

COOKS WITH CRUNCH

Your Food, Your Power

Fun facts, healthy hacks, and
25 recipes to fuel your best life



START WITH 5; COOK FOR LIFE



COOKS WITH CRUNCH – YOUR FOOD, YOUR POWER

Fun facts, healthy hacks, and 25 recipes to fuel your best life

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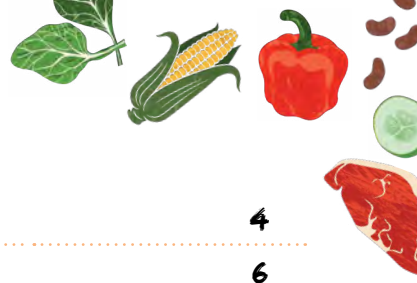
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CRuNCH is a charity with a mission to equip the next generation with the life-changing skills of cooking and nutrition.

Find out more, or make a donation, at www.crunchcharity.org.uk.



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INTRODUCTION

5 recipes, endless possibilities



WELCOME TO COOKS WITH

Food isn't just fuel; it's power. What you eat can boost your energy, help you concentrate at school, make sports and activities easier (and more fun), and even lift your mood.

At CRuNCH, we believe that if you can cook just 5 healthy recipes from scratch, you've got the building blocks for your best life. Once you've cracked those 5, you'll have the skills and confidence to make smart choices, experiment in the kitchen, and eat well wherever life takes you.

THIS BOOKLET IS ALL ABOUT HELPING YOU TAKE CONTROL.

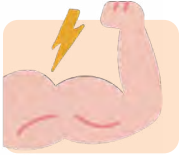
- You'll discover how food works inside your body.
- You'll learn simple tips to eat well, stay active, and feel amazing.
- You'll get 25 tasty recipes to try - starting with the 5 core recipes that will set you up for life.

The best bit? These are skills that will stay with you forever. Once you know how to fuel your body properly, no one can take that away from you.

So dive in, get cooking, and see how good it feels to be in charge of your own food and energy.

5 CRUNCH BITES

COOL CARBOHYDRATES



1 PROVIDE FUEL FOR THE BODY AND BRAIN

Carbs are your body's easiest source of energy - like petrol for your muscles and brain. When you eat them, they're broken down into glucose. This glucose is used straight away for energy, or stored as glycogen: in your liver, to keep blood glucose steady for the body and brain; and in your muscles, ready to power activity.

2 NOT JUST BREAD AND PASTA

When we say carbs, lots of people just think of bread, rice, or pasta. But you'll also find them in fruit, vegetables, beans, lentils, oats, and potatoes.



3 WHOLE IS BEST

Wholegrains (like brown rice, oats, and wholemeal bread) release their energy slowly, so you feel fuller and more energised for longer.

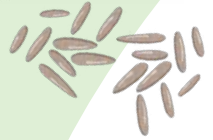
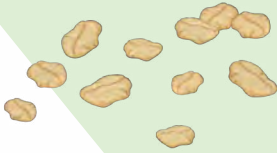
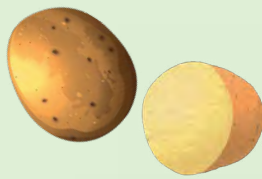
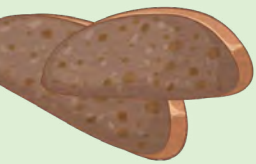
4 SLOW VS. FAST RELEASE

Sugary snacks and drinks or refined carbs (like white bread and pasta) give a quick burst of energy - but then comes the slump. You'll feel hungry again quickly, and your mood and focus can dip. Eating too many refined carbs and sugary foods can also raise your risk of suffering from type 2 diabetes and obesity later in life. Less refined carbs release their energy more gradually. They tend to contain fibre so you feel fuller for longer and, because energy is slowly released, these carbs provide stamina for sport, steady your concentration levels and may reduce those energy slumps.



5 PERFECT FOR ACTIVE DAYS

Playing sport or doing something active? A carb-rich meal the night before fills your energy tank, ready to go.

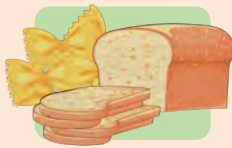


CARBS



CARBS TO COUNT ON

Wholemeal bread and pasta; brown rice; oats; potatoes with skin; quinoa; bulgur; barley. These are your Energy Engines - fuel that lasts.



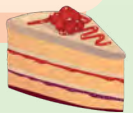
SOMETIMES CARBS

White bread and pasta; white rice; peeled or mashed potatoes. Still useful, especially straight after sport when your body needs quick fuel, but they don't keep you going for as long.



CARBS THAT WILL LET YOU DOWN

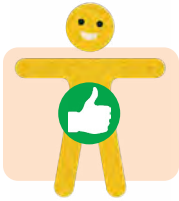
Sugary cereals; cakes, biscuits, pastries; fizzy drinks; sweets. Tasty, but they give you quick bursts of energy that don't last. Fun for a treat, but not the best CRUNCH for every day.





FIT FIBRE

Fibre often gets forgotten about because it's not a vitamin, mineral, protein, fat, or carb in the usual sense. But it's essential for health. Fibre is a type of carbohydrate your body can't digest - and that's exactly what makes it so important. It keeps your gut healthy, balances your energy, and helps you feel full. Most people don't eat enough.



1 GUT'S BEST FRIEND

Fibre keeps your digestive system moving smoothly and helps prevent tummy troubles.

2 FULL-UP FUEL

High-fibre foods keep you satisfied for longer, so you don't get sudden hunger pangs.



3 ENERGY ON CRUISE CONTROL

Fibre slows down the release of sugar from food, giving you steady energy instead of highs and crashes.

4 PLANT POWER

Fibre is only found in plants: fruit, veg, beans, lentils, nuts, seeds, and wholegrains like oats, brown rice and wholewheat pasta.



5 DAILY TARGET

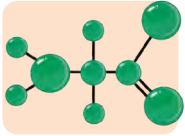
Aim for about 25g a day if you're under 16 and 30g if you're 16 or older. That's your 5+ portions of fruit and veg, plus some beans, lentils, and wholegrains.

THIS POWER PESTO DISH CONTAINS 10G OF FIBRE!
See page 31 for recipe.





PROTEIN POWER

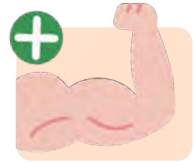


1 PROTEINS ARE MADE UP OF AMINO ACIDS

These are the building blocks of proteins and are crucial for many vital bodily functions, such as building and maintaining muscle, skin, hair, and bones. There are 20 in total, and 9 of them have to come from food. Your body makes the rest.

2 BUILDS MUSCLES, BONES AND BLOOD

Protein helps you grow, repair, and get stronger. It also builds red blood cells, which carry oxygen around your body.



3 MORE THAN MUSCLES

Protein isn't just about bulking up. It helps make hormones and enzymes, boosts your immune system, and can even provide energy if your body needs it.

4 SPREAD IT OUT

Your body doesn't store protein in the way it stores carbs and fat, so it's best to eat a little with every meal instead of trying to get it all in one go.



5 NOT JUST FOR ATHLETES

Protein powers everyone: dancers, gamers, students, footballers, and everyone in between.



PROTEIN



PROTEIN POWER PLAYERS

Eggs; fish and lean meat; beans, lentils, chickpeas; nuts, seeds, tofu, soya; dairy and dairy alternatives. Grains like wheat (in bread, pasta and cereals), rice, and corn also provide some protein. These are your Muscle Makers – eat them daily.



SOMETIMES PROTEINS

Cheese; full-fat dairy; fatty cuts of meat. Still good for you, but higher in fat, so mix them in with leaner options.



NOT-SO-FANTASTIC PROTEINS

Sausages; salami and pepperoni; fried chicken; breaded fish fingers. Protein's still there, but these are higher in fat, salt, or processing. Fine as a treat, but not every day.

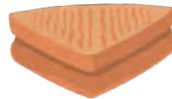
PROTEIN-RICH SNACKS



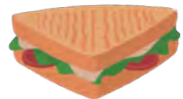
Greek yoghurt
with honey



Boiled eggs on
toast



A peanut butter
sandwich



A chicken
sandwich

**TOP
TIP**

MIX PLANT PROTEINS

(like beans on toast, or rice with lentils) and you'll get all the amino acids your body needs.

5
CRUNCH
BITES

FABULOUS FATS



1 NOT THE ENEMY

Fat is fuel too. Your body needs it for energy, for healthy cells and hormones, for keeping warm, and for protecting your organs.

2 TASTY TEAM PLAYER

Fat helps to absorb and then move fat-soluble vitamins (A, D, E and K).



3 MIGHTY MULTITASKER

Healthy unsaturated fats (omega-3s and omega-6s, like those in fish, nuts, seeds, and olive oil) support your brain, heart, skin, hair, mood, and immune system.

