



ingredients



or less



of your  
five-a-day



portions



balanced meal



net zero



# Community Cookbook

Bracknell  
Forest  
Public Health

 Bracknell  
Forest  
Council



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# What is our community cookbook?

**Hi, my name is Steph, and I am a Dietetic Degree Apprentice with Sheffield Hallam University, working at Frimley Park Hospital.**

As part of my course, I am doing a placement with Bracknell Forest Council's public health team, to update the community cookbook. This is a free resource to all residents of the local

community to use.

Our community cookbook is an initiative by Bracknell Forest Council to capture a variety of recipes suggested by our residents, from different backgrounds and cultures.

It aims to make cooking affordable and accessible to everyone, no matter their culinary background.

The idea behind this is to have a range of recipes using our **5, 4, 3, 2, 1, 0** challenge.

**5**

**Five main ingredients** – keeping the recipes quick and easy.

**4**

**£4 or less** – keeping the recipes affordable and budget conscious.

**3**

**Three of your five-a-day** – making sure recipes contain sources of vitamins, minerals and fibre.

**2**

**Two portions** – if you're cooking for one, halve the recipe, if you're cooking for four, double it!

**1**

**One balanced meal** – using the Eat Well Guide, making sure meals are balanced.

**0**

**Net zero** – reducing our contribution to greenhouse gases, through our food.

Thank you very much to everyone who invited me to their groups to complete questionnaires. Your input and suggested recipes helped shape this cookbook.

It has been wonderful visiting everybody and seeing the amazing work that goes on in our borough.

## Special thanks to:

- Heema Shukla and Annie Yau-Karim - Bracknell Forest Public Health
- Karen Rann – Bracknell Forest Council's graphic design
- Climate change officers - Bracknell Forest Council
- Abri
- Community Chef
- COATS Crowthorne
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- Age Concern Bracknell
- Bracknell Open Learning Centre
- English Café
- Warm Hub Ascot
- Ascot Life Centre
- Happiness Hub
- Involve Welcome Spaces Bracknell
- Healthwatch
- and everyone else who contributed to this project. Without you, this would not have been possible.

# Sustainability and climate change

## The way we produce, transport, and waste food has a big impact on the environment.

- Livestock produces methane—a powerful greenhouse gas. Eating more plant-based meals can help reduce emissions.
- When food is thrown away, it releases methane as it decomposes. Reducing waste by planning meals and using leftovers helps cut emissions.
- Food that travels long distances and comes in excessive packaging increases carbon emissions. Choosing local, seasonal, and minimally packaged foods is more sustainable, and recycling packaging where possible is important too.
- Some large-scale farming leads to deforestation and habitat loss. Choosing food from farms that use sustainable practices - such as organic, regenerative, or local farming - helps protect ecosystems.

Want to see what impact your food is having on the environment? Use this handy climate change calculator: [www.bbc.co.uk/news/science-environment-46459714](http://www.bbc.co.uk/news/science-environment-46459714)

**Net zero – why?** By balancing the greenhouse gases we release with those we remove, we can stop global warming, prevent extreme weather, and protect the planet for future generations.

Bracknell Forest Council's climate change team have been working hard to move towards becoming net zero. Read more about this:

[www.bracknell-forest.gov.uk/climate-change](http://www.bracknell-forest.gov.uk/climate-change)

## Simple ways to eat more sustainably and get closer to net zero

- **Meat free Monday** - was launched in 2009 by Paul McCartney and his daughters, Stella and Mary McCartney. The campaign encourages people to go without meat one day a week to help reduce their environmental impact and promote healthier eating.
- **Eat more plant-based meals** – use the vegetarian recipes or vegetarian or vegan swaps! Aim for two meat free days per week.
- **Buy local and seasonal produce** – keep an eye out for the calendar icon on the recipe page. This tells us what time of year the meal is most sustainable. Also look out on the packaging for where food is produced.
- **Reduce food waste by planning and composting** – make stocks, soups and gravies from your food scraps!
- **Choose sustainably farmed and ethically sourced ingredients** – for instance, look out for the red tractor symbol on meat packets which tells us it has been farmed safely in the UK.
- **Try growing your own fruits and veggies!** Not only will you enjoy fresh, home-grown produce, but the added greenery can also boost your mental wellbeing!

Small changes in our kitchens can make a big difference for the planet!



# Recipe substitution guide

**Often, one recipe doesn't cater to everyone's dietary needs. This may be due to health conditions, culture or dietary requirements.**

The aim of the substitutions is to ensure that everyone can make the meal, regardless of their requirements.

If you require specific ingredients due to religious reasons, such as halal or kosher, please source from an appropriate outlet and feel free

to use them in these recipes.

For more information regarding these lifestyle considerations, visit: [tinyurl.com/British-Dietetic-Assoc](https://tinyurl.com/British-Dietetic-Assoc)

Each page will list a standard recipe, with suggestions for substitutions.

## Make it:

### Dairy free:



This can be used for someone who has a dairy allergy or is lactose free. Feel free to use lactose free alternatives. Please note, lactose free products may not be dairy free.

### Gluten free:



This swap can be used for those who are gluten intolerant or coeliac. If coeliac, make sure no cross contamination occurs!

### Diabetic friendly:



Foods labelled as 'diabetic' such as sweets, cakes and biscuits offer no special benefits and there is no need to have them. They are often high in calories, may increase your blood glucose level and have a laxative effect! Ordinary products, eaten as part of a healthy diet, are suitable.

### Fortify it:



This may be for people with low appetite who need to have foods that have a lot of calories in a small amount, giving your body enough fuel.

### High protein:



High protein is important for wound healing, muscle growth and repair, and keeps you feeling fuller for longer.

### High fibre:



These swaps are good if you need to increase fibre. Fibre aids digestion and can help you to feel fuller for longer!

### Heart healthy:



Your doctor may have advised you to reduce cholesterol in your diet.

### Low fibre:



These swaps may be for people who need a lower fibre diet for dietary reasons, like some types of IBS.

### Vegan:



These swaps are for people who don't use any animal products, including eggs.

### Vegetarian:



These swaps are typically for people who don't eat animal meats, including fish.

### Egg free:



These swaps may be for people with an egg allergy and need to use an alternative.

### Low salt:



Your doctor may have advised you to have a low salt diet. This may be to reduce blood pressure.

### Nut free:



For people who have a nut allergy and can't have nuts in the food or environment with them.

# Cooking tips



## For beginners



- **Start simple** – begin with easy recipes
- **Safety first** – use a knife carefully and avoid touching hot surfaces.
- **Measure accurately** – use measuring spoons/cups/scales for ingredients.
- **Keep it clean** – wash hands before cooking and clean as you go.
- **Have fun!** – experiment with flavours but follow the basics first.
- **Read the recipe first** – understand all the steps before you start.
- **Prep ingredients before cooking** – measure and set everything out (this is ‘mise en place’).
- **Use the right tools** – a sharp knife is safer than a blunt one! Use measuring cups/spoons.
- **Taste as you cook** – adjust salt, spices, and flavours as needed.
- **Don’t overcrowd the pan** – this helps food cook evenly and get crispy instead of soggy.
- **Keep a timer** – avoid burning food by setting a timer when baking or roasting.

## Safety tips



- **Supervise kids** – let children help with tasks like mixing, washing veggies, and measuring.
- **Use oven gloves** – always wear oven gloves when handling hot pans and trays.
- **Be careful with oil** – hot oil can splatter! Keep a lid nearby to cover if needed.
- **Turn pot handles inward** – prevents accidents and spills.
- **Wash hands and keep surfaces clean** – avoid cross-contamination with raw meat.



## Cooking and flavour tips



- **Add salt in stages** – season food as you cook, not just at the end.
- **Use herbs for flavour** – coriander, mint, and basil add freshness.
- **Don't stir too much** – let food cook properly; too much stirring can make it mushy.
- **Cook on medium heat first** – avoid burning by not using high heat right away.
- **Let meat rest before cutting** – Keeps it juicy and tender.

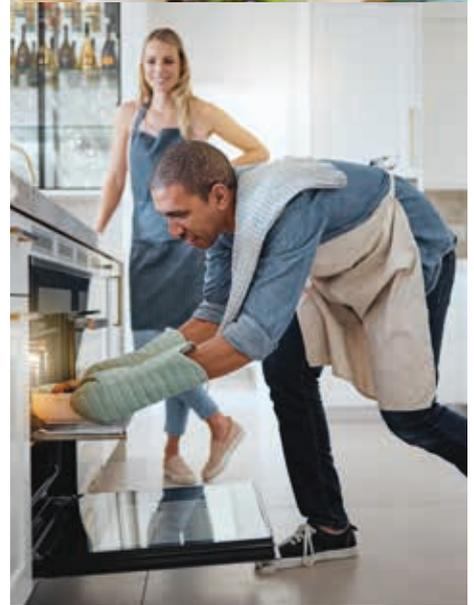
## Quick fixes for mistakes



- **Too salty?** – add a potato, more water, or a squeeze of lemon.
- **Too watery?** – simmer longer to thicken or add a small amount of flour/cornflour.
- **Too spicy?** – add yoghurt, milk, coconut milk or honey to balance it.
- **Burnt food?** – remove the unburnt part and try again— don't stir burned bits into the dish!

