



Together we cook

Recipes of Lambeth and Southwark
By Maryam Bader, Ana Da Silva and Harriet Preston

Foreword

This is more than just a recipe book.

A quick walk around any of the streets in Lambeth and Southwark – be it Brixton or Peckham, Streatham or Camberwell – and you will often experience the aroma of jerk chicken with masala spices alongside a greengrocers offering a wide range of exotic fruits and vegetables. This book celebrates the diverse cultures of these boroughs with recipes ranging from the Caribbean, India and Portugal to name a few. We are the early years community food workers from Evelina London's community children's nutrition and dietetics service. Our team works with and supports families with children under 5, to promote good nutrition.

Our recipe book shares favourite recipes donated by the local community, including families, local children's centre staff and members of our team. The recipes have been adapted and nutritionally analysed, are medium or low in fat, sugar and salt, and so provide healthy versions of favourite dishes often eaten in our community.

Maryam, Ana and Harriet

Acknowledgements

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We would like to thank the Albrighton Community Centre for the use of their kitchen, Juliet Baptiste-Kelly for supplying us with crockery and serving equipment, and Réka Csizmazia for generously volunteering her time to take the wonderfully creative photos used in this book.

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“The butternut squash soup was lovely – full of flavour and perfect for winter. I’d never had coriander with soup, but I will add it in the future. I will try this recipe!”

Tina Fennell

Eatwell Guide

Check the label on packaged foods

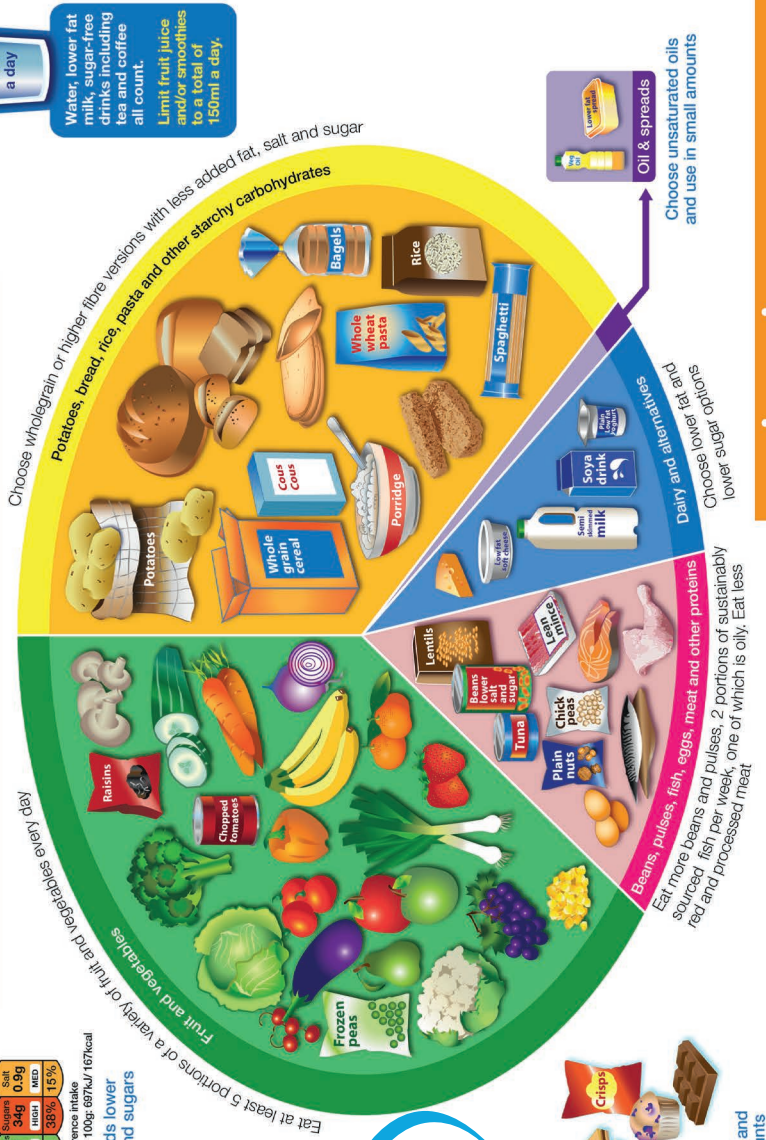
Each serving (150g) contains	
Energy	100kcal
Fat	3.0g
Saturated fat	1.3g
Salt	0.9g
LOW	LOW
4%	7%
13%	38%
	15%

of an adult's reference intake

Typical values (as sold) per 100g: 429kcal / 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



The Eatwell Guide is suitable for children aged 5 and over and adults. Children aged 2 to 5 years should be moving towards this guidance.



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Fruits and vegetables

Public Health recommendations are that we should eat at least 5 portions of fruit and vegetables every day. This is important as the nutrients in fruit and vegetables, such as fibre and vitamins, allow us to grow, get energy and keep healthy.

It is best to eat a range of different coloured fruit and vegetables so our bodies take in different nutrients. Remember, potatoes don't count towards your 5 A Day.

Fruit and vegetables that count towards your 5 A Day can be:



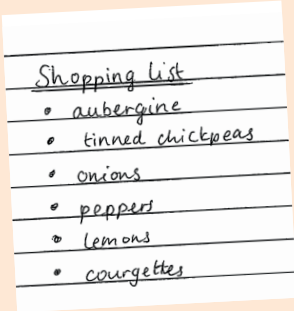
The recommended portion sizes of fruits and vegetables for adults and children are different, but generally:

1 portion = a handful of fruit or vegetables
(a child or adult's own hand).

