

7 VEG BEEF BOLOGNAISE WITH WHOLEMEAL OR BROWN RICE PASTA

Most people love a spaghetti bolognese, and it's a regular weekday meal for so many busy parents. If you rely on ready made sauces or just throw your mince in a pan with some tomatoes, you're really missing a trick when it comes to adding goodness.

I always make sure my bolognaises contain at least 7 different vegetables, and it's also a brilliant way to use up leftover veggies that are nearly ready to throw out in the fridge. The addition of super nutritious yet cheap chickpeas is a brilliant way to add extra nutrients, but also make your meat go further... so for a family of 4, you may only need 300g of beef mince, meaning you may be able to afford to go organic or you will have some spare for lunch the next day!

Ingredients

1 onion (red or white, medium size)

2 garlic cloves

1 stick of celery

Dash of olive oil

300 to 500g of organic beef mince – depending on how hungry your kids are!

2 tins of cooked tomatoes (make sure no added sugar)

1 tin of chickpeas, drained

1 carrot – grated

1 courgette (small one) – finely grated (if your children are fussy about veggies, grate it finely – I use a lemon zester)

1 red bell pepper – deseeded and finely chopped.

1 tablespoon of tomato puree or a squeeze of low sugar tomato ketchup

1 chicken or beef stock cube (plus 1 cup of water, or 300ml of fresh chicken/beef stock)

1 teaspoon of dried oregano

Any leftover green herbs – basil, parsley, oregano work well – just a tablespoon finely chopped

1 teaspoon of mustard – either Dijon or wholegrain

A pinch of mixed spice

Freshly ground pepper, pinch of sea salt or pink salt

Brown rice or wholegrain/spelt pasta



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Method

In a large saucepan, heat your oil on a medium heat. Chop your onion and celery, throw into the pan and sautee for about 4 minutes. Meanwhile finely slice or crush your garlic. Add to the pan after 4 minutes.

Then add in your mince and stir and separate it up, and give it a good 8 to 10 minutes, stirring frequently. You don't need to drain off the fat, this adds to the flavour.

Then throw in the grated carrot, chopped red pepper and grated courgette. Stir well. Sometimes I also finely chop up kale, spinach or mushrooms and add those. Aubergine also works quite nicely, as do any tomatoes that are getting a bit ripe in the fridge.

Add your tinned tomatoes, chick peas, tomato puree, stock, mustard, mixed spice and herbs. Add just a little black pepper and pinch of salt - you can check seasoning later. Give everything a good stir and leave it to cook for at least 20 to 30 minutes, the longer the better! You can also make in the slow cooker - putting it on first thing, and you'll have an amazing bolognese when you get home.

Just sautee the onions, garlic and celery first, then the mince, and add these to all the other ingredients in the slow cooker. You can also add an extra cup of water. The trick to a proper bolognese is to really give it time to cook. If you're leaving it longer, adding a small glass of red wine is also nice, for flavour. Let it gently bubble away for 2 to 3 hours.

About 10 minutes before your bolognese is ready, get your pasta cooked, adding a dash of olive oil into the pan to stop it sticking.

Drain the pasta. Check the seasoning of the bolognese, mix together and serve with some organic parmesan grated over the top, or freshly grated parmesan if you have it.

Yum!

AMAZING BEEFY MEATBALLS

Meatballs with a delicious tomato sauce and wholegrain pasta are a firm favourite in our house! Particularly with younger children, who love the softness. I sneak loads of veggies into the sauce, as well as some plant protein into the meatballs in the form of some kidney beans.

I always try to add some plant power to my meat dishes, for extra fibre, nutrients and also to reduce the amount of meat we use. Adding in healthy extras means we usually have enough left-over for lunches the next day, and don't have to use so much meat meaning we can afford to buy better quality, organic meats.

