



## Cook5 with CRuNCH – top 50 recipes

Cook5 with CRuNCH equips young people with the skills and knowledge to cook 5 simple, nourishing recipes before they leave home, and understand how what we eat affects our mental and physical wellbeing.

Please see below for CRuNCH top 50 recipes, most of which can be adapted according to religious, cultural and dietary requirements (eg, halal, gluten-free etc)

- 🥬 = Vegetarian
- 🌱 = Vegan
- 🏠 = 'Fakeaways/street food'

### Eggs and breakfast:

1. Poached eggs on toast 🥬
2. Omelette, tortilla 🥬
3. Homemade granola with yogurt and fruit 🥬
4. Oaty banana pancakes - 🥬
5. Protein pancakes with nut butter and berries
6. Savoury breakfast buckwheat crepes
7. Best Yorkshire puddings (see also below)
8. Huevos rancheros (Mexican eggs) 🥬
9. CRuNCH-style full English (Sweet potato hash browns, poached eggs, mushrooms, bacon + tomatoes)

### Soup:

10. Chicken noodle 'ramen' soup 🏠
11. Sweet potato, pumpkin or butternut squash soup - 🌱
12. Mexican chilli bean soup 🥬
13. Classic vegetable soup 🌱
14. Vietnamese Pho 🏠

### Rice, pasta and noodles:

15. Rice and peas risotto (risi e bisi) - 🌱
16. Pad Thai noodles (with chicken, prawns, tofu 🌱 or vegetables 🥬 🥬 ) 🏠
17. Spicy chicken or lamb and chickpea ( 🌱 ) Pilau
18. Sag aloo with basmati rice - 🌱
19. Conchiglioni shells with a roasted tomato/provencale sauce - 🥬
20. Spaghetti with homemade pesto - 🥬
21. Stir fry chicken (or prawns, tofu 🌱 or vegetables 🥬 🥬 ) 🏠
22. Jambalaya

### Meat and fish

23. The classic beef burger with salad & pickles (alternative - Lentil and sweet potato burgers 🌱 ) 🏠
24. Lamb kofta with minty cucumber raita/yoghurt sauce, doner kebab-style 🏠
25. Mexican fajitas with sour cream and cheese 🏠
26. Classic ragu as a base for Bolognese, lasagne, chilli con carne, cottage pie
27. Vietnamese meatballs with spicy dipping sauce and crunchy salad 🏠

- 28. Ginger soy salmon and vegetables papillote
- 29. Spanish meatballs (albondigas) with spicy tomato sauce
- 30. Easy chicken tikka masala with rice 🏠
- 31. Marinated kebabs – chicken, pork, prawns or halloumi 🥬 with sweet potato fries 🏠
- 32. Nando's style peri-peri chicken with rainbow slaw 🏠
- 33. Spicy black bean tacos 🏠
- 34. Cajun fish tacos with avocado and mango salsa
- 35. Thai green curry with jasmine rice (chicken, fish, prawns, tofu 🌿 or vegetables 🌿 🥬)
- 36. Fish tikka with spiced rice
- 37. Roast chicken with roast potatoes, vegetables and gravy (plus Yorkshire puds)
- 38. Fish pie with CRuNCH-y topping
- 39. Coconut fish Goan curry

### Beans, pulses and vegetables

- 40. Hummus with homemade flatbreads or homemade tortilla crisps 🌿 🏠
- 41. Three CRuNCH-time mezzes - babaganoush (aubergine dip), tzatziki and beetroot hummus 🏠
- 42. Chickpea falafel wraps 🌿 🏠
- 43. Red lentil dahl 🌿
- 44. Khichdi (yellow split pea and rice stew) 🏠
- 45. Paneer Makhani 🥬
- 46. Easy sweet potato, spinach and chickpea curry 🌿
- 47. Spanish butterbean (& chorizo) stew
- 48. Home-baked 'turbo' beans on toast 🌿
- 49. Smoky black bean chilli with homemade nachos, cheese, homemade guacamole and crunchy salsa 🏠
- 50. Shakshuka