# Key cooking terms and definitions

- **Slicing:**  
Cutting food into thin, even pieces (e.g. slicing carrots)
- **Chopping:**  
Cutting food into irregular small or large pieces
- **Dicing:**  
Cutting food into small, uniform cubes (e.g. dicing onions)
- **Mixing:**  
Combining ingredients together evenly
- **Folding:**  
Gently combining ingredients without over-mixing (e.g. folding flour into cake batter)
- **Whisking:**  
Beating ingredients quickly with a whisk to add air (e.g. whisking eggs)
- **Whipping:**  
Beating a mixture to add volume (e.g. whipping cream)
- **Mashing:**  
Pressing food to make it smooth (e.g. mashing potatoes with a fork or masher)
- **Boiling:**  
Cooking food in hot, bubbling water on a hob (e.g. boiling pasta)
- **Roasting:**  
Cooking food in an oven (e.g. roasting vegetables)
- **Baking:**  
Cooking food using dry heat in an oven (e.g. baking bread or cakes)
- **Frying:**  
Cooking food in hot oil (e.g. frying eggs)
- **Reheating:**  
Warming up previously cooked food
- **Defrosting:**  
Thawing frozen food before cooking
- **Saucepan:**  
A deep cooking pan with a handle, used for soups and sauces
- **Frying pan:**  
A flat, shallow pan used for frying and sautéing food
- **Oven-proof dish:**  
A dish that can go in the oven (e.g. glass or ceramic baking dish)



# Measurement conversions

## Solid ingredients

Pounds and ounces (lb/oz)	Grams/kilograms (g/kg)	Cups (approx)
1 oz	28 g	1/8 cup
4 oz / 1/4 lb	113 g	1/2 cup
8 oz / 1/2 lb	227 g	1 cup
16 oz / 1 lb	454 g	2 cups
32 oz / 2 lbs	907 g	4 cups
2.2lbs	1 kg	4 1/4 cups

## Common ingredient conversions

Ingredient	1 cup = grams (g)	1 cup = ounces (oz)
Flour	120 g	4.2 oz
Sugar (granulated)	200 g	7 oz
Brown sugar	180 g	6.3 oz
Butter	225 g	8 oz
Rice (uncooked)	185 g	6.5 oz

## Liquid

Cups	Millilitres/litres (ml/L)	Ounces (fl oz)
1/4cup	60 ml	2 fl oz
1/3 cup	80 ml	2.7 fl oz
1/2 cup	120 ml	4 fl oz
3/4 cup	180 ml	6 fl oz
1 cup	240 ml	8 fl oz
2 cups	480ml (1 US pint)	16 fl oz
4 cups	950 ml	32 fl oz
8 cups (1/2 US gallon)	1.9 L	64 fl oz
16 cups (1 US gallon)	3.8 L	128 fl oz

## Oven temperature conversion

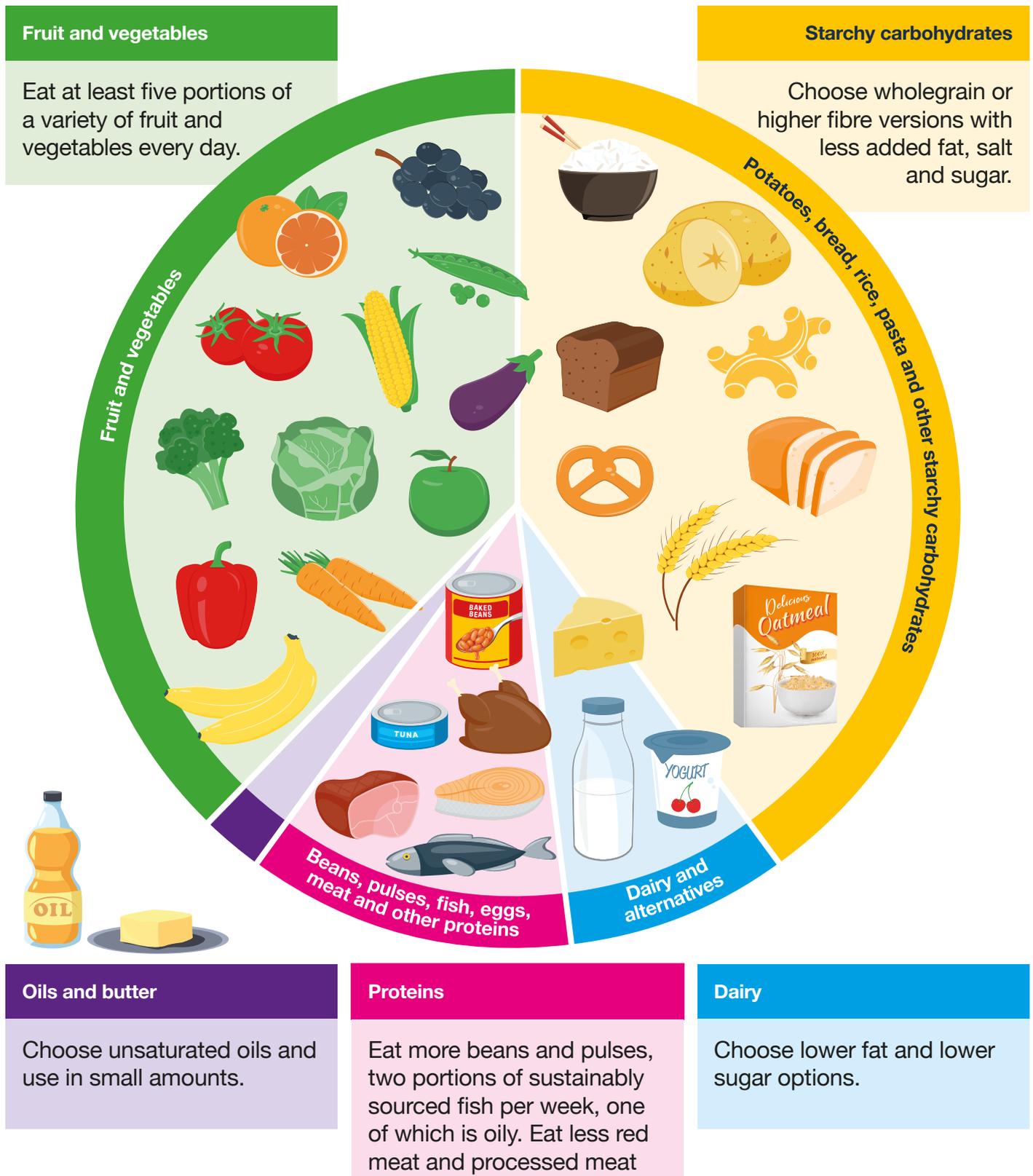
Celsius (°C)	Fahrenheit (°F)	Gas mark
100°C	212°F (Low)	1/4
150°C	300°F (Low-medium)	2
180°C	350°F (Medium)	4
200°C	400°F (Medium-high)	6
230°C	450°F (High)	8



