**Recipe 1: Wicked Wedges**

**Prep: 5-10 mins Cook: 30 mins Total: 40 mins**

**Serves: 4 (as a side)**

**Ingredients**

* 4 large potatoes or 6 smaller ones (white or sweet potatoes)
* Drizzle of olive oil
* Seasoning of choice – black pepper, paprika, dried thyme, dried rosemary, Cajun spice

What you’ll need:

* Mixing bowl
* Baking tray

**Method**

1. Pre-heat oven to 180-200°C
2. Chop each potato into wedges, about 1cm thick.
3. Place chopped potatoes into a large mixing bowl, and drizzle with a small amount of olive oil (about 2 tablespoons)
4. Sprinkle on seasoning of your choice – there is no right answer or correct amount, it depends on your taste!
5. Mix really well (either with clean hands or a large spoon)
6. Spread wedges out on a baking tray, making sure that none are still stuck together
7. Place in the oven for about 30 minutes – make sure you shake them once or twice so that they cook evenly and don’t stick to the tray

**Recipe 2: Super Soup**

**Prep: 10 mins Cook: 25 mins Total: 35 mins**

**Serves: 2-3**

**Ingredients**

* 1 medium onion
* 1 large carrot (or two small ones) – chopped into small chunks
* 2 whole celery sticks - chopped
* 1 large potato (or two small ones) – chopped into small cubes
* ½ tin of lentils (any kind will do) – if you use dried lentils, about one handful
* 1 tablespoon olive oil
* 700ml vegetable stock (2 stock cubes should do)

**NOTE: if you have a smoothie maker instead of a hand blender, you’ll need to let the soup cool for a while (20-30 minutes) before you blend it.**

**You could cook the soup in the morning or the day before, then blend and microwave to re-heat it in the evening.**

What you’ll need:

* Large saucepan
* Large plastic or wooden spoon/ladle
* Measuring jug
* Hand blender or smoothie maker

## **Method**

1. Heat oil in large saucepan
2. Fry [chopped](https://www.bbcgoodfood.com/content/top-five-paring-knives) vegetables and potatoes for 5-10 mins, until beginning to soften.
3. Boil the kettle and make up the stock (you can do this in two batches if you have a small measuring jug)
4. Add stock (and lentils if you are using dried ones – not tinned!)
5. [Simmer](https://www.bbcgoodfood.com/content/top-five-non-stick-frying-pans) for 10-15 mins until the veg is tender.
6. Drain the lentils, add to the soup, stir and leave for 2-3 minutes.
7. [Blend](https://www.bbcgoodfood.com/content/top-five-hand-blenders) until smooth.

Will freeze for up to 1 month. Defrost before re-heating.

**Recipe 3: Cheesy Greens**

**Prep: 10 mins Cook: 20 mins Total: 30 mins**

**Serves: 4 (as a side)**

**Ingredients**

* 4 leeks, chopped into inch-long cubes
* 1 Broccoli
* 100g cheddar, grated
* 1 small tub (300ml) of crème fraiche (full or half-fat)
* Optional:
  + Black pepper

What you’ll need:

* Saucepan
* Colander
* Bowl
* Baking dish

## **Method**

1. Boil the kettle
2. Pre-heat the oven to 180-200°C
3. Cook the chopped leeks and broccoli in a pan of boiling water for 4-5 mins
4. Mix the Crème fraiche and the cheddar together in a bowl. Add black pepper if you are using it.
5. Drain the veg using a colander and run the cold tap over them for 10 seconds. Make sure they drain fully.
6. Put leeks and broccoli into a large baking dish.
7. Spread the cheese/crème fraiche over the leeks and broccoli, then bake for 15-20 mins until bubbling and golden brown.

**Recipe 4: Pitta Pizza**

**Prep: 5-10 mins Cook: 10 mins Total: 20 mins**

**Serves: 4 (having one each)**

**Ingredients**

* 4 wholemeal pitta bread
* 80g cheddar cheese, grated
* 4 tablespoons of tomato puree
* Optional toppings:
  + Handful of frozen sweetcorn
  + Chopped pepper
  + Sliced mushroom
  + Chopped ham
  + Chopped cooked chicken
  + Handful of chopped spinach leaves
  + Anything you fancy!

What you’ll need:

* Small bowl
* Spoon
* Baking tray
* Cheesegrater

**Method**

1. Pre-heat the oven to 180-200°C
2. Spread pitta breads out on a baking tray
3. Add tomato puree to a small bowl and mix with a tiny bit of cold water – stir it well. (You want it to be just a little bit thinner)
4. Spoon the tomato puree onto one side of each pitta bread
5. Use the back of the spoon to spread it evenly across each pitta bread
6. Add your extra toppings – make sure they are well spread out and not too piled up!
7. Sprinkle the cheese evenly across each pitta bread
8. Place baking trays in the oven and cook for about 10 mins.
9. Enjoy as soon as they are cool enough to eat!

**Recipe 5: Proper Pasta**

**Prep: 10 mins Cook: 30 mins Total: 40 mins**

**Serves: 4**

**Ingredients**

* 1 tsp olive oil
* 1 large onion, chopped
* 2 celery sticks, chopped
* 2 carrots, chopped into small chunks
* 1 leek, chopped
* 2 peppers, deseeded and chopped
* 2 x 400g tins chopped tomatoes
* Seasoning – dried or fresh garlic, mixed herbs, dried basil, dried oregano… (choose your own!)
* 300g dried pasta

**NOTE: if you have a smoothie maker instead of a hand blender, you’ll need to let the sauce cool for a while (20-30 minutes) before you blend it.**

**You could cook the sauce in the morning or the day before, then blend and microwave to re-heat it in the evening.**

What you’ll need:

* 2 x saucepans (1 for pasta, 1 for sauce)
* Large plastic or wooden spoon
* Colander
* Hand blender or smoothie maker

## **Method**

1. Heat the oil in a large saucepan and gently cook the onion, celery, carrots and leek until soft, about 10-15 mins.
2. Boil the kettle and use the water to cook the pasta while the sauce is cooking
3. Add the peppers and cook for 5 mins more
4. Tip in the tomatoes and add your garlic/herbs if you are using them.
5. Simmer for 10-15 mins.
6. Blend the sauce with a hand blender until smooth.
7. Drain the pasta using a colander, and stir into the sauce.