4 GOOD VS LESS GOOD

Unsaturated fats are the ones to focus on. Eating too many saturated or trans fats (often in fried and processed foods, cakes, and biscuits) can raise cholesterol and increase the risk of heart disease later in life.



5 A LITTLE GOES A LONG WAY

Fat gives more than twice the energy of carbs or protein, so even small amounts pack a punch.



FATS



FAT-TASTIC FATS

Oily fish; nuts and seeds; olive, rapeseed, or sunflower oil; avocados. Eat these often - they're your Mighty Multitaskers.



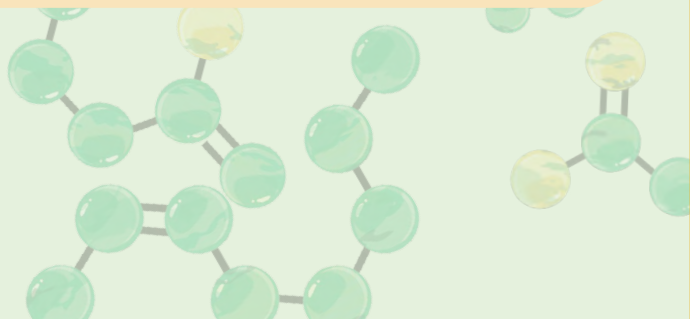
SOMETIMES FATS

Butter and ghee; whole milk and cream; cheese; fatty cuts of meat. These still bring useful nutrients like calcium and vitamin D, but they're best in moderation.



NOT-SO-FANTASTIC FATS

Fried foods; cakes, biscuits, pastries; crisps and chips; foods high in lard or palm oil. Fine occasionally, but not the fuel your body needs every day.



5 CRUNCH BITES

MIGHTY MICRONUTRIENTS

Tiny but mighty, micronutrients are like your body's spark plugs. They help release energy from food, keep bones strong, minds sharp, and your immune system fighting fit.

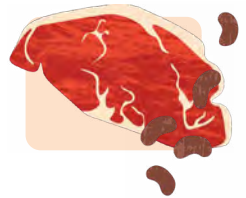


1 IMMUNITY HEROES

Vitamin C (found in fruit and veg) helps your body heal and fight infection, while vitamin D, from sunlight and foods like oily fish, supports bone strength and immune health.

2 IRON = ENERGY

Iron helps make haemoglobin and myoglobin, proteins that carry oxygen in your blood and muscles. It supports immunity, energy, and healthy hair, skin, and nails. Find it in meat, beans, and spinach. Pair with vitamin C-rich foods like peppers or citrus to boost absorption.



3 CALCIUM = STRENGTH

Calcium builds strong bones and teeth. It's found in milk, yoghurt, cheese, and non-dairy/fortified plant drink sources of calcium e.g. tinned sardines, tofu, brown bread, kale, watercress and dried figs. Getting enough is extra important while you're growing.

4 MIGHTY MINERALS

Zinc, magnesium, and potassium might not be in the headlines, but they're crucial too. They help repair your body, keep muscles working, and balance your energy. Nuts, seeds, wholegrains, and leafy greens are packed with them.



5 RAINBOW REWARDS

No single food has it all. The more colours you eat - from red tomatoes to green spinach to orange carrots - the more micronutrient power your body gets.

EAT THE RAINBOW

MICRONUTRIENTS



EVERYDAY HEROES

Vitamin C (fruit & veg like oranges, peppers, berries); Iron (meat, beans, lentils, kale, spinach dried figs); Calcium (dairy, fortified plant drinks, leafy greens). Eat a rainbow to cover these essentials.



HERO TOP-UPS

Vitamin A (carrots, sweet potatoes, eggs); Zinc (meat, nuts, seeds, dairy); Magnesium (nuts, wholegrains, leafy greens).

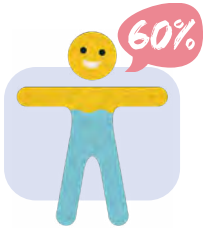


NOT-SO-FANTASTIC SHORTCUTS

Supplements can help if a doctor recommends them, but relying on pills and powders isn't the best CRUNCH. Food first is always best.



HYDRATION



1 YOUR BODY IS MOSTLY WATER

Around 60% of you is water. Staying topped up is essential for energy, focus, and overall health.

2 BRAIN FUEL

Even mild dehydration can make you feel tired, moody, or less able to concentrate.



3 HOW MUCH DO YOU NEED?

Aim for 6-8 glasses a day, more if you're active or it's hot. Water, milk, tea, and other sugar-free drinks all count - but keep sugary and artificially-sweetened drinks to a minimum, and don't overdo caffeine.

4 NOT JUST DRINKS

Foods like cucumber, melon, and oranges are packed with water too, helping to keep you hydrated.



5 BEST CHOICE = WATER

Fizzy drinks and juices can be fun sometimes, but water is always the best CRUNCH choice for your body.

HYDRATION



BEST EVERYDAY DRINKS

Water; semi-skimmed milk; fortified plant drinks; sparkling water. Aim for 6–8 glasses a day.



SOMETIMES SIPS

Pure fruit juice (max one small glass a day); smoothies; flavoured water with a little sugar. These give vitamins, but also sugar.



NOT-SO-FANTASTIC DRINKS

Fizzy and energy drinks; sports drinks (unless you're doing very intense exercise); sugary squash. Fine occasionally, but not your main hydration.

**TOP
TIP**

CHECK YOUR PEE!

Dark yellow = drink a glass of water.
Pale yellow = you're well-hydrated.



5 CRUNCH BITES

BALANCED DIET

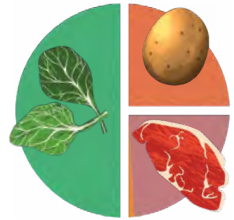


1 MIX IT UP

No single food gives your body everything. A balance of different food groups keeps you fuelled and healthy.

2 THE POWER PLATE

Think of your plate like a CRUNCH pie chart: half fruit & veg, a quarter carbs, a quarter protein, plus a little healthy fat.



3 FOOD VARIETY = NUTRIENT VARIETY

Trying different foods means you get the full package of vitamins, minerals, and fibre your body needs.

4 DON'T FEAR TREATS

Chocolate, chips, and ice cream can still fit in. Balance is about enjoying them sometimes, not all the time.



5 LISTEN TO YOUR BODY

Eating slowly and noticing when you're full helps you enjoy food more and avoid overeating.

MYTH BUSTING

MYTH 1:

CARBS ARE BAD

X Nope!

Carbs are your body's main energy source. It's eating too many refined carbs (like white bread, sugary cereals, cakes, and fizzy drinks) or eating too much of anything, plus not moving enough, that can lead to weight gain. Whole carbs like oats, rice, and pasta actually keep you full and fuelled.



MYTH 2:

PROTEIN SHAKES ARE ESSENTIAL TO BUILD MUSCLE

✘ Not true.

Most young people get plenty of protein from foods like chicken, beans, eggs, fish, or dairy. Shakes are just expensive extras - real food works best.

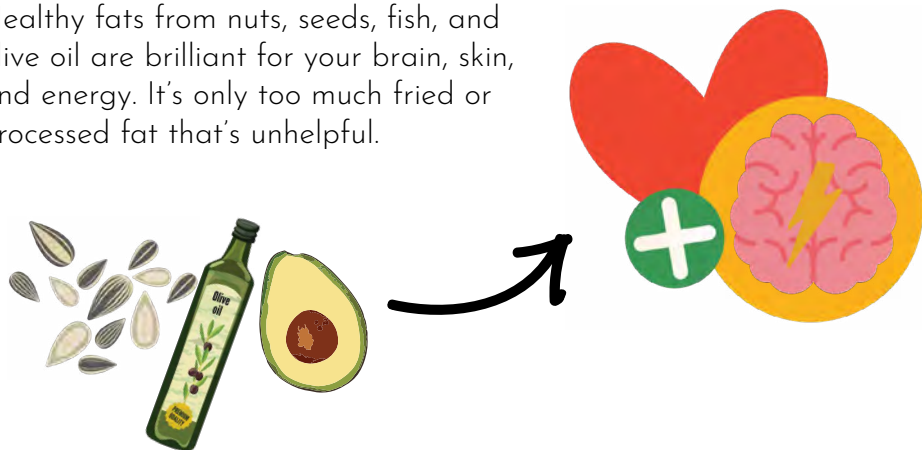


MYTH 3:

FAT IS BAD FOR YOU

✘ No! Your body needs fat!

Healthy fats from nuts, seeds, fish, and olive oil are brilliant for your brain, skin, and energy. It's only too much fried or processed fat that's unhelpful.