# The Eatwell Guide

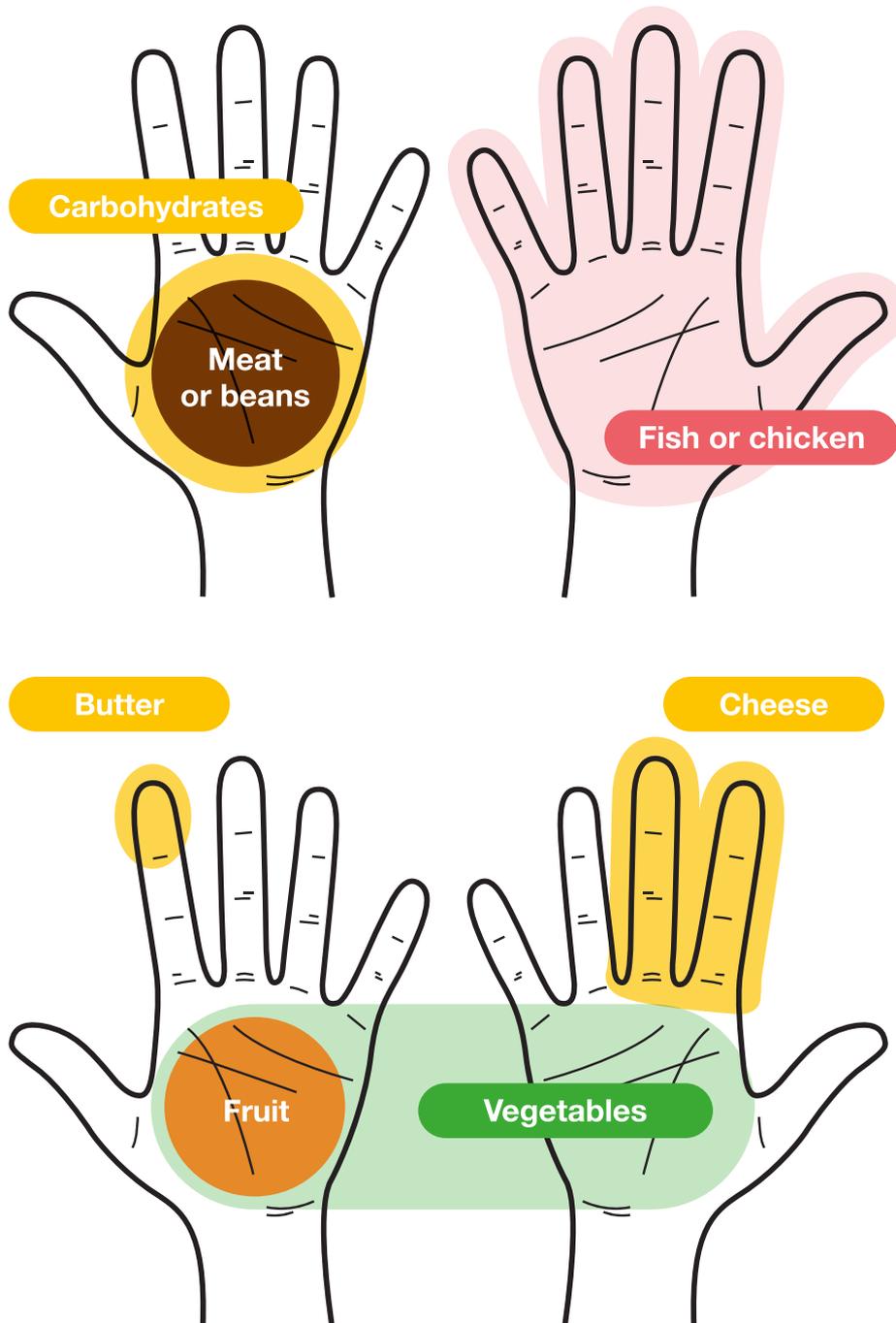
**The Eatwell Guide is a fantastic visual resource to understand what a well-rounded diet looks like.**

Specific eatwell guides for dietary requirements can be found online.



# Portion sizes

How to get portion sizes right using your hands  
i.e. child's hand for child's portion and adult hand for adult portion.



For more information about how many of these portions you should be having, visit: [tinyurl.com/healthy-eating-toolkit](https://tinyurl.com/healthy-eating-toolkit)



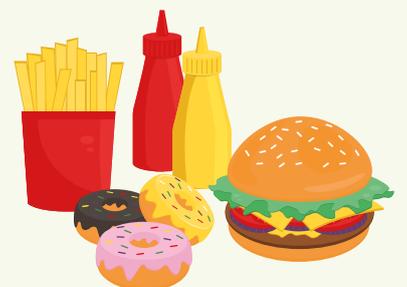
## Hydration:

Drink six to eight glasses (1.2 - 1.6L) of water per day. Water, lower-fat milk, sugar-free drinks including tea and coffee all count. Limit fruit juice and/or smoothies to a total of 150ml a day.

Calories 180 9%	Fat 3.2g 5%	Saturates 0.5g 3%	Sugars 0.5g <1%	Salt 0.01g <1%
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## Food labels:

Check the labels on packaged foods. Choose foods lower in fat, salt and sugar.



## Fast / convenience food:

Eat less often and in small amounts.

# Budgeting and money saving



## 1. Plan your meals and shopping list:



- **Plan weekly meals** – write down meals for the week and check what you already have at home.
- **Make a shopping list** – stick to a list to avoid impulse buying.
- **Plan for leftovers** – cook extra portions for another meal or freeze leftovers.

## 2. Shop smart and save money



- **Buy in bulk** – staples like rice, lentils, oats, and whole grains are cheaper in bulk.
- **Choose seasonal and local** – fresh, in-season fruits and veggies are more affordable and nutritious.
- **Go for own-brand items** – supermarket own-brands are usually cheaper than branded products.
- **Compare prices per unit** – check price per gram/litre instead of total price.
- **Use loyalty cards and discounts** – take advantage of discounts, vouchers, and special offers.

### 3. Cook at home and reduce waste



- **Cook from scratch** – homemade meals are cheaper and healthier than takeaways.
- **Batch cook and freeze** – prepare meals in bulk and freeze portions for later.
- **Use leftovers creatively** – turn leftover veggies into soups, stir-fries, or curries.
- **Store food properly** – keep fruits, veggies, and dairy fresh for longer by storing them correctly.

### 4. Choose budget-friendly, nutrient-dense foods



- **Protein on a budget** – use lentils, beans, eggs, and cheaper (but sustainable) cuts of meat.
- **Affordable whole grains** – buy oats, brown rice, whole wheat flour, and pasta if possible.
- **Frozen/canned food** – frozen veg, canned beans, and fish (in water) are nutritious and cost-effective.
- **Healthy fats for less** – use seeds, nuts (in moderation), and vegetable oils.

### 5. Reduce spending on drinks and snacks



- **Drink more water** – spend less on sugary drinks and juices.
- **Make your own snacks** – homemade popcorn, roasted chickpeas, etc. (see snacks section!)
- **Limit food/coffee takeaways** – brew coffee or tea at home instead of buying out.



### 6. Use smart cooking methods to save energy



- **Use a pressure cooker or air fryer** – cooks food faster and saves gas/electricity.
- **Batch cook/bake/roast** – cook multiple dishes in the oven at once to save electricity.

### 7. Track your spending



- **Set a weekly food budget** – stick to an amount that works for your income.
- **Check receipts** – review what you spend and cut back where needed.
- **Meat-free days** – plant-based meals are often cheaper and healthier.

# Storing food safely

## Storing cooked meats:

- **Cool food** – let food cool to room temperature (within two hours) before refrigerating or freezing.
- **Use airtight containers** – store in glass or BPA-free plastic containers to prevent spoilage.
- **Refrigerate** – keep cooked meals in the fridge and consume within two to three days.
- **Reheat Properly** – heat leftovers until steaming hot (at least 75°C / 165°F).



## Freezing food (raw and cooked)

Freezing extends food shelf life, reduces waste, while preserving nutrients. Here's how long you can safely freeze different foods:

Food type	How to freeze	How long can it be frozen?
Cooked meals (curry, stews, soups)	Store in airtight containers or freezer bags.	2-3 months
Cooked rice and pasta	Cool completely, store in portioned bags.	1 month
Raw meat (chicken, beef, fish)	Wrap tightly in freezer-safe wrap or bags.	3-6 months
Cooked meat	Store in small portions to reheat easily.	2-3 months
Vegetables	Briefly boil, then cool before freezing.	8-12 months
Fruits (berries, bananas, mango)	Freeze on a tray first, then transfer to a bag.	6-12 months
Bread	Slice before freezing for easy use.	3 months
Dairy (cheese, butter, yogurt)	Hard cheese and butter freeze well; yogurt can change texture.	1-6 months

## Freezing tips:

- **Label everything** – write the date and food name before freezing.
- **Freeze flat** – lay soups or sauces in bags flat for space-saving storage.
- **Defrost safely** – thaw in the fridge overnight or use the microwave's defrost setting.





### **‘Best before’ date (quality):**

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- Found on dry goods, canned food, bread, frozen food.
- Safe to eat after this date, but texture or taste may decline.

### **‘Use by’ date (safety):**

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- Found on fresh meat, dairy, ready meals, and perishable foods.
- **Do not eat** after this date, even if it looks or smells fine.



# Breakfasts



# Pancakes

**These classic British pancakes are thin and perfect for rolling or folding. They are traditionally served on Shrove Tuesday (pancake day), using up all of the rich ingredients in the household.**

## Ingredients:

50g plain flour  
1 medium egg  
150ml milk  
½ tbsp vegetable oil  
1 tsp baking powder (optional, if you want fluffy American pancakes!)

## Optional:

Toppings – fruits and berries, lemon juice, sugar, honey, jam, or chocolate spread

## Shopping list: \*

**Plain flour:** 75p, 1.5kg  
**Egg:** 20p each  
**Milk:** 85p, 1 pint  
**Vegetable/sunflower oil:** £1.99  
**Baking powder:** 57p, 150g



**20 – 25**  
Minutes

## Method:

1. In a mixing bowl, add in the flour and add the egg.
2. Whisk in milk until smooth (add in baking powder here, if making American pancakes!).
3. Heat ½ tbsp oil in a non-stick frying pan over medium heat.
4. Pour a small ladle (about ¼ of the mix) into the pan and swirl the pan to spread the batter thinly.
5. Cook for one to two minutes, until the edges lift, and the base is golden and flip and cook for another 30 seconds.
6. Repeat with the rest of the batter and serve hot with your favourite toppings.



**Serves two**

When is this most sustainable to make?