Ingredients

For the Meatballs:

- 400g organic beef mince
- 1 tin of kidney beans, rinsed and drained
- Half teaspoon of salt
- Black pepper
- 1 teaspoon of fresh thyme

For the Sauce:

- 1 tin of tomatoes
- 1 tablespoon of tomato purée
- 1 small courgette - chopped
- 1 stick of celery or an onion - chopped
- 1 red pepper, deseeded and chopped
- 2 large tomatoes or a couple of handfuls of cherry tomatoes
- 1 carrot, chopped
- 1 teaspoon of cider apple vinegar (or any vinegar you have in your cupboard)
- 1 teaspoon of dried oregano
- Pinch of salt
- Black pepper
- 1/4 teaspoon of paprika
- A drizzle of olive oil (1 to 2 tablespoons)
- 1 to 2 cloves of garlic



AMAZING BEEFY MEATBALLS



Method

Chop all the veg for the sauce, put in a large saucepan, stir well and allow to bubble gently for around 30 minutes. (If you want some spice, you can add some spicy paprika or a bit of chilli powder).

Meanwhile, put the ingredients for the meatballs in a food processor. Or in a jug and use a hand blender. Give everything a good blend, so it turns into a kind of sausage meat consistency. You might need to scrape down the sides and blend again.

Once everything is incorporated, turn off the food processor and make balls of the meatball mixture - kids love helping with this bit! Aim for something between the size of a golf ball and tennis ball. Put the balls on a plate and put in the fridge for 30 minutes if you have time - it helps to hold them together.

Place in a preheated oven 200C on a lined baking sheet for around 15 minutes. Turn once half way through - watch they don't burn or dry out.

While the meatballs are in the oven, cook some wholegrain or brown rice spaghetti. Serve by putting some wholegrain spaghetti in a bowl, top with the meatballs and a good dollop of sauce, finally add a bit of parmesan or organic cheddar cheese.

If your family don't eat meat, try my lentil meatballs which are just as yummy.

OODLES OF NOODLES

Ingredient:

1 tsp coconut, sesame or olive oil
1 clove of garlic, grated or crushed
1 small head of broccoli
1 large carrot
1 red Pepper
3 spring onions
4 mushrooms
1 tin of cooked chickpeas
1 packet of egg noodles
1 handful of fresh coriander

Preparation time: 15 minutes

Cooking time: 10 minutes

Serves: 4 (1 noodle nest per Person)

Recipe rewards



Sauce:

2 tbsp soya sauce
2cm grated ginger
1 tbsp ketchup
Juice of 1 lime
1 tbsp sesame seeds
2 tbsp honey or maple syrup

1. Cook noodles according to Packet instructions.
2. Cut up all the veg; Pepper and carrots into long strips, mushrooms sliced and the florets taken off the broccoli. Slice the broccoli stalk finely. Chop the coriander stalks and put aside the leaves for later.
3. Put a large Pan or wok on the heat and warm up the oil. Add the veg (including broccoli and coriander stalks) and garlic to the pan. Stir well and add half a cup of water. Keep stirring until the veggies are soft.
4. Put the stir-fry sauce ingredients into a bowl and stir.
5. Add the noodles and chickpeas (drained and rinsed) to the veggies in the Pan, pour over the sauce and stir through.
6. Remove from the Pan, pile into bowls and top off with coriander leaves.



WITCHES-GOOP SOUP

Ingredient's:

1 tbsp olive oil
1 small onion, finely chopped
1 stalk of celery, finely chopped
2 garlic cloves, crushed
1 carrot, chopped
1 head broccoli, chopped (incl. stalk)
1 tsp turmeric
1 tsp ground cumin
1 tsp ground coriander
1 litre chicken or vegetable stock
200g split red lentils
Salt and Pepper
2 tbsp natural yogurt (or 200ml whole milk or tin of coconut milk)



Preparation time: 10 minutes

Cooking time: 20 minutes

Serves: 6-8

Recipe rewards



Don't forget the
broccoli stalks
they're FULL
of GOODNESS!

1. Heat the olive oil in a large Pan. Add the onion, celery and garlic and stir until it becomes see-through.
2. After a few minutes, add the carrot and broccoli - plus stalks - and stir for 2 minutes.
3. Add the spices and quickly stir for about a minute.
4. Add the chicken (or vegetable) stock, then the lentils. The liquid should just cover the ingredients.
5. Simmer gently for 12-15 minutes, until the lentils are cooked through. If using pre-cooked lentils, add to the brew in the last few minutes of cooking to heat through.
6. Blitz the goop with a hand blender and add seasoning if required.
7. Stir in the natural yogurt, whole milk or coconut milk and serve.