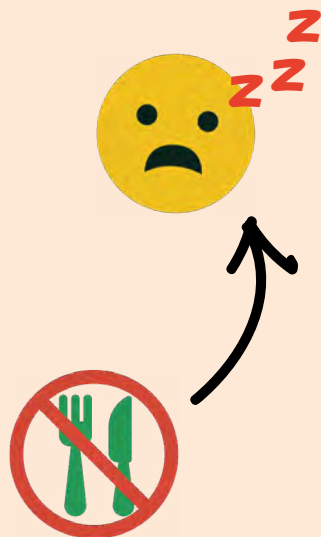
MYTH 4:

SKIPPING MEALS IS HEALTHIER

✘ Wrong again.

Skipping meals can leave you tired, grumpy, and more likely to snack on less useful foods later.

Regular meals = steady energy and focus.



MYTH 5:

HEALTHY FOOD IS BORING

✘ Definitely not!

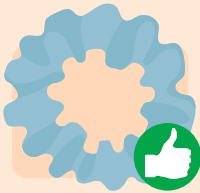
Spices, sauces, and simple cooking tricks can make healthy food taste amazing. Once you've nailed your 5 CRUNCH recipes, you'll see how delicious eating smart can be.



STAY SAFE IN THE KITCHEN

Cooking is about joy, flavour, and discovery. It's about the magic of creating something delicious and the simple pleasure of eating together. But before you get stuck in, there are a few basic safety and hygiene rules to follow. These keep you safe, your food tasty, and your kitchen clean and tidy!

BEFORE YOU COOK



1 Wash your hands before you start - clean hands = safe food.

2 Tie your hair back - nobody wants hair in their dinner.



3 Take off jewellery - keep it safe and out of the soup!

4 Roll up or tuck in loose sleeves.

5 Cover any cuts with a brightly coloured plaster (so you don't forget it's there).

COVER ANY CUTS WITH A BRIGHTLY COLOURED PLASTER



HYGIENE AND SAFETY



1 Use separate chopping boards and utensils for raw meat, poultry, fish, and fruit or veg. This stops germs spreading to other foods. Always wash boards, knives, and hands after use.



2 Wash fruit and veg before eating to remove dirt, pesticides and nasties.

3 Ask for help with sharp knives, hot pans, or the oven. Even pro chefs have helpers.

4 Handle heat with care - use oven gloves or a folded tea towel for hot trays and pans.

5 Wipe up spills straight away so nobody slips.



6 Don't run in the kitchen - save the sprints for the pitch!

7 Keep tea towels away from flames or hot hobs.

8 Turn pan handles towards the back of the hob.



9 Store food safely - raw meat at the bottom of the fridge; leftovers covered and refrigerated as soon as they have cooled; milk back in the fridge quickly.



WASH FRUIT AND VEG BEFORE EATING



THE POWER OF EATING TOGETHER

Food isn't just fuel; it's about people too. Cooking and eating together makes meals more fun, builds connections, and creates memories. It doesn't matter if you're sitting down with family, friends, or teammates - sharing food has awesome benefits.

1 BETTER CONNECTION

Meals are a chance to chat, laugh, and share your day. Had a rubbish day? The table is a good place to talk about it.

2 LESS STRESS

Sitting down with others helps you relax and feel supported.

3 TRY NEW FOODS

You're more likely to taste something new if other people are eating it too.

4 HEALTHIER HABITS

Meals at a table (not in your room or in front of a screen) usually mean more balance, less snacking, and better digestion because you slow down and chew properly.

5 HAPPIER MEMORIES

Some of the best moments happen around the table.

TOP CRUNCH TIPS FOR EATING TOGETHER



- Try a “no phones at the table” rule - more talk, less scroll.
- Take turns choosing what’s on the menu.
- Help set the table - it makes meals feel special.



- Ask fun questions, like “*What was the best bit of your day?*”
- Share food - swap bites or help serve each other.



- Try one new food together each week.
- Sit at the table, not the sofa - it feels more connected.
- Don’t rush - enjoy the food and the company.



- Team up for the clear-up - music on, washing up becomes fun.
- Say thank you to whoever cooked or set the table.



- **Remember:** it’s about people, not perfection. Disagreements can happen - better to talk them through than bottle them up.



YOUR CRUNCH POWER BASE:

5 TOP TIPS TO LIVE YOUR BEST LIFE

It's not about being perfect, it's about small daily wins...

These 5 habits build your energy, sharpen your mind, and help you feel your best:

1 MOVE YOUR BODY, EVERY DAY

Aim for 60 minutes of activity. Walk, dance, skate, climb, kick a ball. Some moves should get you breathless, others can be lighter. It all counts!

2 BUILD STRENGTH

Muscles aren't just built in gyms. Skipping, martial arts, climbing, or playground games all build power and healthy bones. Exercise isn't punishment; try new things until you find your fun!

3 FUEL LIKE A CRUNCH ENGINE

Slow-release foods (oats, rice, beans, fruit, veg, nuts) = steady fuel. Sugary drinks and sweets = quick spark then crash. Smart snacks like fruit, yoghurt, or hummus keep you sharp. Stay hydrated!

4 SWITCH OFF AND RECHARGE

Too much screen time makes your body sluggish and your brain foggy. Take movement breaks; even 10 minutes of stretching or fresh air resets your focus.

5 SLEEP = YOUR SECRET POWER

You need 8-10 hours a night to grow, repair, and recharge. Blue light from screens tricks your brain into staying awake. Switch off at least an hour before bed for a proper deep sleep - the kind that powers your mood and energy for the next day.



STORE CUPBOARD STARTER KIT:

Start with these basics and you can cook loads of tasty, energising meals:

CUPBOARD ESSENTIALS:

- Olive oil
- Salt & black pepper
- Stock cubes (veg or chicken)
- Tinned tomatoes
- Tinned beans, chickpeas or lentils
- Rice or wholemeal pasta
- Noodles
- Oats
- Flour
- Dried lentils

FLAVOUR BOOSTERS (NICE TO HAVE):

- Garlic and onions
- Ginger
- Long-life fruit e.g. fresh apples, oranges, lemons & dried dates, figs, apricots
- Soy sauce
- Mixed herbs
- Curry powder
- Ground cumin, coriander, turmeric
- Chilli flakes or paprika
- Sugar or honey



CRUNCH
IN THE
KITCHEN

RECIPES TO FUEL YOUR LIFE

RECIPE KEY

We've used icons to tell you about the key benefits of each recipe.
This is what they mean:



Sustained energy



Immunity support



Gut friendly



Brain food



Protein Power



Vegan option



Vegetarian



Hydrating foods



Budget-friendly

Some ingredients in these recipes contain allergens such as gluten, nuts, dairy or soy. If you've got an allergy or intolerance, adapt the recipes to suit your needs and consult a trusted adult or healthcare professional if you're unsure.

**YOU'VE LEARNED THE CRUNCH
BITES ABOUT FOOD, FUEL, AND
FEELING GREAT.**

NOW IT'S TIME TO GET COOKING!

This section gives you 25 tasty recipes to try at home. Some are quick snacks, some are full meals, but all of them are designed to give you the energy, focus, and confidence you need every day.

At CRuNCH, we believe that if you can cook just 5 healthy recipes from scratch, you've got the foundations for your best life. These are your Cook5 Hero Recipes. Master them, and you'll have skills you can use forever, plus the confidence to branch out, experiment, and make cooking your own.

Look out for the Cook5 Hero Recipe badge as you flick through. These are the recipes to learn first - the ones that will set you up for life.

So grab your ingredients, tie back your hair, wash your hands, and let's get CRUNCHing!



= TSP



= TBSP



5 RECIPES, ENDLESS POSSIBILITIES





POWER PESTO PASTA



Fresh, vibrant, and faster than a takeaway. Master pesto and you can whip up endless pasta dishes or use it as a spread, dip, or pizza base.



You'll need: food processor or pestle and mortar, large saucepan, bowl, grater, colander

INGREDIENTS FOR 4

- 450g wholemeal pasta
- A few drops olive oil
- Salt and freshly ground black pepper

For the pesto

- 50g fresh basil leaves
- 1 small clove garlic, peeled and chopped
- Pinch of sea salt
- 50g pine nuts
- Freshly ground black pepper
- 50 ml extra virgin olive oil
- 50g parmesan cheese, grated
- Juice of half a lemon, or to taste
- Extra Parmesan cheese and basil leaves to serve

- 1** Make the pesto: pound basil, garlic, and salt in a pestle and mortar or food processor. Add pine nuts, pepper, and olive oil, then blend to your preferred consistency.
- 2** Stir in the parmesan cheese and add a little lemon juice.
- 3** Bring a large pan of salted water to the boil and cook the pasta according to pack instructions until al dente.
- 4** When the spaghetti is cooked, drain and pop back in the pan with a splash of cooking water.
- 5** Toss the pasta with the pesto and serve immediately in pasta bowls.
- 6** Top with grated Parmesan cheese, basil leaves and extra black pepper.





FIESTA FAJITAS



Hands-on, colourful, and fun to share. Everyone builds their own wrap – so you're always in charge of your spice level and fillings.