Jan	Feb	Mar	Apr
May	Jun	Jul	Aug
Sep	Oct	Nov	Dec

## Swaps:



### Make it gluten free:

Use gluten free plain flour and if making American pancakes, use a gluten free baking powder.



### Make it vegan or egg free and dairy free:

Use 150ml plant-based milk instead of the egg and cow's milk.



### Fortify it:

Add cream on top of your pancakes!



# Breakfasts



# Tomato and eggs

**Classic Chinese home-cooked dish, enjoyed for breakfast, lunch or dinner. Pairs well with rice or noodles.**

Thank you to the English Café at Bracknell Open Learning Centre for this recipe!

## Ingredients:

- 4 free-range eggs (whisked)
- 3 medium tomatoes (chopped)
- 2 tsp oil
- 2 tsp soy sauce
- 1 spring onion for garnish (chopped)

## Shopping list: \*

- Egg:** 20p each
- Tomato:** 16p, each
- Spring onions:** 14p each
- Soy sauce:** 75p, 150ml
- Vegetable/sunflower oil:** £1.99, 1L



**10-15**  
Minutes



**Serves two**

## Method:

1. Heat 1 tsp oil in a pan over a medium heat.
2. Pour the eggs into the pan.
3. Mix the eggs in the pan with a wooden spoon or spatula, until they're scrambled, then remove from the pan.
4. Add 1 tsp oil to the pan and add the tomatoes. Fry for 4-5 mins until soft.
5. Add the eggs back into the pan, add 2 tsp soy sauce and stir for 1-2 mins.
6. Serve onto a plate and garnish with spring onion.

When is this most sustainable to make?

Jan	Feb	Mar	Apr
May	<b>Jun</b>	<b>Jul</b>	<b>Aug</b>
<b>Sep</b>	Oct	Nov	Dec

## Swaps:



### Make it gluten free:

Use a gluten free soy sauce, and if serving with noodles, opt for rice noodles.



### Make it vegan or egg free:

Use mashed tofu instead of eggs.



### Make it low salt:

Opt for a low salt soy sauce and avoid adding extra salt!



# Breakfasts



# Egg muffins

**A quick and easy breakfast idea, perfect for busy mornings or snacks on the go.**

Thanks to the Fun Fabulous Food Programme by Bracknell Open Learning Centre for this recipe.

## Ingredients:

- 3 free-range eggs (whisked)
- 1 spring onion (chopped)
- 1 red pepper (finely chopped)
- 1 tbsp milk
- 25g cheddar cheese (grated)

## Shopping list: \*

- Egg:** 20p each
- Spring onions:** 14p each
- Red pepper:** 59p each
- Milk:** 85p, 1 pint
- Cheese:** £2, 250g



**25-30**  
Minutes

## Method:

1. Heat the oven to 200°C/180°C fan/gas mark 4.
2. Brush some oil in four holes of a muffin tin.
3. Heat some oil in a frying pan and add in the pepper and the spring onion and fry until soft.
4. Whisk the eggs with the milk and half the cheese. Add in the cooked vegetables.
5. Pour the mix into the muffin holes and sprinkle the remainder of the cheese on top.
6. Bake in the oven for 15-17 minutes or until golden brown and cooked through.
7. Serve hot!

## Alternative cooking method:

Use an air fryer instead if you have appropriate sized muffin tins!

## Swaps:



### Make it vegan or egg free and dairy free:

Use mashed tofu instead of egg, and plant-based milk and cheese instead of the cow's milk and cheese.



**Serves two**

When is this most sustainable to make?

Jan	Feb	Mar	Apr
May	Jun	Jul	Aug
Sep	Oct	Nov	Dec



# Breakfasts



# Breakfast burrito

A hearty breakfast option, kickstarting your day with a flavourful wrap.

Thank you to Mrs Bieniek at Ascot Heath Primary School for this recipe.

## Ingredients:

- 2 free-range eggs (whisked)
- 2 spring onions (chopped)
- 25g cheese (grated)
- 2 tortilla wraps
- 2 tsp tomato purée

## Shopping list: \*

- Egg: 20p each
- Spring onions: 69p per bunch
- Wrap: 12p each
- Cheese: £2, 250g
- Tomato puree: 60p



**20 - 25**  
Minutes

## Method:

1. Heat the oil in the pan on a medium heat and cook vegetable until soft.
2. Move the vegetables to the side of the pan and pour the whisked egg into the pan and cook until scrambled.
3. Mix in with the vegetables.
4. Spread a tsp of tomato purée on the wrap.
5. Put the egg and vegetable mixture in the centre of the wrap and add grated cheese on top.
6. Fold the wrap at the bottom and then each side, to form a pocket.
7. Turn the pan back on, carefully place the wrap on the pan folded side down and then gently turn the wrap over to toast the other side.
8. Serve warm!

## Alternative cooking method:

Roast the vegetables in the airfryer and bake the burrito in the airfryer.

## Swaps:



### Make it gluten free:

Use a gluten-free wraps.



### Make it vegan or egg free and dairy free:

Use mixed beans instead of egg, and plant-based cheese instead of the cow's milk cheese.



**Serves two**

When is this most sustainable to make?

Jan	Feb	Mar	Apr
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Sep	Oct	Nov	Dec



# Snacks



# Rocket sandwiches

**Make lunches more exciting, turning everyday ingredients into something out-of-this-world!**

Thanks to the Fun Fabulous Food Programme by Bracknell Open Learning Centre for this recipe.

## Ingredients:

4 slices of bread  
4 slices ham  
12 slices of cucumber  
Butter or spread  
Pineapple cut into triangles

## Shopping list: \*

**Bread:** 47p per loaf  
**Ham:** 92p pack  
**Cucumber:** 89p each  
**Spread:** 85p tub  
**Pineapple:** 99p whole



**10-15**  
Minutes

## Method:

1. Using a cookie cutter, cut 12 circles out of the bread and 12 circles out of the ham.
2. Butter the bread circles and stack bread, ham and cucumber onto a kebab skewer.
3. Add a triangle of pineapple on top and you have your rocket!

**Add any other sandwich fillings and vegetables!**



**Serves two**

## Swaps:



### Make it gluten free:

Use a gluten-free bread.



### Make it high fibre:

Use wholemeal or seeded bread and add extra veggies!



### Make it vegan or vegetarian:

Use a dairy free spread and meat free sandwich fillings.



### Make it heart healthy:

Opt for a light olive based spread.

When is this most sustainable to make?

Jan	Feb	Mar	Apr
May	Jun	Jul	Aug
Sep	Oct	Nov	Dec



# Snacks



# Pierogi

**A household staple in Poland that has become popular across Europe. Serve them as savoury or sweet. Fill with meat, mushroom or berries.**

## Ingredients:

200 g plain flour  
Pinch of salt  
100 ml warm water  
170 g potatoes (boiled and mashed)  
100 g cheddar cheese (grated)  
1 onion  
1 tsp oil

## Shopping list: \*

**Plain flour:** 75p, 1.5kg  
**Onion:** 12p  
**Potatoes:** 24p  
**Cheese:** £2, 250g  
**Vegetable/sunflower oil:** £1.99, 1L



**60**

Minutes

## Method:

- For the dough:** Mix flour and salt, then gradually add warm water. Knead until smooth and elastic. Let rest for 30 minutes.
- For the filling:** Combine mashed potatoes and cheese.
- On a floured surface, roll out the dough to about 2 mm thickness. Cut circles with a cookie cutter (about 7 cm in diameter).
- Place a teaspoon of filling in each circle, fold in half, and press or fold the edges to seal.
- Boil in water until they float (about three to four minutes). Drain and serve with fried onions, or if you would like them to be crispy, fry the pierogi with the onions.



**Serves two**

When is this most sustainable to make?

Jan	Feb	Mar	Apr
May	Jun	<b>Jul</b>	<b>Aug</b>
<b>Sep</b>	Oct	Nov	Dec

## Swaps:



### Make it gluten free:

Use a gluten-free flour or other alternative flours.



### Make it high fibre:

Use mushrooms or cabbage as a filling.



### Make it vegan or dairy free:

Use a vegan cheese or opt for an alternative filling.



### Make it high protein:

Use a meat filling to add extra protein.



# Snacks



# Samosas

**A beloved food across south Asia, served as a side or snack, this can be enjoyed with a whole host of fillings and dips.**

Thank you to the community chef, Robin Van Creveld and Abri's energy efficient cooking course for this recipe! I really enjoyed getting involved with this class.

