

THE CHARLTON MANOR HEALTHY COOKBOOK



**8 HEALTHY, SCRUMPTIOUS,
EASY-TO-MAKE RECIPES – CREATED BY US!**

Recipes by Haidar Ibrahim, Zaviar Haider, Josie Thackrah,
Shania Williams, Archie Simmons, Ben Newton, Jessica Partridge
and Elizabeth Hoang



We used our fantastic Teaching Kitchen...



**... and some fresh ingredients from
our Secret Garden to make our recipes.**

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Melon & Crunchy Bran Pots

Preparation time 10 minutes

INGREDIENTS:

½ 200g pack melon medley
150g pot fat free yogurt
2tbsp fruit and fibre cereal
1tbsp mixed seeds

METHOD:

1. Top melon medley with yogurt. Sprinkle with the cereal and mixed seeds.
2. Eat immediately!



By Archie Simmons





Apple and Sultana Porridge

Preparation time 10 minutes

Cook time 5 minutes

INGREDIENTS:

100g porridge oats
500ml skimmed milk
4 apples, cored and diced
100g sultanas
1tbsp brown sugar, to serve

METHOD:

1. Put the oats and milk in a small pan and cook, stirring, for 3 minutes until almost creamy.
2. Stir in the apple and sultanas, then cook for 2 minutes more or until the porridge is thick and the apples just tender.
3. Ladle into bowls, sprinkle with sugar and eat immediately.



By Shania Williams





Creamy Ham and Mushroom Pasta

Preparation time 15 minutes

Cooking time 15 minutes

INGREDIENTS:

2tsp olive oil
200g chestnut mushrooms, sliced
2 garlic cloves, crushed
300g pasta of choice
140g low-fat soft cheese
5g wafer-thin smoked ham, shredded
small pack basil
25g grated parmesan

METHOD:

1. Heat the oil in a large saucepan. Add the mushrooms and garlic and cook for 3 minutes. Meanwhile, cook the pasta according to the pack instructions, then drain, reserving a little of the cooking liquid.
2. Stir the soft cheese into the mushroom mixture, adding enough of the reserved pasta liquid to give a nice sauce. Add the ham, basil leaves and parmesan, then toss in the pasta.

Serves
4

By Elizabeth Hoang







Super Healthy Pizza

Preparation time 25 minutes

Cooking time 12 minutes

INGREDIENTS:

1 ready-made pizza base.

For the topping:

200g of tomato puree

Handful of cherry tomatoes, halved

1 red pepper and 1 yellow pepper

25g mozzarella torn into pieces

1 garlic clove, finely chopped

1tsp of olive oil

METHOD:

1. Spread the tomato puree over the base to within 2cm of the edges.

Arrange the cherry tomatoes and peppers over the top, then scatter with mozzarella.

Scatter the garlic over the top. Drizzle evenly with the oil. Heat oven to 240°C (fan 220°C) or gas mark 9 or the highest setting.

2. Bake the pizza for 10-12 minutes until crisp and golden around the edges.

By Jessica Partridge





SUPER VEG PASTA

Preparation time 25 minutes

Cooking time 45 minutes

INGREDIENTS:

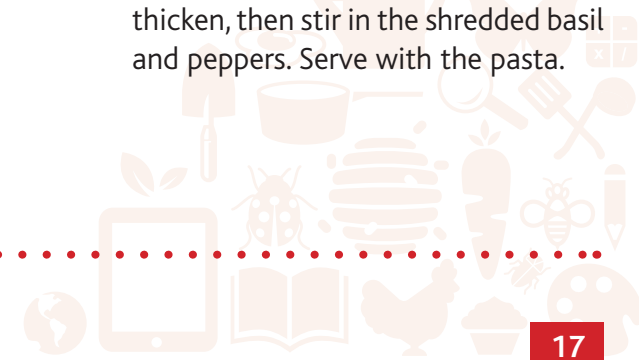
2 red peppers quartered and deseeded
 2tbsp olive oil
 1 onion roughly chopped
 1 large carrot roughly chopped
 2 garlic cloves crushed
 2tbsp tomato puree
 400g can chopped tomatoes
 600ml vegetable stock
 1tsp caster sugar
 Small handful basil leaves shredded
 500g bag of fresh egg pasta, cooked

METHOD:

- 1.** Heat the grill and pop the peppers, skin-side-up, underneath for 10 minutes or until beginning to char. Transfer to a bowl, cover and set aside. When cool enough to handle, peel off the skin and cut the flesh into strips.
- 2.** Heat the oil in a large saucepan and cook the onion and carrot for 8-10 minutes until softened. Stir in the garlic and tomato puree, cook for 2 minutes then add the canned tomatoes, stock and sugar. Simmer, uncovered for 15 minutes or until the vegetables are completely soft.
- 3.** Blend the sauce in the saucepan until almost smooth with a stick blender. Simmer for 5 minutes to thicken, then stir in the shredded basil and peppers. Serve with the pasta.