You'll need: bowl, meat and veg chopping boards, garlic crusher, knife, large frying pan, spatula, grater

INGREDIENTS FOR 2

For the spice marinade

- ½ tsp ground cumin
- ½ tsp ground coriander
- ½ tbsp sweet smoked paprika
- ½ tsp garlic powder
- ½ tbsp oregano
- ½ tsp salt
- ½ tsp black pepper
- Pinch cayenne pepper or chill flakes
- 2 tbsp olive oil
- Juice of ½ lime

For the fajitas

- 1 tbsp olive oil
- 1 chicken breast or 200g tofu, thinly sliced
- ½ onion
- 1 clove garlic, peeled and crushed
- ½ red pepper, ½ yellow pepper, ½ green pepper
- Squeeze of lime
- 4 mini tortilla wraps
- 2 tbsp soured cream and grated cheese to serve

1 First combine all the marinade ingredients together in a bowl.

2 Thinly slice the chicken on the meat chopping board and add to the marinade. If using tofu, slice this on a white or a veg chopping board.

3 Peel and slice the onion, using the veg chopping board.

4 Cut the peppers in half. Remove the stalk and seeds. Slice thinly.

5 Heat a tbsp oil in a frying pan. Fry the onion for 2 minutes.

6 Turn up the heat. Stir in the chicken or tofu and the marinade. Add the garlic and sliced peppers. Sauté, stirring the mixture all the time until the chicken or tofu is cooked. Add a squeeze of lime juice.

7 Heat the tortillas in the microwave or in a frying pan for 20 seconds.

8 Pile the fajita mixture onto the wraps. Top with the soured cream and grated cheese. Practice your wrap folding skills!



STREET-STYLE DRUNKEN NOODLES



A quick, spicy fakeaway that feels like festival street food. It's a stir-fry with attitude, and you can make it milder or hotter depending on your vibe.



You'll need: Veg chopping board, sharp knife, wok or frying pan, spatula, grater, bowl, colander.

INGREDIENTS FOR 2

For the sauce

- 2 tbsp oyster sauce
- 2 tbsp soy sauce
- ½ tbsp fish sauce
- 1 tsp sesame oil

For the rest

- 125g wide ribbon rice noodles
- 2 tsp sesame or olive oil
- ½ head (100-150g) of broccoli, divided into florets
- 1 carrot, peeled and cut into thin strips
- ½ red pepper, deseeded and cut into strips
- 2 spring onions
- 1 clove garlic, peeled and crushed
- 1 cm piece ginger, peeled and finely grated
- 1 small green chilli, finely chopped
- 12g Thai basil leaves, roughly chopped (use regular basil if no Thai basil)
- 100g tofu, cut into 1 cm cubes

- 1** Combine the sauce ingredients.
- 2** Prepare the rice noodles according to the instructions on the pack. Drain and set aside.
- 3** Preheat a wok, or a frying pan to very hot, and add a tsp of oil. Add the broccoli and carrots and fry for a few minutes, stirring frequently, then add the red pepper and spring onions. When the vegetables are just cooked, transfer to a plate.
- 4** Add another tsp of oil to the pan. Add the garlic, ginger and chilli to the pan and stir fry for 1 minute.
- 5** Add the tofu and stir fry for another minute.
- 6** Stir in the drained noodles and the vegetables, then add the sauce.
- 7** Continue to stir fry over a high heat for 2 minutes, until everything is combined and cooked through. Stir in the Thai basil.
- 8** Serve with some extra chopped green chilli if you like a little more heat!



CHEAT'S TIKKA MASALA



All the rich, comforting flavour of a curry night, but simplified so you can make it anytime. You'll learn spice basics and create a creamy sauce without fancy ingredients.



You'll need: bowl, sharp knife, meat and veg chopping boards, large frying pan, spatula, saucepan with lid

INGREDIENTS FOR 2

Marinade

- 2 cloves garlic, crushed
- 2 cm ginger grated
- 1 tsp smoked paprika
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp garam masala
- ½ tsp chilli flakes
- good pinch salt and black pepper
- Juice of half a lemon
- 2 tbsp coconut milk

Chicken tikka masala

- 3-4 boneless, skinless chicken thighs, or 200g tofu, diced into 2cm cubes
- 1 tbsp coconut or olive oil
- 1 onion sliced
- 1 red pepper, seeded and diced
- 150 ml passata
- 100 ml coconut milk
- 1 tsp garam masala
- 1 tsp cornflour
- 1 tablespoon fresh coriander, chopped

Rice

- 1 cup rice, 1 tsp butter, ½ tsp cumin seeds.

- 1** Mix the marinade ingredients together in a bowl, add the diced chicken or tofu and stir to coat thoroughly. Marinate for 10 minutes if that's all you've got or up to 24 hours in the fridge if you have more time.
- 2** Add the oil into the frying pan then saute the onions and red pepper very gently for 5 minutes or until softened., stirring frequently.
- 3** Turn the heat up and add the chicken or tofu. Fry for 3 minutes until brown.
- 4** Add the passata and half the coconut milk and bring to the boil.
- 5** Reduce the heat to low and simmer for 10 minutes. Add the garam masala, cornflour and fresh coriander and stir to combine. Quickly add the remaining coconut milk or a splash of water if you feel the curry is too thick. Taste and add a pinch of salt if required.
- 6** Meanwhile cook the rice. Melt butter in a small saucepan. Stir in 1 cup of rice and the cumin seeds. Pour in 1 1/2 cups of water boiling water, stir and bring to the boil. Put on the lid, reduce heat to a simmer and cook very gently for 10 minutes. Turn off heat and leave for 5 minutes. Remove the lid and fluff up with a fork. Serve with the curry and enjoy!



TOP TOMATO SOUP WITH CRISPY CHORIZO



A comfort classic that tastes miles better than a tin. Learn this once and you can whip up a warming bowl whenever you need a pick-me-up.



You'll need: meat and veg chopping boards, sharp knife, medium saucepan, wooden spoon, frying pan

INGREDIENTS FOR 4

- 1 tbsp olive oil
- 1 onion, peeled and finely chopped
- 1 stick celery, finely chopped
- 1 clove garlic, peeled and chopped
- 1 bay leaf
- 1 small dried chilli
- 1 tsp ground cumin
- 1 tbsp tomato puree
- 800g tin chopped tomatoes
- 400g tin chickpeas, drained
- 500ml vegetable stock
- sprig of fresh thyme
- ½ tsp sugar
- Salt and freshly ground black pepper
- ½ tsp smoked paprika
- squeeze of lemon
- 75g spicy chorizo sausage, thinly sliced (omit for vegan version)

- 1** Heat the oil in a large saucepan and sauté the onion, garlic and celery until soft. Add the bay leaf, dried chilli and cumin and stir for 30 seconds.
- 2** Add the tomato puree, tomatoes, stock, chickpeas, thyme and sugar and bring to the boil.
- 3** Reduce the heat and simmer for 10 minutes.
- 4** Meanwhile heat a frying pan and fry the chorizo, if using, until crisp.
- 5** Season the soup with plenty of salt and pepper and the smoked paprika. Finish off with a squeeze of lemon and serve in soup bowls with the chorizo.



BREAKFAST & QUICK WINS



BANANA BOOST PANCAKES, PAGE 36



ALL-DAY SPANISH TORTILLA



Cheap, filling, and tasty hot or cold, a tortilla works for breakfast, lunchboxes, or even dinner. Master it and you'll feel like a kitchen pro.



You'll need: chopping board, garlic crusher, knife, 18cm diameter non-stick frying pan, and a spatula.

INGREDIENTS FOR 2

- 1 large white onion, peeled and sliced
- 5 tbsp olive oil
- 2 medium waxy potatoes, washed, cut very thinly into 2-3mm slices
- 2 garlic cloves (optional)
- 6 eggs
- salt and freshly ground black pepper
- handful flat-leaf parsley, chopped, plus extra to serve



- 1** Gently saute the onion in 2 tbsp of the oil in the non-stick frying pan. Cook for a few minutes until soft.
- 2** Add 2 more tbsp of oil to the pan, then add the potatoes. Turn them around with a spatula until completely covered with the oil, then cover and cook for a further 10 minutes, depending on the thickness of the potatoes. Stir occasionally to make sure they fry evenly.
- 3** While the potatoes are cooking, break the eggs into a bowl. Add salt and pepper and beat gently with a fork.
- 4** When the potatoes are soft and the onion is shiny, crush 2 garlic cloves and stir in. Transfer the potato mixture to a piece of kitchen towel to drain off some of the oil. Spoon the potato mixture into the beaten eggs.
- 5** Heat the remaining tbsp of oil in the pan and pour in the egg and potato mixture. Cook the tortilla gently for 10 minutes. Use the spatula to loosen the tortilla from the edges. When the base has cooked it is time to turn the tortilla over.
- 6** To turn it over, slide it onto a plate and put another plate on top, turn the whole thing over and slide it back into the pan to finish cooking.
- 7** Use a spatula to tuck in the edges of the tortilla and give it a curved look and cook for 2-3 minutes more. Transfer to a plate and serve the tortilla warm or cold, scattered with the chopped parsley.