## Ingredients:

2 sheets filo pastry  
1 medium potato, chopped  
50g frozen peas  
Pinch of cumin seeds  
½ tsp turmeric

## Shopping list: \*

Filo pastry: £1.75  
Potatoes: 24p  
Peas: 99p  
Turmeric: £1  
Cumin seeds: £1



**45-50**  
Minutes

## Method:

1. Wash and chop the unpeeled potato into rough chunks, add to a pan of water and bring to boil.
2. Add in the turmeric and frozen peas and boil until soft.
3. Drain the water and add in the cumin seeds (optional to add coriander, ginger, chilli or any other spices of choice here!).
4. Mash the potatoes and peas roughly.
5. Lay out a filo sheet on a clean surface, and brush half with oil. Fold in half so you get a long rectangle and cut in half lengthways.
6. Brush again with oil and add a golf ball size potato mix at the end of the filo, and fold as pictured: bottom corner into a triangle, the upwards and triangle until you get to the top. Brush with oil and put into the oven at 180°C fan or 200°C normal oven for 20 minutes or until golden brown (alternatively, air fry at 180°C for 15-18 minutes).



**Serves two**  
(four samosas)

When is this most sustainable to make?

Jan	Feb	Mar	Apr
May	Jun	<b>Jul</b>	<b>Aug</b>
<b>Sep</b>	Oct	Nov	Dec

## Swaps:



**Make it gluten free:**  
Use a gluten-free filo recipe.



**Make it high fibre:**  
Add lentils or other pulses.



**Make it high protein:**  
Use a meat or bean filling to add extra protein.



# Snacks



# Momos

**Originating from Nepal and Tibet, momos are a popular dumpling, filled with meat or vegetables, steamed to perfection.**

Thank you to the Nepalese ladies day in Owlsmoor for this recipe idea!

## Ingredients:

- 200g plain flour
- 150ml water (approx)
- 200g finely chopped cabbage (or mixed vegetables like carrots and onion)
- 1 tsp salt
- 1 tsp soy sauce

## Shopping list: \*

- Plain flour: 70p (1.5kg)
- Cabbage: 79p
- Salt: £1.80
- Soy Sauce: 59p

## Method:

### For the filling:

1. Wash the cabbage.
2. In another bowl, mix chopped cabbage (or veg), soy sauce, and a pinch of salt.
3. Squeeze out any extra water from the veg.

### Shape the momos:

4. Roll small balls of dough into thin circles.
5. Put a spoon of filling in the middle.
6. Fold and pinch the edges to seal.

### Steam the momos:

7. Steam in a steamer or over boiling water for 10–12 minutes until shiny and cooked.

### Optional dipping sauce:

Mix soy sauce, vinegar, and a little chopped chilli for a quick dip.

## Swaps:



### Make it gluten free:

Use gluten-free flour and soy sauce.



### Make it low salt:

Opt for no salt and low salt soy sauce.



### Fortify it:

Mix cheese into the filling and ghee into the dough.



### Make it low fibre:

Use minced chicken and ginger in place of the cabbage or vegetables.



### Make it high fibre:

Pack in extra finely chopped vegetables.



### Make it high protein:

Use minced chicken and crumbled tofu in place of, or as well as, vegetables.



**35**  
Minutes



**Serves two**

When is this most sustainable to make?

Jan	Feb	Mar	Apr
May	Jun	Jul	Aug
Sep	Oct	Nov	Dec



# Soups and salads



# Basic salad

## A refreshing light meal or a side to add to your main meal.

Enjoy with any of your favourite proteins, like crab sticks, ham, cheese, coronation chicken, egg or chickpea to name a few! You can also add croutons or dressings, like a vinaigrette or a sauce.

Sustainable to make all year round with different veg if you're buying seasonally.

## Method:

1. Add all your ingredients into a bowl and mix so they're well incorporated.
2. Add any extra bits you enjoy, like extra veggies, fruits, avocado, croutons, proteins or dressings.
3. Serve and enjoy!

## Swaps:



### Make it high protein:

Use a meat or beans to add extra protein.



### Fortify it:

Add cheese and mayonnaise for extra calories!

## Ingredients:

3 lettuce leaves (washed and roughly chopped)

¼ cucumber (washed and chopped or sliced)

2 big tomatoes (washed and chopped or sliced)

½ red onion (diced)

1 carrot (washed and grated)

## Shopping list: \*

Lettuce: 89p

Tomatoes: 16p

Cucumber: 89p

Red onion: 20p

Carrot: 11p



**10-15**  
Minutes



Serves two

When is this most sustainable to make?

Jan	Feb	Mar	Apr
May	Jun	Jul	Aug
Sep	Oct	Nov	Dec



# Soups and salads



# Vegetable soup (fridge soup)

**A great idea for using up leftover veggies in your kitchen, or as a base for curries or pasta sauces.**

Thank you to fun family cooking at Bracknell Open Learning Centre for this recipe. Perfect for all the family to get involved with the prep.

Sustainable to make all year round with different vegetables if you're buying seasonally.

## Ingredients:

- 1 medium (100g) carrot, peeled and chopped
- 1 small (150g) sweet potato, peeled and diced
- 1 small onion (80g), chopped
- 200g tinned tomatoes (half a standard can)
- 500ml vegetable stock (made up with boiling water)

## Shopping list: \*

- Carrot: 11p
- Sweet potato: 42p
- Vegetable stock: £1
- Tinned tomatoes: 39p
- Onion: 12p



**45**  
Minutes

## Method:

1. Heat the olive oil in a saucepan over medium heat. Add the onion, cooking until softened.
2. Add the carrot and sweet potato, stirring for a minute.
3. Pour in the tinned tomatoes, lentils, and vegetable stock. Stir well.
4. Bring to a boil, then reduce heat and simmer for 20-25 minutes until the vegetables and lentils are soft.
5. Blend with a hand blender for a smooth soup or leave chunky for texture.
6. Add in anything extra you would like, e.g. seasonings, croutons or cream, and serve warm.

Above is just an idea of the vegetables you could be using but try it out with whatever is in your kitchen!



**Serves two**

When is this most sustainable to make?

Jan	Feb	Mar	Apr
May	Jun	Jul	Aug
Sep	Oct	Nov	Dec

## Swaps:



### Make it high protein:

Use a meat, beans and lentils to add extra protein.



### Fortify it:

Add cream and for extra calories!



### Make it low salt:

Opt for a low salt stock cube and avoid adding extra salt!



# Soups and salads



# Vegetarian tom yum

## A fiery Thai soup bursting with flavour.

This version is onion and garlic free as requested by the participants at the English Café.

Thank you to the English Café at Bracknell Open Learning Centre for this recipe idea.

## Ingredients:

500ml vegetable stock (made up with boiling water)  
1 lemongrass stalk (20g), cut into 5cm pieces and smashed  
Zest of 1 lime  
1 tbsp Thai red curry paste  
150g mushrooms, cleaned and sliced

## Shopping list: \*

Vegetable stock: 10p (1 cube)  
Lemongrass: £1  
Lime: 24p  
Thai red curry paste: £2.15  
Mushrooms: 90p



**25-30**  
Minutes

## Method:

1. Bring the stock to a boil in a pot.
2. Add lemongrass and lime zest, simmer for five minutes to infuse.
3. Stir in Thai red curry paste and simmer for two minutes.
4. Add mushrooms and cook for three to five minutes.
5. Taste and adjust seasoning with salt or lime juice if needed. Serve hot.

### Optional:

Add coconut milk, chilli flakes, soy sauce, tamarind paste, ginger or fish paste for more depth and flavour.



**Serves two**

When is this most sustainable to make?

Jan	Feb	Mar	Apr
May	Jun	Jul	Aug
Sep	Oct	Nov	Dec

## Swaps:



### Make it high protein:

Use prawns instead of mushrooms.



### Fortify it:

Add coconut cream for extra calories!



### Make it low salt:

Opt for a low salt stock cube and avoid adding extra salt!



# Mains



# Fish pie

**A comforting English classic. Traditionally made with any leftover fish and served with golden mashed potato.**

Thank you to Age Concern Bracknell for this recipe idea.

## Ingredients:

250g white fish or mixed seafood bag, skinless and boneless  
300g potatoes, peeled and chopped  
250ml milk  
150g frozen mixed vegetable

**Optional:**  
50g cheddar cheese, grated

## Shopping list: \*

**White fish fillets or frozen mixed fish bag:** £2.49  
**Potatoes:** 24p  
**Milk:** 85p, 1 pint  
**Frozen mixed vegetables:** 99p  
**(Optional) Cheese:** £1.39



**45**  
Minutes

## Method:

1. Boil the potatoes for 10 minutes until soft. Drain and mash.
2. Heat the milk in a pan, add the fish, and poach on low heat for five minutes until just cooked. Remove the fish and flake it into a baking dish.
3. Pour a little of the poaching milk over the fish for moisture, as mix in 150g frozen mixed vegetables.
4. Spread the mashed potatoes on top. Option to sprinkle with grated cheese.
5. Bake at 200°C (fan 180°C) for 15-20 minutes, until golden. Serve hot.



**Serves two**

## Swaps:



### Make it low fibre:

Add more fish instead of veggies!



### Fortify it:

Add cream and butter for extra calories!



### Make it dairy free:

Use a plant-based milk and cheese.



### Make it vegan or vegetarian:

Use tofu or butter beans and swap to a plant-based milk and cheese.



