

## Tips for a taste-filled nutritious diet:

- Cook from scratch as much as possible. Then you know exactly what you're eating.
- Experiment with flavours. Add different seasonings to add variety.
- Try new foods all the time. Even if you don't like a particular taste now, that may change over time.
- The wider the variety of foods you eat the wider the taste sensation and health benefits.
- Enjoy your food! It's not just fuel.
- Aim for a balanced diet;
  - plenty of fruit & veg and starchy foods (e.g. potatoes, rice, pasta, cereals)
  - a bit of meat, fish or alternatives (e.g. eggs, pulses)
  - a bit of dairy produce (e.g. milk, yoghurt, cheese)
  - a *small* bit of fat or sugar (e.g. butter, biscuit, crisps)

***For further information on cooking courses for your group or yourself contact:***

Eatsome  
Health Promotion Service  
The Kernow Building  
Wilson Way  
Pool, Redruth  
TR15 3QE  
Email: [eatsome@cornwall.nhs.uk](mailto:eatsome@cornwall.nhs.uk)  
Tel: 01209 216967



# Store Cupboard Basics

This leaflet gives you ideas of some of the key ingredients, and equipment, you might need to get started with cooking, together with a few tasty and inexpensive basic recipes to try out.

You don't need to buy all of these ingredients at once and they should last for a while, helping you to create a range of tasty nutritious meals. For each ingredient, make sure you store it according to the instructions on the packet and use within its use by date.



# Lasagne

## Store Cupboard Basics

ITEM	QUANTITY	AVERAGE COST
Salt	1kg (large bag)	£0.25
Pepper	50g (large pot)	£1.01
Curry powder	80g (large pot)	£0.79
Chilli powder	100g (large pot)	£0.77
Vegetarian stock cubes	110g (10 cubes)	£0.75
Mixed herbs	7g (small pot)	£0.91
Plain flour	500g (standard bag)	£0.22
Cooking oil	1litre (standard size)	£0.62
Sugar	750g (standard bag)	£0.82
Mustard	190g (standard jar)	£0.22
Canned fish (e.g. tuna)	215g (standard tin)	£0.29
Canned fruit (e.g. pineapple)	434g (standard tin)	£0.49
Canned tomatoes	400g (standard tin)	£0.15
Pasta	500g (small bag)	£0.31
Rice	500g (standard bag)	£0.39

Information based on price comparison of Tesco, Morrisons, Sainsburys and ASDA products (June 2006)

### Ingredients

- **Bolognese sauce**
- **White Sauce**
  - 2 tablespoons butter
  - 2 tablespoons flour
  - 2 cups milk
  - ½ teaspoon mustard
  - salt and pepper to taste
  - 1 handful grated cheese
- **Assembly**
  - 1 handful grated cheese
  - Lasagne sheets
  - oil, for baking dish

### Method

Preheat oven to 350 °F/180°C/Gas mark 4.  
Prepare Bolognese sauce and keep warm.



### White Sauce

Melt butter in a pan over a medium heat. Add the flour and stir with wooden spoon until a paste forms. Remove from heat and add the milk a little at a time while stirring well between each addition.

Return to heat once all the milk is added and mixture is smooth. Add the remaining ingredients. Continue stirring over medium heat until sauce comes to a boil and thickens (about 5 minutes).

### Assembly

Oil the bottom of a 13x9x2 inch baking dish. Layer lasagne alternating Bolognese sauce, white sauce and pasta sheets. Finish with a layer of white sauce and add cheese on the top.

Bake lasagne in middle of oven for about 35 to 40 minutes or until golden. Serve with a green salad

## Spaghetti Bolognese

Serves 4

### Ingredients

1 tablespoon vegetable oil  
1 chopped onion  
1x400g tin chopped tomatoes  
4 medium carrots, diced  
a handful of mushrooms, quartered  
1 cup frozen or handful tinned peas  
1 clove garlic, chopped or crushed  
2 pinches mixed herbs  
400g lean mince or quorn  
2 tablespoons tomato puree  
400g spaghetti  
salt and pepper to taste



### Method

Heat oil in large pan. Add the onion and garlic and cook for 2 minutes. Add the mince or quorn and cook until brown. Add the carrots and cook for a further 2 minutes. Add mushrooms, peas, herbs, tomatoes and tomato puree. Cover and simmer for around 25 minutes.

Meanwhile cook the spaghetti according to the packet. Serve the sauce on top of the spaghetti. Enjoy!

N.B. Add a tin of kidney beans and a pinch of chilli powder to turn into Chilli Con Carne. Serve with rice rather than spaghetti.

Recipe from 5 A DAY leaflet; Fuel for Living

## Equipment

Essential equipment	
Baking trays	Can opener
Chopping boards	Colander/sieve
2 saucepans	Frying pan or wok
Grater	Chopping knives
Measuring jug	Scales
Mixing bowls	Few bits of cutlery
Wooden spoon	Vegetable peeler
Oven gloves	Hob

Additional equipment....	...or alternatives
Rolling pin	Clean wine bottle
Blender	Potato masher
Whisk	Fork
Tongs	2 spoons
Oven	Microwave
Kitchen foil	Cling film

You can cook meals using either a microwave or an oven. Make sure you read manufacturer's instructions for your microwave.

## Pork Chops and Roasted Vegetables

### Ingredients

Pork chops  
Mustard  
Honey (optional)  
Mixed herbs or curry powder  
Salt and pepper  
Vegetables of choice e.g. carrots, peppers, onions, courgettes, parsnip, swede, tomatoes, garlic  
Oil (preferably olive oil)



### Method

Preheat the oven to 350 °F/180°C/Gas mark 4.

Mix together mustard, honey, and seasoning in a bowl. Smear onto both sides of each chop. Place each chop into tin foil and make a parcel with the foil. Place the chops onto a baking tray.

Chop the vegetables into bite size chunks. If using garlic leave it in its skin. Throw vegetables into a roasting tin or baking tray, drizzle with oil and herbs.

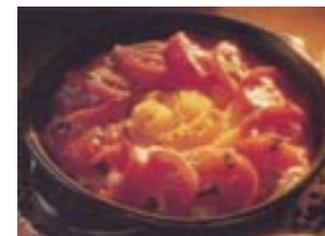
Place chops and vegetables into the middle of the oven and cook for 30-40 minutes until both the meat and vegetables are cooked.

Serve with rice if you like.

## Microwave Tomato and Potato Bake

### Ingredients

350g/14 oz potatoes, thinly sliced  
1 large onion, thinly sliced  
40g/1½oz butter  
500g/20oz tomatoes, sliced  
4 tablespoons of crème fraiche  
½ teaspoon of mixed herbs  
freshly ground pepper to taste



### Method

Place the potatoes in a large shallow dish with 4 tablespoons of water. In another dish put the onion and butter. Cover both with cling film or a microwave lid.

Cook each dish on HIGH for 6 minutes, stirring the onion twice during cooking.

Arrange half the potatoes in a serving dish. Cover with half the tomatoes and two thirds of the onion. Spoon over half the crème fraiche and season with mixed herbs and pepper.

Repeat the potato and tomato layers and pile the remaining onion in the centre. Spoon the remaining crème fraiche over the tomatoes. Season with herbs and pepper.

Cook on HIGH for 10 minutes.

*This dish can be served as a vegetable accompaniment or a light main meal with crusty bread and a green salad.*