PIPPED-TO-THE-POST PASTA

Ingredients:

300g wholewheat pasta
1 tin of chopped tomatoes or
500g of passata
1 tsp Paprika
1 tsp dried oregano
1 tin of red kidney beans
1 orange Pepper
Small tin of sweet corn
1 small handful of basil leaves
10 cherry tomatoes
125g fresh mozzarella, sliced
Freshly ground black Pepper

Preparation time: 15 minutes

Cooking time: 40 minutes

Serves: 4-6

Preheat oven to 200C (fan 180C/400F/gas mark 6)

Recipe rewards



1. Cook pasta according to instructions on the packet. Wholewheat is higher in fibre and minerals. Alternatively, use a 50/50 brown and white pasta, or bean and Pea Pastas.
2. Put tinned tomatoes or Passata in an ovenproof dish. Add Paprika and oregano.
3. Mix well and stir in the cooked pasta. Drain and rinse the kidney beans and sweetcorn, and add to the dish.
4. Finely chop the Peppers and cut the cherry tomatoes in half. Stir into the Pasta mix.
5. Rip the basil leaves and sprinkle over the top.
6. Place the mozzarella slices over the top and finish off with a twist or two of ground black Pepper. (Use grated cheddar as an alternative.)
7. Bake in the oven for about 30 minutes until bubbling and the cheese is brown on top.



Egg, Feta & Tomato Wrap

1 SERVING 10 MINUTES



INGREDIENTS

1/2 tsp Extra Virgin Olive Oil
60 grams Baby Spinach
2 Egg (whisked)
Sea Salt & Black Pepper (to taste)
1 Whole Wheat Tortilla (large)
3 Sun Dried Tomatoes (chopped)
20 grams Feta Cheese (crumbled)

DIRECTIONS

- 01 Heat the oil a large nonstick frying pan over medium-low heat. Once warm, add the spinach and cook until just wilted, about one to two minutes. Remove and set aside.
- 02 In the same pan, add the whisked eggs and season with salt and pepper. Cook until the eggs are set and fluffy, about two to three minutes. Remove and set aside with the spinach.
- 03 Lay the tortilla on a flat surface and add the spinach, eggs, tomatoes and feta. Roll tightly, tucking in all sides.
- 04 Reheat the same frying pan over medium-low heat. Add the wrap and heat through until lightly browned on all sides, turning as needed, about three to four minutes. Remove, slice in half and enjoy!