### Make it diabetic friendly:

Make the mash up with swede, sweet potato, carrot, and celeriac, to increase the fibre and lower the carbohydrate content of the meal.



### Make it heart healthy:

Your doctor may have advised you to reduce cholesterol in your diet.

When is this most sustainable to make?

Jan	Feb	Mar	Apr
May	Jun	Jul	Aug
Sep	Oct	Nov	Dec



# Mains

## Roast chicken

### Ingredients:

- 1 whole chicken (approximately 1.5kg)
- 2 tbsp oil or butter

**Optional:** Cranberry sauce to serve

### Method:

1. Preheat the oven to 200°C (400°F, gas mark 6).
2. Rub the skin with the oil or butter.
3. Place the chicken breast-side up in a roasting tray. Roast for 1 hour 20 minutes, basting with its own juices halfway through.
4. Insert a skewer into the thickest part of the thigh—juices should run clear. Alternatively, use a meat thermometer (75°C/165°F internal temp).
5. Let the chicken rest for 10 minutes before carving. This keeps it juicy.

### Alternative cooking methods:

- **Slow cooker:** Cook on low for six hours or high for four hours.
- **Air fryer:** Cook at 180°C for 50 minutes, flipping halfway.

### Herbs and spices that pair well with chicken and turkey:

- salt, pepper, thyme, rosemary, mixed herbs, lemon, garlic.

Sprinkle these on the meat with the oil before roasting for extra flavour.



# Roasts

## Roast beef

### Ingredients:

1kg beef joint

1 tbsp oil or butter

**Optional:** Horseradish sauce or mustard to serve

### Method:

1. Preheat the oven to 220°C (425°F, gas mark 7).
2. Rub with the oil or butter.
3. Place the beef in a roasting tray. Roast for 20 minutes, then lower heat to 180°C (350°F) for:
  - **Rare:** 25-30 minutes
  - **Medium-rare:** 35-40 minutes
  - **Medium:** 45-50 minutes
  - **Well-done:** 60-70 minutes
4. Let the joint rest for 15 minutes covered with foil before carving.

### Herbs and spices that pair well with beef:

- salt, pepper, thyme, rosemary, garlic.

Sprinkle these on the meat with the oil before roasting for extra flavour.



## Roast pork

### Ingredients:

1kg pork shoulder or loin, skin scored

1 tbsp oil

**Optional:** Apple sauce to serve

### Method:

1. Preheat the oven to 220°C (425°F, gas mark 7).
2. Pat the pork skin dry, rub with oil, and season.
3. Place in a roasting tray and roast for 30 minutes at high heat to crisp the crackling.
4. Reduce heat to 180°C (350°F, Gas Mark 4) and cook for one hour per kg.
5. Rest for 15 minutes before slicing.

### Alternative cooking methods:

- **Slow cooker:** Cook on low for six to eight hours or high for four to five hours, then crisp in the oven at 220°C for 15 minutes.
- **Air fryer:** Cook at 180°C for one hour, checking crackling halfway.

### Herbs and spices that pair well with pork:

- lemon, pepper, sage, apple.

Sprinkle these on the meat with the oil before roasting for extra flavour.



# Mains

## Roast lamb

### Ingredients:

1kg leg of lamb

2 tbsp oil

**Optional:** Mint sauce to serve

### Method:

1. Preheat oven to 200°C (400°F, gas mark 6).
2. Rub the lamb with oil, and season.
3. Place in a roasting tray and cook for:
  - **Rare:** 20 minutes per 500g (internal temp 50-55°C)
  - **Medium:** 25 minutes per 500g (internal temp 60-65°C)
  - **Well-done:** 30 minutes per 500g (internal temp 70°C+)
4. Rest for 15 minutes before carving.

### Alternative cooking methods:

- **Slow cooker:** Cook on low for six to eight hours for fall-apart tenderness.
- **Air fryer:** Cook at 180°C for 45 minutes per kg, checking doneness halfway.

### Herbs and spices that pair well with lamb:

- mint, rosemary, thyme.

Sprinkle these on the meat with the oil before roasting for extra flavour.



# Roasts

## Roast butternut squash

### Ingredients:

1 medium butternut squash (around 1kg), halved and deseeded

1 tbsp oil

**Optional:** Honey or balsamic glaze to serve

### Method:

1. Preheat the oven to 200°C (400°F, gas mark 6).
2. Brush the squash with oil and season with salt and pepper.
3. Place cut-side up on a baking tray and roast for 40-50 minutes until tender.
4. Serve as is or mash for a side dish.

### Alternative cooking methods:

- **Slow cooker:** Cook on low for four to six hours or high for two to three hours.
- **Air fryer:** Cook at 180°C for 30 minutes, flipping halfway.

### Herbs and spices that pair well with butternut squash:

- chilli, paprika, garlic.

Sprinkle these on the butternut squash with the oil before roasting for extra flavour.



## Nut roast

### Ingredients:

150g mixed nuts, finely chopped

100g cooked lentils

1 tbsp oil

50g breadcrumbs

### Method:

1. Preheat oven to 180°C (350°F, gas mark 4).
2. Mix all ingredients in a bowl, adding a little water if needed to bind.
3. Press into a lined loaf tin and bake for 35-40 minutes until golden.
4. Let it rest for five minutes before slicing.

### Alternative cooking methods:

- **Slow cooker:** Cook on high for two to three hours.
- **Air fryer:** Cook at 170°C for 25 minutes, checking halfway.

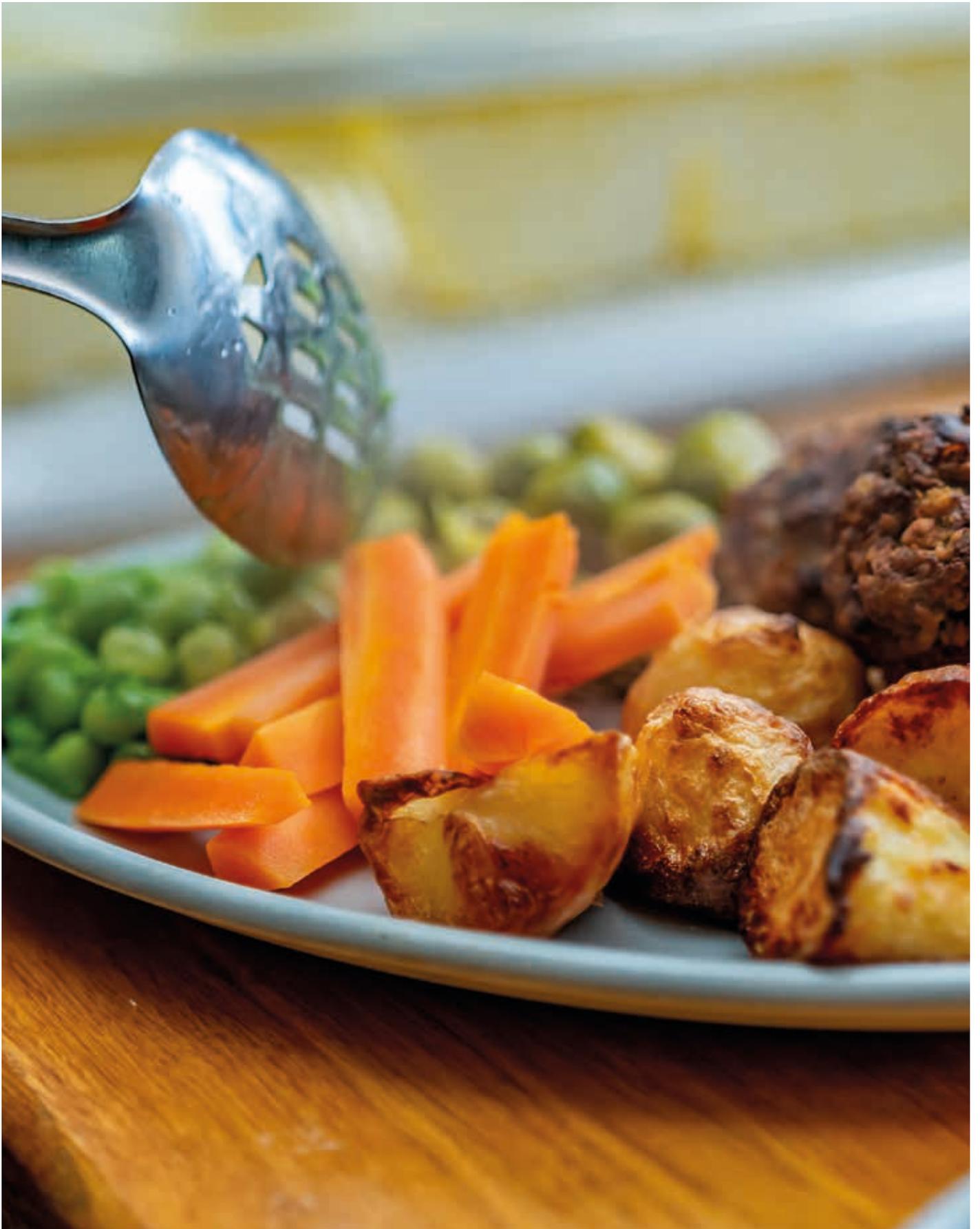
### Herbs and spices that pair well with pork:

- rosemary, salt, pepper, garlic.

