tomatoes chopped

Handful of spinach

1 red pepper diced

1 yellow pepper diced

4 pieces of fresh cod

1 tsp of oregano

Juice of 1 lemon

Preparation.

1. Heat the oil in a large pan over a medium heat. Add the onion, garlic and chilli and sauté for 5 minutes. Season with salt and black pepper.

2. Add the tinned tomatoes, celery, piccolo tomatoes, and spinach. Add a little water and cook for 2-3 minutes, stirring regularly.

3. Add in the chopped peppers, stir well, and cook for another 10 minutes.

4. Pat the fish fillets dry with a kitchen towel then season with salt and pepper. Place carefully into the tomato and spinach mixture. Cover the pan and cook for 15 minutes until fish is opaque.

5. Before removing from heat scatter the oregano over dish and stir in lemon juice.

Spicy Green Coconut Curry

Serves	Prep Time	Cooking Time	Calories (405g)	Carbs (g)	Protein (g)	Fat (g)	Fibre (g)
2	10Mins	20Mins	573	14	37	40	6.4

Ingredients.

1 tbsp olive oil

1 clove of garlic finely chopped

1 red chilli diced

2 chicken breasts diced

2 carrots finely chopped

50g of broccoli chopped

80g of green beans diced

400g coconut milk

½ tbsp fish sauce

1 tbsp soy sauce

20g cashew nuts

1 tbsp basil

Preparation.

1. Heat the olive oil in a large pan over a medium heat. Add the garlic and chilli and sauté for 1 minute.

Season with salt and black pepper.

2. Add the chicken and cook for 5 minutes or until light gold. Stir regularly.

3. Add the carrots, broccoli, and green beans before stirring in the fish and soy sauce, followed by the coconut milk.

4. Allow to simmer until vegetables. Scatter basil over dish and add a squeeze of lime juice.

5. Serve with brown or white rice

Sweet Chilli Beef Fajita Bowl

Serves	Prep Time	Cooking Time	Calories (1000g)	Carbs (g)	Protein (g)	Fat (g)	Fibre (g)
1	5Mins	20Mins	941	63	77	42	19

Ingredients.

2 tsp chilli powder

1 tsp ground cumin

1 clove of garlic finely chopped

1 onion sliced into wedges

½ tsp smoked paprika

2tbsp olive oil

Juice of 1 lime

1tbsp soy sauce

300g lean beef steak cut into slices

100g white rice

1 red pepper sliced into strips

1 yellow pepper sliced into strips

Preparation.

1. In a small bowl combine the chilli powder, cumin, paprika, salt and pepper. Reserve 1 ½ tbsp of mix for vegetables.

2. In a bowl combine 1tbsp olive oil, lime juice, soy sauce and spice mix. Add steak slices and mix through thoroughly.

3. Whilst steak is marinating, put the rice in a small saucepan with 250ml of boiling water. Simmer for 10-12 minutes

4. Heat the olive oil in a large pan over a medium heat. Add the garlic and onion to cook for 5 minutes. Add peppers and sprinkle with reserved spices. Cook for another 4 minutes. Transfer to plate.

5. Use same pan to sear steak with 1tbsp of olive oil. Cook to preference.

6. Fill bowls with rice and top with steak and vegetable mixture.

Healthy Snacks



Battle Bars

High Energy Bars.

Makes	Prep Time	Setting Time	Calories (50g)	Carbs (g)	Protein (g)	Fat (g)	Fibre (g)
10 bars	15Mins	1 Hour	261	13	6.4	21	4.8

Ingredients.

100g almonds roughly chopped

75g cashew nuts roughly chopped

3tbsp raisins

1tbsp dried cranberries

1tbsp mixed seeds

20g coconut flakes

150g dark chocolate

2tbsp honey

1tbsp coconut oil



Preparation.

1. Put the nuts, raisins and dried cranberries, mixed seeds coconut and salt into a bowl and mix.
2. In a small saucepan melt the dark chocolate, honey, and coconut oil over a low heat.
3. Once the chocolate mix is melted pour it over the mixed chopped nuts and raisins.
4. Pour the mixture into a small rectangular baking tray lined with baking parchment and spread out evenly.
5. Put in the fridge for at least an hour and allow to set.
6. Remove from the fridge, turn out onto a chopping board, and cut into squares or bars with a sharp knife. Store in an airtight container for up to a week.

Dark Chocolate Super Smoothie

Energy Drink Alternative.

Serves	Prep Time	Calories (440g)	Carbs (34g)	Protein (g)	Fat (g)	Fibre (g)
1	3Mins	481	34	11	23	5.4

Ingredients.

150ml almond milk

1 banana

3 squares of dark chocolate

2tbsp Greek yoghurt

1tbsp almond/peanut butter

1tsp honey

½ tsp of cinnamon

3 ice cubes

Preparation.

1. Blend all the ingredients together and serve.



Seán O'Brien's Creamed Rice.

High Energy/Protein

Serves	Prep Time	Cooking Time	Calories (400g)	Carbs (g)	Protein (g)	Fat (g)	Fibre (g)
3	5Mins	40Mins	400	84	12	2.5	1.3

Ingredients.

150g pudding rice

600ml almond milk

200ml water

2tbsp honey

Mixed fresh berries

1 banana

½ tsp ground
cinnamon

Sliced peaches or
mango

Preparation.

1. Place the rice, milk, water, and honey in a large saucepan. Give it a good stir, then place the pan on a very low heat.
2. Cook gently for around 40 minutes until thick and creamy stirring regularly.
3. Loosen the rice pudding with some extra milk to preference
4. Remove from the heat, allow to cool a little, then serve the rice pudding with the berries, banana, cinnamon, and mango/peaches.