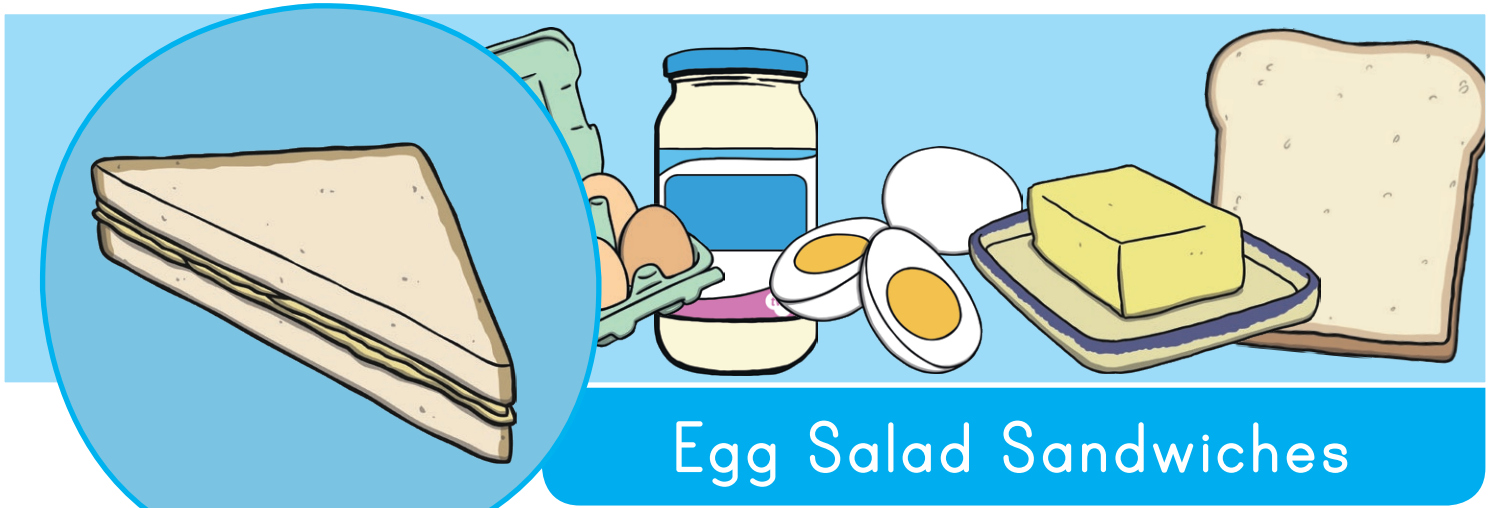
NOTES

LEFTOVERS

Best enjoyed fresh while still warm. Can refrigerate for up to two days and reheat in the oven or in a pan.

GLUTEN-FREE

Use a gluten-free wrap.



Egg Salad Sandwiches

Ingredients

4 hard boiled eggs
(prepared in advance)
6-8 tbsp mayonnaise
Butter for spreading
4-6 slices bread (white,
whole wheat, or both)

Equipment

Small bowl
Fork
Knife (sharp enough to
cut bread)

Method

1. Peel the eggs and put into the small bowl. Crush the eggs into small pieces using the back of your fork. Add the mayonnaise.
2. Butter your slices of bread. If you want, you can remove the crusts using the knife.
3. Spread the egg mixture on half of the bread, then put the other slices of bread on top to sandwich them together.
4. To serve, you can either cut the sandwiches in half or into triangles.

CRUNCHY RAINBOW COLESLAW

I love this delicious coleslaw recipe – it's full of antioxidants, super tasty and perfect to keep in the fridge for a snack or main meal accompaniment when you don't feel much like cooking. Just grab a big dollop and serve with some pulses or my delicious home-made lentil meatballs.

Ingredients

- 2 large carrots
- ½ a red cabbage (take off outer leaves)
- ½ a white cabbage (take off outer leaves)
- ½ a fennel bulb (depends on how strong you like the flavour)
- 1 apple (optional)
- 1 red onion (optional)
- Juice of ½ lemon or 1 tablespoon of cider apple vinegar
- 2 tbspn extra virgin cold pressed olive oil
- About 3 tbspns of plain, natural yoghurt or soya yoghurt for vegans
- 1 teaspoon mustard
- Sea salt, freshly ground black pepper



Method

Shred all the vegetables – either in food processor or using a knife, vegetable julienne.

In a separate bowl, mix together the dressing ingredients. You can add some fresh green herbs chopped if you wish, such as mint, coriander, parsley. Add the dressing to the veg and mix well, adding extra seasoning or lemon juice as needed.

SUPER SEED SNACK ATTACK

When you're trying to eat healthily (or get your children to), unexpected hunger pangs and snack-attacks can be a real challenge. With the supermarket shelves packed with processed food and sugar saturated treats, it's all too easy to grab a packet of crisps or a chocolate covered cereal bar. My toasted seeds recipe is a great way to get kids to eat more Omega 3, just on their own or sprinkled onto salads and soups.

Ingredients

Savory Seeds

Handful of mixed seeds i.e. Sunflower & Pumpkin
1/2 tsp tamari/soya sauce

Sweet Seeds

Handful of mixed seeds
1/2 tsp cinnamon
1/2 tsp vanilla extract
1 tsp maple syrup

Method

Put a handful of mixed seeds into a dry pan over a medium heat. Sunflower seeds and pumpkin seeds work well, you could also add in some amaranth for crunch or some pine nuts.

When they start to pop and jump a bit, add half to 1 teaspoon of tamari/soya sauce and stir well for about 1 minute. Serve on salad or as a tasty snack. You can also make a sweet version by using cinnamon, vanilla extract and a teaspoon of maple syrup. These will keep for a few days.