Sprinkle these on the nut roast with the oil before roasting for extra flavour.



# Mains



# Roasts – accompaniments

**But the roast is only half the story. Pair your meat or main with any trimming of your choice.**

**We've chosen a few of our favourite accompaniments, but there really is no limit to what goes well with a roast.**

**An all year round option, mains can also be paired with salads and rice or grains for a lighter, summer option.**

## Yorkshire puddings

(traditionally paired with beef)

### Method:

1. Using the pancake recipe from the breakfast section, whisk ingredients into a jug
2. Heat 1 tsp oil in each hole of a Yorkshire pudding or muffin tin in the oven (220°C)
3. Take the tin out and pour batter evenly into the oil filled tins
4. Place at the top of the oven and bake for 20 minutes until golden and risen.

## Stuffing

(traditionally paired with pork)

### Method:

Follow directions on packet of stuffing.

Alternatively, to make it from scratch

1. Mix 400g sausage meat (or meat-free alternative) and 100g breadcrumbs (or gluten free) in a bowl and press into a greased baking dish.
2. Bake for 30-35 minutes at 180°C (350°F).
3. Slice and serve.

## Pigs in blankets

### Method:

Follow directions on packet.

Alternatively, to make it from scratch

1. Wrap sausages (gluten free if required) in bacon (or meat free alternatives)
2. Cook following the instructions on the sausage packet



# Roasts – accompaniments

## Roast potatoes

### Method:

1. Wash and peel your potatoes and chop to desired size.
2. Bring to boil in water on the hob for 10 minutes.
3. Drain water and cover with saucepan lid and shake saucepan (this will help to make your potatoes crispy!)
4. Toss potatoes in 3 tbsp oil or goose fat in an ovenproof dish
5. Roast for 30-40 minutes at 200°C (400°F), turning halfway.

## Cabbage

### Method:

1. Thinly slice your cabbage and wash.
2. Transfer to a frying pan with 1tsp oil and sauté until the cabbage starts to wilt.
3. Add in 2 tbsp water and continue to cook until soft.
4. Season to taste.
5. You could also add balsamic glaze, cranberries or red onion/shallots for a richer flavour.

## Carrots

### Method:

1. Wash and peel your carrots and cut lengthways in half or quarters.
2. If roasting, toss in oil and seasonings of choice, and honey (optional)
3. Arrange on a baking sheet, spread out and roast for 25-30 minutes at 200°C (400°F), until they're crispy on the edges.
4. Alternative cooking methods: slice carrots and put into a saucepan of water and bring to boil. Once boiling, reduce the heat to a simmer and cook for 10-15 minutes, or until the carrots are tender and easily pierced with a fork.
5. Drain the water and serve.

## Parsnips

### Method:

1. Wash and peel your parsnips and cut lengthways in half or quarters.
2. If roasting, toss in oil and seasonings of choice, and honey (optional)
3. Arrange on a baking sheet, spread out and roast for 25-30 minutes at 200°C (400°F), until they're golden brown or crispy on the edges.
4. Alternative cooking methods: Add parsnips to a saucepan of water and bring to boil. Once boiling, reduce the heat to a simmer and cook for 10-15 minutes, or until the parsnips are tender and easily pierced with a fork.
5. Drain the water and serve.



# Roasts – accompaniments

## Broccoli

### Method:

1. Wash your broccoli and cut into small florets.
2. Boil in water until soft.
3. Drain and serve.

Option to add this into the cauliflower cheese (as below).

## Sprouts

### Method:

1. Cut the bottoms off the sprouts and remove the outer leaves.
2. Boil in a saucepan on medium heat until the sprouts soften (five mins).
3. Drain the sprouts and transfer to a saucepan.
4. Fry in the saucepan with 1 tsp oil until the edges crisp.

Option to fry with bacon/lardons (or meat free alternative) for extra flavour.

## Cauliflower cheese

### Method:

For plain cauliflower, follow the broccoli instructions above. For cauliflower cheese:

1. Cook the cauliflower as above.
2. Preheat the oven to 220°C/200°C fan/gas mark 7.
3. In a saucepan, add 4 tbsp of plain (or gluten free plain) flour. Whisk in 500ml milk or alternative milk.
4. Whisk continuously on a medium heat until smooth and thick.
5. Stir in 75g cheese or cheese alternative of choice.
6. Season to taste (optional).
7. Add in the cauliflower and stir until coated in the sauce.
8. Transfer to an ovenproof dish, sprinkle with 25g cheese and 3 tbsp breadcrumbs (optional).
9. Bake in the oven for 20 minutes until golden on top.

## Gravy

### Method:

1. To make a gravy from scratch, add any of the above vegetables into a saucepan and boil until soft.
2. Add a stock cube of choice to the vegetables and water, and 1tbsp gravy browning.
3. Blend with a hand blender to desired consistency.

Option to add the excess juices from roasting the meat or vegetarian alternatives.

Alternatively, follow instructions on gravy granule packet.



# Mains



# Pesto pasta

**My personal favourite (as a pasta lover) and a quick and easy, nutritionally balanced lunch or family dinner.**

## Ingredients:

- 150g pasta (any type)
- 1 chicken breast (approx. 150g), diced
- 3 tbsp pesto (green or red)
- 1 small onion, finely chopped
- 1 garlic clove, minced

## Shopping list: \*

- Chicken:** £2.29
- Pesto:** 99p
- Pasta:** 41p
- Onion:** 12p
- Garlic:** 24p



**30**  
Minutes



**Serves two**

## Method:

1. Cook the pasta according to the packet instructions. Drain and set aside.
2. In a pan over medium heat, sauté the onion and garlic until softened.
3. Add the diced chicken and cook until golden brown and fully cooked through.
4. Stir in the pesto and cooked pasta, tossing to coat evenly.
5. Serve hot, with grated cheese sprinkled on top (optional)

**Optional Extras:** Add cherry tomatoes, spinach, or courgette for more vegetables and swap chicken for mushrooms, tofu, or chickpeas for a meat-free option.

## Swaps:



### Make it low fibre:

You may want to make your pasta with just chicken, pasta, pesto and cheese (no onion, garlic or other vegetables).



### Make it high fibre:

Add lots of extra veggies!

### Fortify it:

Add cream or cheese to the recipe for extra calories!



### Make it gluten free:

Use a gluten free pasta.

### Make it nut free:

Use a nut free pesto, as this contains pine nuts!



### Make it vegan, vegetarian and dairy free:

Use a plant-based alternative to meat, cheese and pesto (free-from pesto).



### Make it diabetic friendly:

Opt for wholewheat pasta for a slower releasing carbohydrate and add extra vegetables in to slow this down further. Alternatively, use a pea or lentil-based pasta for lower carbohydrate and higher protein content.



### Make it high protein:

Add extra meats in, like bacon or chorizo when using red pesto. Alternatively, beans, pulses, cheese and plain yoghurts can add extra protein.

When is this most sustainable to make?

Jan	Feb	Mar	Apr
May	Jun	Jul	Aug
Sep	Oct	Nov	Dec

# Mains



# Pizza

**A fun dinner that everyone can get involved with! Whether you fancy a healthier option like a wrap pizza or a hearty pizza dough, there's something for everyone.**

Thank you to fun family cooking for this recipe.

Sustainable year round, based on the chosen ingredients!

## Ingredients:

- 220g pizza dough (store-bought or homemade)
- 100g tomato passata
- 100g mozzarella, sliced or grated
- 4 basil leaves (chopped)
- 1 garlic clove, minced

## Shopping list: \*

- Pizza dough (premade): £2.20
- Or wraps: 99p
- pitta breads: 50p
- naan bread: £1.25
- Passata: 55p
- Mozzarella: 80p
- Fresh basil: 52p
- Garlic: 24p



**15-30**  
Minutes



Serves two

## Method:

1. Preheat the oven to 220°C. Roll out the dough into two personal-sized pizzas.
2. Spread the passata over the bases, leaving a small border.
3. Sprinkle over the minced garlic and sliced onion.
4. Top with mozzarella and bake for 12-15 minutes until golden and bubbly.
5. Serve hot.

**Optional extras:** Add meats, cheeses, mushrooms, bell peppers, olives, or onion or use a red pesto base instead of tomato passata for a different flavour.

## Swaps:



### Make it gluten free:

Use a gluten free wrap, pizza base or pitta.



### Make it low fibre:

Make your pizza without vegetables.



### Make it high fibre:

Add lots of extra vegetables.



### Make it vegan, vegetarian and dairy-free:

Use a plant-based alternative to meat, cheese and any other toppings.