BANANA BOOST PANCAKES



Sweet and fluffy but full of slow-release energy, this is the perfect post-sport breakfast or weekend treat.



You'll need: 2 mixing bowls, a frying pan, fork, tablespoon, whisk and a spatula.

INGREDIENTS FOR 8 PANCAKES

Dry ingredients

- 40g plain white or spelt flour
- 40g self-raising flour
- 20g jumbo porridge oats
- 1 tsp baking powder
- 1 tsp ground cinnamon
- Pinch of salt
- 1 tsp sugar (optional)
- Handful of raisins (optional)

Wet ingredients

- 100g natural yoghurt
- 100ml milk
- 1 large or 2 small ripe bananas,
- 1 egg
- 1 tbsp sunflower or rapeseed oil

To cook

- 1 tbsp melted butter or sunflower oil

- 1** Peel and mash the banana with a fork.
- 2** Put the dry ingredients and raisins into a mixing bowl.
- 3** Take another bowl, add the wet ingredients and the mashed banana. Beat with a fork or whisk, until combined.
- 4** Pour the wet ingredients into the dry mixture and stir to combine. That's your batter done!
- 5** Time to cook your pancakes! Heat a frying pan. Keep the heat low. Add teaspoon of oil. Coat the base by tilting the pan.
- 6** Spoon tablespoons of batter into the pan to form little pancakes. Cook for 2 minutes.
- 7** See the bubbles? Now it's time to flip!
- 8** Cook on the other side for 2-3 minutes or until cooked through. Serve hot or cold with fresh fruit, natural yoghurt and nut butter!



CRUNCH RAINBOW GRANOLA JARS



Make once, eat all week. Homemade granola is crunchy, colourful, and way cheaper than shop-bought.



You'll need: large bowl, wooden spoon, large baking sheet, airtight container

INGREDIENTS FOR 8-10

- 200g jumbo porridge oats
- 200g mixed nuts and seeds (for instance: sunflower and pumpkin seeds, walnuts, pistachios, pecans)
- ½ tsp cinnamon
- ½ tsp ground ginger
- 2 tbsp honey or maple syrup
- 2 tbsp sunflower oil
- 2 tbsp water
- 100g mixed dried fruit (raisins, crystallised ginger, and dried apricots or blueberries), chopped



- 1** Preheat the oven to 180°C/gas mark 4.
- 2** Mix together the oats, nuts and seeds with the spices, honey or maple syrup, oil and water.
- 3** Spread the mixture evenly onto a large baking sheet.
- 4** Bake for 20 minutes until golden brown, turning the mixture after 10 minutes for it to brown evenly.
- 5** Leave to cool for 5 minutes or so. It will crisp up like magic.
- 6** Add the dried fruit.
- 7** Store in an airtight container for up to three weeks.
- 8** Enjoy 'rainbow style' as in the image, with yoghurt and fruit.



PERFECT POACHED EGGS ON TOAST



Simple, elegant, and packed with protein. Nail this and you can turn basic ingredients into café-level brunch.



You'll need: toaster, saucepan, slotted spoon

INGREDIENTS FOR 2

- 2 slices good quality bread e.g. wholemeal or sourdough
- Butter for the toast
- 2 free-range eggs (as fresh as possible)
- 2 tsp vinegar (this helps the whites set)
- Sea salt flakes and freshly ground pepper
- Dried chilli flakes to serve (optional)



- 1** Pop the bread into the toaster.
- 2** Pour boiling water into your saucepan and bring it to a very gentle simmer. Add a pinch of salt and the vinegar.
- 3** Crack one of the eggs into a small bowl (you don't have to do this, but it makes it easier to slide the egg into the water).
- 4** Create a gentle whirlpool in the water, slide in the first egg into the centre of the whirlpool and let it set for 30-40 seconds.
- 5** Slide in the second egg on the opposite side of the pan (no swirl needed for the second).
- 6** While the eggs are cooking, remove the toast from the toaster and spread each slice with butter.
- 7** Cook for the eggs for 3 minutes, or a little longer if the eggs are very large, until the whites are cooked but the yolks are still soft.
- 8** Remove each egg with a slotted spoon in the order that you added them to the saucepan. Tip the spoon slightly, keeping the egg in place with another spoon, and carefully place on top of the buttered toast.
- 9** Sprinkle with a few dried chilli flakes, some sea salt and a few grinds of black pepper and serve immediately.



MINI MORNING BURRITOS



A handheld breakfast you can prep ahead. Rice, beans, and wraps = a filling, portable meal that beats cereal bars.



You'll need: saucepan, colander, veg chopping board, grater, tin foil

INGREDIENTS FOR 6-8 WRAPS

- 120g basmati brown rice
- 200g ready-cooked black beans
- Zest and juice of a lime
- 3 tbsp fresh coriander, finely chopped
- 1 small red onion, peeled and finely chopped
- ½ avocado, chopped into cubes
- 1 medium tomato, chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 tsp chipotle paste or chilli sauce
- 1 tsp smoked paprika
- 1 clove garlic, peeled and crushed
- Salt and freshly ground black pepper

For the wrap

- A pack mini tortilla wraps
- Tin foil

Optional extras

- 100g grated cheddar cheese
- 1 tbsp soured cream

- 1** Cook the rice according to the pack instructions.
- 2** Drain the rice and leave to cool for 5 minutes.
- 3** Stir in the rest of the ingredients. Taste for seasoning.
- 4** Cut the tin foil into squares just larger than the wrap. Place the wrap on the tin foil. Spoon a tablespoon of the rice mixture into the wrap, topping with a little cheese and soured cream if you like, maybe an extra squeeze of lime or chilli sauce too!
- 5** Now fold the wrap: fold in the two sides and then roll up from the bottom. Roll up the wrap in the tin foil, twisting each end so that the wrap is completely enclosed in the foil.
- 6** Eat straight away or cool and store immediately in the fridge for up to 24 hours.



TROPICAL POWER PUNCH



A bright, refreshing smoothie that hydrates and energises. Perfect for breakfast on the go or a post-workout refuel.



You'll need: blender, 2 long glasses, straws are a bonus!

INGREDIENTS FOR 2

- 500ml skimmed milk or non-dairy alternative
- 2 tbsp natural yoghurt or non-dairy alternative
- 2 handfuls frozen mango
- 2 handfuls frozen pineapple
- 1 banana
- Squeeze lime juice

TIP!

- *Boost the nutrients with 1 tbsp jumbo rolled oats and 1 tbsp chia seeds*

- 1** Put all the ingredients into a blender and blend until smooth.
- 2** Check the consistency, adding more milk if too thick.
- 3** Pour into two long glasses and drink immediately.



MAKE IT VEGAN

You can use soy, almond or oat-based milk and yoghurt if you like.



PASTA, RICE & NOODLE BOWLS



PAD THAI STREET NOODLES, PAGE 45



POWER PASTA WITH KICKIN' TOMATO SAUCE



Big pasta shells stuffed with simple tomato sauce feel like a restaurant meal but are easy and cheap to make at home.



You'll need: chopping board, garlic crusher, knife, large saucepan, medium saucepan, wooden spoon, colander

INGREDIENTS FOR 2

- 200g conchiglione or large pasta shells
- 1 tbsp olive oil
- 1 garlic clove, peeled and crushed
- 400g can chopped tomatoes
- 125g passata
- 1 tbsp tomato puree
- 1 tsp balsamic vinegar
- 1 tsp sugar
- Pinch allspice (optional)
- Pinch of dried chilli flakes
- Pinch ground coriander
- Salt and black pepper
- 10g fresh basil, chopped
- Parmesan cheese and extra basil leaves to serve (optional)

- 1** Bring a large saucepan of water to the boil. Add a tsp of salt, then add the pasta shells and cook according to the pack instructions.
- 2** Add the olive oil to a saucepan and over a gentle heat, saute the garlic until you can smell the garlicky aroma.
- 3** Add the rest of the ingredients, apart from the basil and cheese. Stir to combine and bring to the boil. Let it bubble for 1 minute.
- 4** Turn down the heat, cover with a lid, and simmer gently for 15 -20 minutes, stirring frequently.
- 5** The mixture should be thick and ketchuppy. Taste for seasoning. Stir in the basil.
- 6** When the pasta is cooked, drain in a colander. Reserve 1-2 tbsp of the cooking water. Return the pasta to the pan and toss with the cooking water (this stops the pasta sticking.)
- 7** Toss the pasta with the tomato sauce.
- 8** Serve with a drizzle of olive oil, some extra black pepper, basil leaves and a little parmesan cheese.



PAD THAI STREET NOODLES



Sweet, salty, tangy, and crunchy, these noodles have a proper street-food vibe. It's a quick fakeaway that feels special but is easy to nail.