By Josephine Thackrah



Fish Fingers & Mushy Peas

Preparation time 25 minutes

Cooking time 12 minutes

INGREDIENTS:

600g skinless white fish
50g plain flour, seasoned
1 large egg, lightly whisked
200g fine fresh breadcrumbs
2tbsp vegetable oil
400g frozen peas
Knob of butter
Zest of lemon
Small handful of mint, shredded

METHOD:

1. Slice the fish into 12 fingers, each about 3cm thick. Put the seasoned flour, egg and breadcrumbs into 3 separate bowls. Dust the fish pieces first in the flour, then coat well in the egg, and cover completely in the breadcrumbs, put on a plate and chill for 15 minutes.

2. Heat the oil in a large frying pan. Add the fish fingers and fry for 8 minutes, turning occasionally, until golden and cooked through. Meanwhile, add the peas to a small pan of boiling water. Cook for 4 minutes until really tender. Drain, tip into a bowl with the butter, zest and mint and roughly mash with a potato masher.

3. Serve the golden fish fingers with a generous spoonful of mushy peas.

By Haidar Ibrahim



FROZEN STRAWBERRY YOGHURT

Preparation time 10 minutes PLUS freezing

INGREDIENTS:

140g strawberries
½ x 405g can light condensed milk
500g tub 0% fat Greek yoghurt

**SERVES
FIVE**

METHOD:

1. Roughly chop half the strawberries and whizz the rest in a food processor or with a stick blender to a puree.
2. In a big bowl stir the condensed milk into the pureed strawberries then gently stir in the yoghurt until well mixed. Fold through the chopped strawberries.
3. Scrape the mixture into a loaf tin or container. Pop on the lid or wrap well in cling film and freeze overnight until solid. Remove from the freezer about 10-15 minutes before you want to serve. The frozen yoghurt can be frozen for up to 1 month.

By Ben Newton



Why we've made this book for you...

So that everyone
can try our recipes
at home.

Archie

We have made this
book so people learn
to cook different
recipes

Shania

We have made
this book so
people can eat
healthily and
live healthily
Zariar

To change the
way children
eat.

Elizabeth
Hoang

Because we want
people to try our
healthy meals.

Jessica

So people can
learn how to be
healthy.

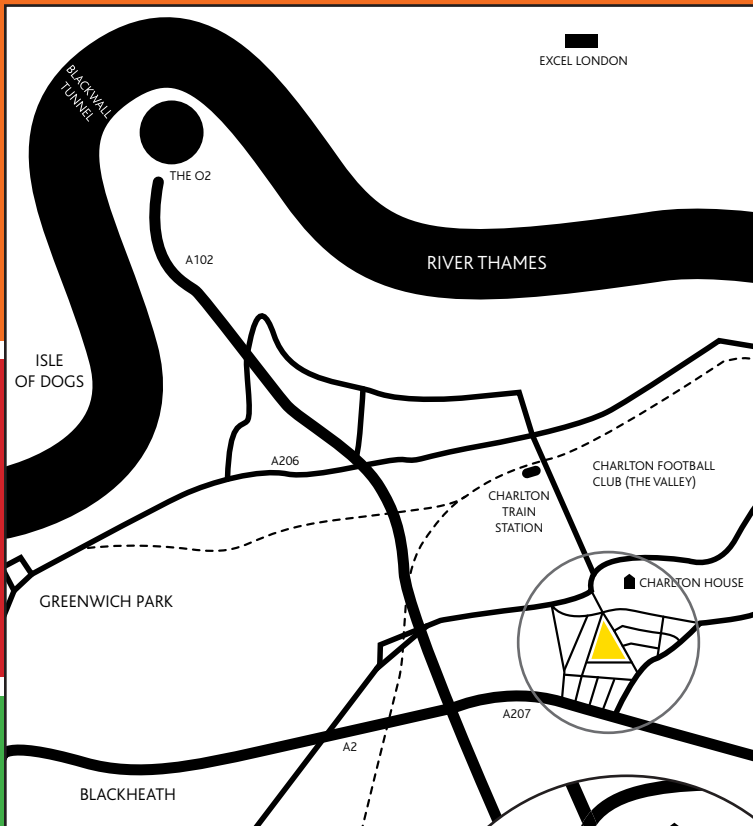
Haider

We made this
book because so
people learn to
eat healthy

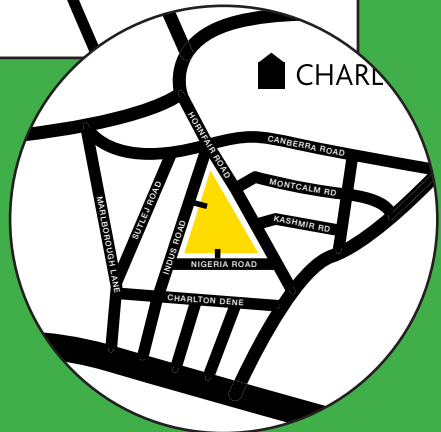
Ben

To educate
children and
parents about
healthy
food

Josie
Thackrah



WHY NOT
DROP IN AND
VISIT US?



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