### Make it diabetic friendly:

Opt for wholewheat wrap or pitta or alternative for a slower releasing carbohydrate and add extra vegetables in to slow this down further.



### Make it high protein:

Add extra meats or beans and pulses in, like bacon or chorizo, beans, pulses, cheese, fish and egg to add extra protein.

When is this most sustainable to make?

Jan	Feb	Mar	Apr
May	Jun	Jul	Aug
Sep	Oct	Nov	Dec



# Mains



## **Regional variations:**

### **India:**

**Add:** garam masala, turmeric, cumin, fresh coriander and a touch of yoghurt or cream.

### **Thailand:**

Use Thai red or green curry paste instead of regular curry paste.

**Add:** fish sauce, lime juice, and a bit of sugar.

### **Malaysia:**

Use Japanese curry roux or mild curry powder.

**Add:** carrot, potato, and soy sauce.

### **China:**

**Add:** star anise, Sichuan peppercorns, or five-spice.

# Curry

**A flavourful and comforting basic curry, acting as a flexible foundation, enabling you to travel across Asia with a few tweaks.**

Thank you to the community chef, Robin Van Creveld and Abri's energy efficient cooking course for this recipe! I really enjoyed getting involved with this class.

Sustainable year round, based on the chosen ingredients.

## Ingredients:

- 1 onion, chopped
- 1 garlic clove, minced
- 200g chopped tomatoes
- 2 tbsp curry paste or powder of choice. Alternatively, make your own mix from scratch.
- 200g protein or vegetables of choice (e.g. fish, meat, or tofu)

## Optional:

- 100ml coconut milk for extra flavour!

## Shopping list: \*

- Onion: 12p
- Garlic: 24p
- Chopped tomatoes: 39p
- Curry powder: £1.25
- Chicken: £2.29



**25-35**  
Minutes

## Method:

1. In a pan, sauté the onion and garlic until softened.
2. Stir in the curry paste or powder, cooking for one minute.
3. Add the protein and cook until lightly browned (if using vegetables, add them directly).
4. Pour in coconut milk or chopped tomatoes, then simmer for 15 minutes.
5. Serve with rice or flatbread.

## Variations:

- **Vegetable curry:** Use cauliflower, sweet potato, or chickpeas.
- **Fish curry:** Use white fish or prawns (add in the last five minutes).
- **Meat curry:** Use chicken, lamb, or beef, cooking longer if needed.

**Other uses:** Use as a filling for wraps or serve over baked potatoes.

**Suggested sides:** Rice, naan, chapati, mango chutney or a simple cucumber raita.

## Swaps:



## Fortify it:

Add more coconut cream for extra calories.



**Serves two**

When is this most sustainable to make?

Jan	Feb	Mar	Apr
May	Jun	Jul	Aug
Sep	Oct	Nov	Dec



# Mains



# Chilli con carne

**A filling meal for all the family. Enjoy on a jacket potato, with rice or on nachos.**

## Ingredients:

- 200g minced beef (or meat alternative)
- 1 small onion, chopped
- 400g can kidney beans
- 400g canned chopped tomatoes
- 1 tbsp chilli powder or paste

## Shopping list: \*

- Minced beef: £2.59
- Onion: 12p
- Kidney beans: 33p
- Chopped tomatoes: 39p
- Chilli powder: £1



**35**  
Minutes

## Method:

1. In a pan, cook the onion and garlic until softened.
2. Add the minced beef and cook until browned.
3. Stir in the chilli powder (option to add cumin, paprika and garlic).
4. Pour in the chopped tomatoes and kidney beans and simmer for 20 minutes.
5. Serve with rice, nachos, or jacket potatoes.



**Serves two**

When is this most sustainable to make?

Jan	Feb	Mar	Apr
May	Jun	Jul	Aug
Sep	Oct	Nov	Dec

## Swaps:



### Make it vegan or vegetarian:

Use a plant-based alternative to meat, like beans and pulses, cheese and any other toppings!



### Make it low fibre:

You may want to make your chilli with less vegetables!



# Desserts



# Crumble and custard

**A warming family favourite that can be made to suit all tastebuds.**

**Serve with warm custard or ice cream, or both!**

Thank you to Age Concern Bracknell for this recipe.

## Ingredients:

200g fruit  
(apples, berries, rhubarb, or plums)  
50g plain flour  
25g butter or dairy-free alternative  
25g sugar

**Optional:**  
½ tsp cinnamon

## Shopping list: \*

**Apples:** £1  
**Plain flour:** 75p  
**Butter:** £1.99  
**Sugar:** £1



**30**  
Minutes

## Method:

1. Preheat oven to 180°C.
2. Chop fruit and place in a baking dish.
3. Rub together flour, butter, and sugar until crumbly.
4. Sprinkle over fruit and bake for 25-30 minutes.

**Optional extras:** Add in raisins, raspberries, blackberries or any other yummy filling!

## Custard:

**Packet custard:** Follow packet instructions with milk or a dairy-free alternative.

**From scratch:** Heat 250ml milk, whisk in 1 egg yolk, 1 tbsp sugar, and 1 tsp cornflour, stirring until thickened.

## Swaps:



### Make it heart healthy:

Choose a plant based butter.



### Fortify it:

Serve with cream, custard or a rich ice cream!



### Make it gluten free:

Use gluten free flour.



### Make it diabetic friendly:

Use an almond flour for less carbohydrate content!



### Make it dairy free:

Use a plant based milk for the custard, a plant based butter, and plant-based ice cream.



**Serves two**

When is this most sustainable to make?

Jan	Feb	Mar	Apr
May	Jun	Jul	Aug
Sep	Oct	Nov	Dec



# Desserts



# Chinese New Year cake

**A traditional Chinese dessert, that promises prosperity and good luck, for your year ahead.**

Thank you to the English Café at Bracknell Open Learning Centre for this recipe idea.

## Ingredients:

100g rice flour  
50g sugar  
100ml water  
1 tbsp vegetable oil

## Optional:

1 tsp vanilla extract or sesame seeds

## Shopping list: \*

Rice flour: £1.50  
Sugar: £1  
Vegetable oil: £1.99



**60**

Minutes

## Method:

1. Mix all ingredients in a bowl until smooth.
2. Pour into a greased small baking dish or ramekin.
3. Steam for 30-40 minutes until firm and translucent.
4. Let cool before slicing.
5. Pan-fry slices for extra texture or eat as is.



Serves two

When is this most sustainable to make?

Jan	Feb	Mar	Apr
May	Jun	Jul	Aug
Sep	Oct	Nov	Dec

## Swaps:



### Make it high protein:

Traditionally, you might want to dip this in whisked egg and fry! Enjoy warm.



### Fortify it:

Serve with sweetened coconut cream or fold in chopped nuts to the batter, or sprinkle on top!



# Desserts



# No-bake cheesecake

**A quick and easy dessert that serves as a fuss-free crowd pleaser. A family favourite in my house!**

## Ingredients:

- 100g digestive biscuits
- 50g melted butter
- 150g full fat cream cheese
- 50g icing sugar
- 100ml double cream

## Optional:

Seasonal fruit such as strawberries or blueberries.

## Shopping list: \*

- Digestive biscuits: 59p
- Butter: £1.50
- Full fat cream cheese: 95p
- Icing sugar: 89p
- Double cream: £1.02



**20**

Minutes

plus 4 hours chilling

## Method:

1. Crush the biscuits in a bag with a rolling pin, or blitz in a food processor.
2. In a bowl, mix crumbs with melted butter. Press into the bottom of a small cake tin. Chill in the fridge.
3. In another bowl, beat cream cheese and icing sugar together until smooth.
4. With a hand whisk or an electric whisk, whip the cream until thick, then fold it into the cream cheese mixture.
5. Spread mixture over the base, smooth the top. Chill for at least four hours until set.
6. Keep chilled and enjoy within two days.

**Optional extras:** Chop up seasonal fruit and add as a layer in between the cheese mix, fold into it or decorate the top of your cheesecake with it! Try strawberries, blueberries or mango.

## Swaps:



### Make it gluten-free:

Use gluten free digestives.



### Make it dairy-free:

Use plant butter, dairy-free double cream and dairy-free cream cheese.



### Make it high-fibre:

Use lots of fruit to jazz up your cheesecake!



### Make it low fat, diabetic friendly or heart healthy:

Use crushed oatcakes for the base, low-fat cream cheese, low-fat greek yoghurt in place of the cream, and 1-2 tbsp sweetener or honey in place of the icing sugar.



Serves two

When is this most sustainable to make?

Jan	Feb	Mar	Apr
May	Jun	Jul	Aug
Sep	Oct	Nov	Dec



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**For more information visit:**

**British Dietetic Association (BDA)**  
[www.bda.uk.com](http://www.bda.uk.com)

**British Heart Foundation (BHF)**  
[www.bhf.org.uk](http://www.bhf.org.uk)

**Bracknell Forest Public Health**  
[health.bracknell-forest.gov.uk/](http://health.bracknell-forest.gov.uk/)