You'll need: You'll need: chopping board, sharp knife, small bowl, large bowl, wok or frying pan, wooden spoon, colander

INGREDIENTS FOR 2

- 100g flat, dried rice noodles
- 2 tsp coconut or rapeseed oil
- 2 large eggs, beaten
- 1 garlic clove, peeled crushed
- ½ red chilli, seeds removed and finely chopped
- ½ tbsp lime juice
- 1 tbsp fish sauce
- ½ tbsp chilli sauce
- ½ tbsp sugar
- 2 boneless chicken thighs, sliced thinly (can also use 150g prawns, or for vegan, 150g tofu, diced)
- 100g beansprouts
- 2 spring onions, finely sliced
- 2 tbsp unsalted peanuts, roughly chopped
- 25g dried coconut flakes or desiccated coconut
- 25g bunch fresh coriander, roughly chopped
- 1 lime, cut into wedges

MIX
IT UP!

Make with prawns, tofu or chopped chicken breast

- 1** Heat a drop of the oil in a wok or frying pan. Add the egg. As soon as it begins to set, gently stir until it forms a flattish omelette.
- 2** Transfer to a plate, leave to set and cut into strips.
- 3** Bring a saucepan of water to the boil. Add the rice noodles and simmer for 8 minutes or according to the pack instructions. Drain them in a colander and rinse in cold water. Set aside.
- 4** In a small bowl, combine the garlic, chilli, lime juice, fish sauce, chilli sauce and sugar. Set aside.
- 5** Pour the rest of the oil into the wok over a medium heat, fry the chicken, prawns or tofu for a few minutes, until just cooked.
- 6** Add the beansprouts and the spring onions, and stir-fry for another minute.
- 7** Add the noodles and stir-fry for 2 minutes.
- 8** Add the peanuts, the dried coconut flakes, the coriander and the egg strips and then stir in the sauce.

GREAT FOR BATCH COOKING OR A QUICK MIDWEEK REFUEL





CLASSIC SPAG BOL



A basic spaghetti Bolognese recipe that tastes amazing! Get that depth of flavour by cooking the sauce very gently until it's super rich.



You'll need: two large saucepans, bowl, grater, garlic crusher, sharp knife and veg chopping board, wooden spoon, colander

INGREDIENTS FOR 4

- 2 tbsp olive oil
- 400g beef mince
- 2 rashers of bacon or 50g bacon pieces (optional)
- 1 onion, diced
- 2-3 garlic cloves, peeled and crushed
- 1 stick celery, chopped finely
- 2 small carrots, peeled and grated
- 1 bay leaf (optional)
- 1 tsp dried mixed herbs
- 2 tbsp tomato puree
- 2 x 400g tins chopped tomatoes
- 1 beef stock cube, dissolved in 80ml boiling water
- 400g dried spaghetti
- salt and pepper
- 10g chopped fresh basil
- Parmesan or cheddar cheese, grated

1 Heat 1 tbsp olive oil in a large pan over medium heat. Add the beef mince and a pinch of salt and pepper and cook until browned. Remove and set aside.

2 Add another tbsp oil, then sauté the onions with a pinch of salt for 5-6 minutes until soft.

3 Add the bacon and bay leaf, if using, celery, carrot, and garlic; cook for 3-4 minutes more.

4 Return the mince and juices to the pan. Stir in tomato purée, tinned tomatoes, herbs, and beef stock. Bring to the boil, then reduce to a gentle simmer, cover, and cook for 45-60 minutes, stirring often, until thick and rich. Season to taste.

5 Meanwhile, cook the spaghetti in salted water until al dente.

6 Drain, reserving some cooking water, then toss with a drizzle of olive oil and a splash of the water (this stops it sticking).

7 Serve topped with the Bolognese sauce, fresh basil, and grated cheese.



MAINS & SHARING PLATES



SPANISH FIESTA MEATBALLS, PAGE 51



ALGERIAN SUNSHINE TAGINE WITH COUSCOUS



Sweet, spiced, and savoury, this tagine tastes exotic but is surprisingly easy.



You'll need: meat chopping board, veg chopping board, garlic crusher, knife, plate, flame-proof casserole dish or frying pan, tongs, spatula, bowl

INGREDIENTS FOR 2

For the tagine

- 2 chicken thighs on the bone (with skin). Vegan option use 1 large sweet potato, peeled and diced
- 1 tbsp flour
- Pinch of salt, black pepper and paprika
- 1 tbsp olive oil
- 1 onion, peeled and chopped
- 1 garlic clove, peeled and crushed
- 2cm piece ginger, peeled and grated
- ½ tsp smoked paprika
- 2 tsp ras-el-hanout spice
- 1 cinnamon stick
- 1 chicken or veg stock cube dissolved in 500ml boiling water
- 10 dried apricots, halved
- ¼ tsp honey
- small handful fresh coriander, roughly chopped

For the couscous

- 125g couscous
- ½ tsp salt
- 1 tsp olive oil

For the veg

- 100g broccoli

1 Mix flour with salt, pepper, and paprika on a board, then coat the chicken.

2 Heat the oil in a pan and brown the chicken or sweet potato for about 5 minutes over a medium heat.

3 Remove the chicken or sweet potato with the tongs and set aside on a plate, then gently sauté the onion until soft. Add the garlic, ginger, and spices; cook for 2 minutes until fragrant.

4 Return the chicken or sweet potato to the pan with the apricots and enough stock to cover everything. Bring to the boil, then reduce to a simmer. Cook for 20 minutes, or until the chicken is cooked through, or the sweet potato is soft.

5 Meanwhile, prepare the couscous - place in a bowl with the salt and olive oil, then pour over 150ml boiling water. Cover for 5 minutes, then fluff with a fork.

6 Boil the broccoli for 4-5 minutes until just soft, then drain.

7 Stir the honey into the chicken, simmer briefly to thicken, and spoon off any excess fat. Add coriander and serve with the couscous and broccoli.



EPIC WHOPPER BURGER STACK



Nothing beats a homemade burger! You control the flavour, toppings, and quality and it's cheaper and tastier than a takeaway.



You'll need: mixing bowl, burger shaper (not essential!), frying pan, spatula, small bowl, fork, food processor or blender (veggie version)

INGREDIENTS FOR 2

For the burgers

- 2 tsp olive oil
- ½ onion, peeled, finely chopped
- 200g beef mince, not too lean
- 1 egg, lightly beaten with a fork
- 1 small carrot, grated
- 1 clove garlic, peeled and crushed
- 1 tsp dried thyme
- salt and black pepper

For cooking

- 1 tbsp sunflower oil for frying
- 2 thin slices cheese (optional)

To serve

- 2 wholemeal burger buns or ciabatta rolls
- 2 crisp salad leaves
- 1 tomato, sliced
- 4 slices cucumber or gherkin
- relish, mustard, mayo or ketchup



MAKE IT VEGGIE

Replace beef with:

- 100g tofu, crumbled +
- 100g chickpeas, drained and smashed
- 1 tbsp tomato purée

- 1** Heat the olive oil in a small frying pan and VERY GENTLY saute the onion for 3-5 minutes or until soft.
- 2** Place all the burger ingredients in a mixing bowl and mix well with your hands until combined. For the veggie version, blend the tofu, chickpeas and tomato purée in a food processor, then stir in the remaining ingredients.
- 3** Shape into two burgers. You can use a large cookie cutter or burger shaper if you like. If time, chill in the fridge for 30 minutes to allow the burgers to firm up.
- 4** Preheat the frying pan to hot and then sear the burgers for 2 minutes each side, turning them over just once. Reduce the heat and cook for 2 more minutes each side or until cooked through.
- 5** If using cheese, top each burger with a slice of cheese toward the end of the cooking time. Set aside on a plate while you toast the burger buns.
- 6** Cut the rolls in half and toast, cut side down, on the griddle or frying pan.
- 7** Assemble the burgers with your preferred toppings and enjoy!



SPANISH FIESTA MEATBALLS



Juicy meatballs in a smoky tomato sauce; like tapas at home. A great dish for sharing or meal prepping.



You'll need: chopping board, garlic crusher, knife, frying pan, small saucepan, large spoon, spatula or tongs

INGREDIENTS FOR 2

For the meatballs

- 125 g beef mince
- 125g pork mince (or another 125g beef)
- 2 cloves garlic, peeled and crushed
- ½ onion, peeled and finely chopped
- handful parsley, chopped, pinch nutmeg + smoked paprika
- ½ tsp thyme or oregano
- ½ egg or 1 small egg, beaten
- handful of breadcrumbs (optional)
- Salt and pepper to season

To cook the meatballs

- 2 tbsp olive oil

For the sauce

- 1 clove garlic, peeled and crushed
- 100g tomato passata
- 1 tbsp olive oil
- 1 tbsp tomato puree
- ½ tsp smoked paprika
- pinch salt, black pepper + cayenne pepper
- ½ tsp thyme or oregano
- Pinch soft brown sugar

For the couscous

- 125g couscous, ½ tsp salt, 1 tsp olive oil
- Peas, green beans or salad to serve

1 In a bowl, mix all the meatball ingredients and combine well using your hands.

2 Roll into walnut-sized balls (about 3 cm) and set aside on a plate.

3 For the sauce, add all the ingredients to a saucepan, stir, and bring to the boil. Let it bubble for 1 minute, then reduce the heat, cover, and simmer for 15-20 minutes, stirring often.

4 Heat the olive oil in a frying pan and fry the meatballs over medium heat for 8-10 minutes, turning frequently until browned all over.

5 Spoon the meatballs into the tomato sauce and cook together for 2 minutes.

6 Pour the couscous into a bowl with the salt and olive oil. Pour over 150 ml boiling water, stir, and leave for 5 minutes.

7 Fluff up the couscous with a fork. Serve with the meatballs and a veg side dish such as peas or broccoli.



GARLIC-LOVERS PRAWN SKEWERS WITH DIPPING MAYO



Juicy prawns with garlicky goodness! They look restaurant-level but cook in minutes. Perfect for BBQs or speedy dinners.



You'll need: chopping board, garlic crusher, knife, bowl x 2, skewers, presoaked in water

INGREDIENTS FOR 2

- 16 raw jumbo prawns
- handful fresh parsley to decorate

For the marinade

- 1 clove garlic, peeled and crushed
- 1 tsp onion powder
- 1/2 tsp ground cumin
- 1 tsp sweet smoked paprika
- pinch ground turmeric
- 1tsp dried oregano
- 1 tsp lemon juice
- 60ml extra virgin olive oil
- Juice of 1/2 a lemon
- pinch salt and black pepper

For the alioli

- 1 egg
- 1 tsp Dijon mustard
- 1 clove garlic, peeled and crushed
- 200ml oil
- pinch of salt
- 1 tsp lemon juice

- 1** First combine all the marinade ingredients together in a bowl.
- 2** Add the prawns to the marinade ingredients and stir well with a spoon to combine.
- 3** Meanwhile make the alioli. Crack the egg then carefully separate the two halves of the shell, so that the yolk and whites are held in just one of the halves. Then, pour the egg back and forth between the two shells above a bowl, allowing only the whites to drip down into it. Put the yolk into a separate bowl.
- 4** Add the mustard and the garlic to the egg yolk and combine with a whisk. The gradually add the oil, very slowly to start with, whisking all the time until it becomes thick, like mayonnaise. Stir in the salt and lemon juice.
- 5** Dry the skewers with a cloth. Thread the prawns onto the skewers, 4 prawns onto each skewer.
- 6** Heat a non-stick frying pan over a medium heat. Add the skewers and cook for 2 minutes. Turn over and cook for 2 minutes on the other side.
- 7** Transfer to a plate and sprinkle with parsley. Serve with the alioli.



BEACH-DAY FISH TACOS WITH MANGO SALSA



Zesty, colourful tacos that feel like a summer holiday on a plate. Fresh, fun, and quick to make.



You'll need: shallow dish, bowl, fish and veg chopping board, non-stick frying pan, sharp knife, spatula

INGREDIENTS FOR 2

For the marinade

- 1 tbsp natural yoghurt
- Juice of half a lime
- 1 fresh green chilli, deseeded and chopped
- 1 clove garlic, peeled and crushed
- ½ tsp each ground turmeric, ground cumin and paprika
- Pinch of salt
- Freshly ground black pepper

For the tacos

- 1 tbsp rapeseed oil
- 350g fresh skinless cod loin loin, or other white fish, cut into 2 cm pieces
- 1 pack gem lettuce, chopped
- 1 tsp olive oil
- Salt and freshly ground black pepper
- 4-6 soft taco shells

For the salsa

- 1 ripe mango, peeled, pitted, and diced
- 1 ripe avocado, peeled, pitted, and diced
- ¼ small red onion, finely chopped
- ½ red chili (or jalapeño), finely chopped (optional, for heat)
- Juice of 1 lime
- 2 tbsp fresh coriander, chopped
- Salt and pepper, to taste

1 Combine the marinade ingredients and in a shallow dish. Add the fish and, using a spoon, coat with the marinade. Leave for 30 minutes.

2 Dice the mango and avocado into small cubes, and finely chop the onion, chilli, and coriander. Gently mix everything in a bowl with lime juice, salt, and pepper. Toss lightly so the avocado stays chunky.

3 Taco time! Warm the tacos in a dry pan for 20 seconds on each side, then keep covered with foil.

4 Add oil to the pan and fry the fish for about 2 minutes per side, until just cooked through.

5 To serve, layer salsa, crisp lettuce and fish pieces in each taco. Don't overfill, or they'll be hard to handle!





VEGGIE & PULSE POWER

FALAFEL POWER PITTAS, PAGE 56



GOLDEN GLOW SOUP



Smooth, sweet, and sunshine-orange, it's cheap, comforting, and perfect for batch cooking.



You'll need: sharp knife, saucepan, jug for stock, baking tray, grill pan, blender

INGREDIENTS FOR 4

- 1 tbsp olive oil
- 1 tbsp butter
- 1 onion, peeled & chopped
- 2 cloves garlic, peeled & crushed
- 1/2 tsp ground cumin*
- 1/2 tsp ground coriander*
- Pinch of cinnamon*
- Pinch of ground cloves*
- 1 tsp thyme
- 1 medium pumpkin or butternut squash or 1 large sweet potato
- 800ml hot chicken or vegetable stock
- Salt and freshly ground black pepper
- Squeeze of lime juice

Optional garnish

- 25g pumpkin seeds

For the Parmesan crisps

- Parmesan cheese

1 Cut the pumpkin, squash or sweet potato in half. Remove any seeds and chop CAREFULLY into small cubes (no need to peel!).

2 Pre-heat the oven to 180C.

3 Heat the olive oil and butter in a saucepan, then gently sauté the onion and garlic until soft.

4 Stir in the spices, thyme, and pumpkin, squash or sweet potato and cook for 2 minutes.

5 Add the hot stock, bring to the boil, then cover and simmer for 15 minutes until tender.

6 Meanwhile, toast pumpkin seeds on a baking tray in the oven for 5 minutes.

7 For the Parmesan crisps, pre-heat the grill. Line baking tray with greaseproof paper and grate the Parmesan, making 4 circles, 4 cm in diameter. Grill 3-4 minutes until golden, then cool.

8 Blend the soup until smooth, return to the pan, and stir in lime juice. Adjust the seasoning and thin with extra stock if needed.

9 Serve in bowls, topped with Parmesan crisps and toasted seeds.

If you haven't got the spices marked with a *, use 1 tsp of curry powder instead.



FALAFEL POWER PITTAS



Crispy, spiced chickpea patties stuffed into a pitta bread with fresh salad = tasty, portable, packed with protein and planet-friendly.



You'll need: chopping board, sharp knife, small bowl, large bowl, food processor or blender, frying pan, spatula

INGREDIENTS FOR 2

- 280g tinned chickpeas, drained
- Juice of ½ a lemon
- 2 cloves of garlic peeled and crushed
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp cayenne pepper
- ½ fresh green chilli, deseeded and finely chopped
- 2 tsp tahini (optional)
- 1 tsp salt
- 50g plain or gram flour
- 1 tsp baking powder
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh mint, chopped
- 2-3 tbsp rapeseed or sunflower oil for frying

To serve

- 2 pitta breads
- Tahini sauce
- Chopped raw veg e.g. tomatoes, carrots, cucumber



1 In a bowl, mix together the chickpeas with the lemon juice, garlic, cumin, coriander, cayenne, fresh chilli, tahini and salt. Puree with a food processor or handheld blender.

2 Add the flour, the baking powder and the chopped herbs and mix together.

3 Using your hands, roll the mixture into little balls the size of a walnut (about 3cm in diameter).

4 Heat 2 tbsp oil in a non-stick frying pan to fry the falafel. When the oil is nice and hot, place the balls into the oil, push them gently down with a spoon to form little patties.

5 Fry the falafel gently for about 4 minutes on each side, so that they form a golden crust. You may need to do this in batches.

6 Remove and place on a piece of kitchen paper to eliminate any excess oil.

7 Serve the falafel in warmed pitta breads with some hummus or tahini, lemon wedges and, if you like, some crispy salad.



SMOKY BLACK BEAN CHILLI & GUACAMOLE SALSA



A hearty, smoky fakeaway that's big on flavour but gentle on your budget. Perfect for sharing or freezing.



You'll need: veg chopping board, large saucepan, spatula, tin opener, sharp knife, bowl

INGREDIENTS FOR 2

For the chilli

- 1 tbsp olive oil
- 1 red onion, peeled and finely sliced
- 1 stick celery, chopped finely
- 1-2 fresh green chillies, deseeded and chopped
- 1 clove garlic, peeled and crushed
- 1 tsp smoked paprika
- 1 tsp ground cumin
- ½ tsp cayenne pepper/hot chilli
- 400g can black beans
- 1 can chopped tomatoes
- 1 tbsp tomato puree
- Pinch of brown sugar
- 1 tsp vinegar
- Squeeze of lime juice
- Salt and freshly ground black pepper

For the guacamole salsa

- 1 spring onion
- 1 tomato
- ½ green and ½ yellow pepper
- 1 green chilli
- 1 avocado, stoned
- A little fresh coriander and/or mint
- Pinch of ground cumin
- Squeeze of fresh lime juice
- 1 tsp olive oil
- Salt and freshly ground black pepper

To serve: Grated cheddar cheese, tortillas or cooked rice.

1 Heat the olive oil in a large saucepan and gently sauté the onion, fresh chilli and celery for a couple of minutes until softened.

2 Add the garlic and the spices and stir for 30 seconds.

3 Stir in the tinned beans and tomatoes, tomato puree, brown sugar and vinegar and bring to the boil. Cover and simmer very gently for 20 minutes, stirring every now and then.

4 Add the lime juice, salt and pepper to taste.

5 Meanwhile prepare the salsa: Finely slice the spring onion. Chop the tomato into small cubes. Halve the peppers and the chilli, deseed and chop finely. Remove the flesh of the avocado and cut into cubes.

6 Transfer all the salsa ingredients to a bowl. Add the lime juice, cumin, coriander and oil. Season and set aside.

7 Serve in bowls with rice or tortillas, and top with the salsa and grated cheese.



HUMMUS & HOT FLATBREADS



Creamy, garlicky hummus and warm flatbreads = a snack that feels like a treat but is secretly super nourishing.



You'll need: chopping board, sharp knife, small bowl, large bowl, food processor or blender, frying pan, spatula

INGREDIENTS FOR 2

Hummus

- 2 x 400g cans chickpeas. (drained but reserve the brine)
- juice of 2 lemons
- 2 tbsp tahini
- 1 garlic clove, peeled and crushed
- ½ tsp coriander
- ½ tsp cumin
- salt and freshly ground black pepper
- 2 tbsp olive oil, plus a little extra to drizzle

Flatbreads

- 2 cups (250 g) plain flour
- 1 tsp baking powder
- ½ tsp salt
- 2 tbsp olive oil (plus extra for cooking)
- ¾ cup (180 ml) warm water

To serve

- A selection of little gem lettuce leaves, carrot sticks, celery sticks, cucumber slices, sticks of red or yellow pepper

- 1** Blend all the hummus ingredients in a food processor until smooth and creamy, adjusting lemon juice, coriander, cumin, or salt to taste. If too thick, add a little chickpea brine or water.
- 2** Spoon into a bowl and drizzle with olive oil.
- 3** For the flatbreads, mix flour, baking powder, and salt in a large bowl. Add olive oil and warm water, then bring together with your hands into a dough ball.
- 4** Spread flour onto a board and knead the dough into a smooth and stretchy 2-3 minutes). Cover and rest for 20-30 minutes.
- 5** Divide into 6-8 pieces, roll each into a thin round (2-3 mm).
- 6** Cook in a lightly oiled pan for 1-2 minutes per side until puffed and golden.
- 7** Serve warm with the hummus and the vegetables.





SIMPLY DAHL-ISHOUS



Easy, warming, filling and packed with plant powered protein, it'll keep you energised and focused.



You'll need: veg chopping board, sharp knife, grater, garlic crusher, medium saucepan, sieve, slotted spoon

INGREDIENTS FOR 2

- 1 tbsp rapeseed or olive oil
- 1 red onion, peeled and finely sliced
- 1 cm piece of fresh ginger, finely grated
- 1 clove garlic, peeled and crushed
- 1 cinnamon stick
- 1 tsp ground turmeric*
- 1 tsp ground cumin*
- ½ tsp cumin seeds*
- ½ tsp black mustard seeds*
- 1 dried red chilli, crushed or 1 tsp chilli powder
- 125g red split lentils, rinsed
- 2 sweet potatoes, cut into 1cm cubes
- 400ml can coconut milk
- 100g pack baby spinach (optional)
- 10 cherry tomatoes, halves (optional)
- 1 tsp salt

To serve (optional)

- 25 fresh coriander
- 2 fresh green chillis, finely sliced

- 1** Heat the oil in a large saucepan. Gently fry the onion for 5 minutes until soft.
- 2** Stir in the garlic, ginger, cinnamon, and spices (or curry powder). Cook for 1-2 minutes.
- 3** Rinse the lentils in a sieve under running water until the water runs clear.
- 4** Add the lentils, sweet potatoes, coconut milk and enough water to cover the lentils by 5cm. Bring to the boil, skim off any froth, then reduce to a gentle simmer.
- 5** Simmer for about 20 minutes, stirring occasionally, until the lentils and sweet potatoes are soft. Add more water if it thickens too much.
- 6** Stir in the salt, spinach and tomatoes (if using) and cook until the spinach wilts.
- 7** Taste, adjust seasoning, remove the cinnamon stick, and serve in bowls topped with coriander and green chilli if you like.

If you haven't got the spices marked with a *, use 2 tsp of curry powder instead.



EASY PEASY RISOTTO

(RISI E BISI)



A Venetian classic made simple; creamy rice and sweet peas. It's comforting, elegant, and surprisingly easy.



You'll need: scales, veg chopping board, veg knife, garlic crusher, frying pan, saucepan (for stock), deep frying pan, ladle, wooden spoon, grater

INGREDIENTS FOR 2

- 1 veg stock cube dissolved in 800ml boiling water
- 30g unsalted butter
- ½ onion, peeled and finely sliced
- Stick of celery, chopped
- 1 garlic clove, peeled, crushed
- 175g risotto rice
- 200g frozen peas
- 50g parmesan, grated
- Salt and black pepper
- Pinch of nutmeg (optional)
- 12g parsley



- 1** Heat up the stock in a saucepan.
- 2** Melt 20g of the butter in a frying pan and gently sauté the onion until soft.
- 3** Add the garlic and celery and sauté for 2 minutes.
- 4** Add the rice and stir until the grains become glossy.
- 5** Add a ladleful of the hot stock to the rice and stir until completely absorbed.
- 6** Add more hot stock, a ladle at a time, stirring slowly but constantly. Make sure each ladleful of stock is absorbed by the rice before adding the next.
- 7** After 13-15 minutes, when the rice is almost cooked, stir in the peas. Cook for a further 5 minutes or until the rice is cooked through. The risotto should be nice and creamy, not too soupy, not too solid.
- 8** Taste to see if you need more salt, turn off the heat, stir in the Parmesan, the nutmeg, if using, the parsley and the rest of the butter.
- 9** Let the mixture stand for a couple of minutes and then serve. YUM!



5 CRUNCH VALUE HACKS

CRUNCH BUDGET BITES

HEALTHY FOOD DOESN'T HAVE TO COST A FORTUNE

Eating well isn't about fancy ingredients, it's about being smart. A roast chicken can become wraps or stir fry the next day, and the bones turn into stock. That's three meals from one bird!



1 COOK ONCE, EAT TWICE

Make extra rice, pasta, or curry for tomorrow's lunch. Remember to store in the fridge, covered.

2 LEFTOVERS ARE LEGENDS

Roast veg today = soup or curry tomorrow.

3 FREEZE IT

Save bread, herbs, or fruit before they spoil.

4 BATCH COOK

A big pot of chilli or dahl feeds you all week.

5 WHOLE > PACKAGED

Oats or carrots cost less and last longer than sugary cereal or pre cut packs.

STRETCH IT: ONE CHICKEN, THREE MEALS



Meal 1 Roast Chicken

Meal 2 Leftover Wraps or Stir Fry – shred leftover chicken into wraps or a quick stir fry.

Meal 3 Homemade Chicken Stock – put bones in a large pan with onion, carrot, and celery, some black peppercorns and a bayleaf. Cover with water, and simmer very gently for 2-3 hours. Strain, cool, and use for soups, risottos, or sauces.

STRETCH IT: CHICKPEAS, THREE WAYS

Meal 1 Falafel Wraps; blend chickpeas with garlic, onion, and spices (see page 56).

Meal 2 Curry or Chilli – throw them into a tomato-based curry or chilli.

Meal 3 Hummus – blitz with lemon juice, garlic, and olive oil for a dip (see page 58).



VEG STOCK FOR FREE

Don't bin veg scraps. Keep a freezer bag of clean peelings and ends.



- Add scraps to a pan with water, salt, peppercorns, and herbs.
- Simmer for 1 hour, strain, cool, and use as stock for soups or sauces.

That's free flavour, less waste, and extra value.



COOK5 WITH CRUNCH

Your Food, Your Power