For adults, 1 portion of juice or smoothies is 150ml. If more than this is consumed, it will still only count as one portion. Water and milk are the best drinks for children as juices can damage young teeth.



Recipe adaptation



Planning meals

Create a shopping list, and plan a menu for the week – remember to use up leftovers! For example,

Dinner, day 1 – jerk chicken with fried rice.

Lunch, day 2 – chicken salad or in a wrap, made with shredded chicken from the night before.

Dinner, day 2 – plantain stew and eba with leftover chicken.



Purchasing food

Choose wholemeal

Include some wholemeal or brown rice, pasta and bread as this has got plenty of fibre. Try having half wholemeal, half white. A high fibre diet is not recommended for under 5s.



Preparing meals

Technique is key

Instead of frying, try baking, boiling, grilling or steaming. Instead of pouring the oil from the container, measure oil for cooking.

1 tablespoon of oil is enough for a family of four.

Bulk up your meals

Adding pulses like beans, lentils or chickpeas to your stews or curries will feed more people for less money and increase the fibre content of the dish. You could replace all or some of the meat with pulses.

Instead of added sugar

When making desserts, try using tinned fruit in fruit juice (not in syrup), frozen or dried fruit to give sweetness instead of adding too much sugar. Cocoa powder gives a lovely chocolate flavour to desserts without the added sugar.

Stop at the lights

Look at the nutrition labels. Use the traffic light system to check if fat, saturated fat, sugar and salt content are low (green), medium (amber) or high (red).

Cut off the fat

Remove any visible fat and skin from your meat to reduce the fat content.

Swap your seasonings

Ready-made sauces can be high in salt and sometimes sugar. Try using fresh or dried herbs, lemons or limes, whole or dried spices instead. Did you know it takes only 4-6 weeks for your taste buds to get used to having less salt in your diet?

All about cheese

Try using strong cheese as you will need a smaller portion than milder cheese for the same great flavour. Grating cheese always makes it go further too.

Store cupboard essentials

Making tasty food for your whole family is easy with these essential store cupboard ingredients. Just add some eggs, meat, chicken or fish, fresh fruit or vegetables and you can start making well-balanced meals for the whole family.



Try to have your cupboards stocked with some of these foods:

✓ **Tinned foods** including fruit (tinned in juice), vegetables (tinned in water), pulses (tinned in water), and fish (tinned in water or oil). For example, peas, sweetcorn, peaches, chickpeas, red kidney beans, mackerel and chopped tomatoes.



✓ **Dry foods** including wholemeal, plain or self raising flour, baking powder, cornmeal flour, wholemeal or white pasta, spaghetti, wholemeal or white rice, wholemeal or white noodles, couscous, and oats.



✓ **Dried herbs and spices** include black pepper, mixed herbs, bay leaves, ginger powder, paprika, turmeric, curry powder, garam masala, cumin seeds, ground cumin, mixed spice, cinnamon, ground nutmeg, all spice, chilli powder, garlic powder and reduced salt stock cubes.



✓ **Oils, vinegars and mustard** – vegetable oil, olive oil, balsamic vinegar, malt vinegar, Dijon mustard.

✓ **Other foods** like nuts, seeds, dried fruit (for example, raisins or sultanas), and dried pulses (for example, red lentils).

Basic kitchen equipment

Having basic equipment in the kitchen will make the preparation and cooking of recipes easier. Here are our suggestions, however you could buy more or less equipment depending on your budget.



- ✓ Muffin tray
- ✓ Round pizza tray
- ✓ Cake tin
- ✓ Medium saucepan
- ✓ Large saucepan
- ✓ Frying pan
- ✓ Hand-held blender
- ✓ Cooling rack
- ✓ Colander
- ✓ Measuring jug
- ✓ Chopping board
- ✓ Kitchen scales
- ✓ Mixing bowl
- ✓ Ladle
- ✓ Potato masher
- ✓ Knives
- ✓ Tongs
- ✓ Wooden spoon
- ✓ Whisk
- ✓ Tin opener
- ✓ Peeler
- ✓ Grater

Vitamin D

Vitamin D helps to keep bones, muscles and teeth healthy.

The body creates vitamin D from direct sunlight on the skin when outdoors. However, between October and late March we don't get enough vitamin D from sunlight. Vitamin D is also contained in a small amount of foods such as oily fish, red meat, liver and egg yolks but it is difficult to get enough vitamin D from food alone.

The Department of Health recommends:

- adults and children over 5 years old should consider taking a daily supplement of 10 micrograms of vitamin D between October and March.
- breastfed babies and babies under 1 that are having less than 500ml formula a day are given a daily supplement of 8.5-10 micrograms of vitamin D all year round.
- children aged 1-5 and pregnant and breastfeeding mothers are given a daily supplement of 10 micrograms of vitamin D all year round.

Also, the following groups of people are more at risk of low levels of vitamin D than others:

- people with darker skin tones – people of Asian, African, Afro-Caribbean and Middle Eastern descent
- If you cover your skin when you are outside, or stay indoors for a long period of time

The Department of Health recommends that these groups of people should take a daily supplement of 10 micrograms of vitamin D all year round.

Lambeth and Southwark's free vitamin D scheme



All women living in Lambeth or Southwark are entitled to free vitamin D during pregnancy and up to 1 year after giving birth. All children under 4 years old are eligible for free vitamin D drops. Visit a pharmacy in Lambeth or Southwark to register for the scheme. To find the list of pharmacies or for more information, visit our website:

www.evelinalondon.nhs.uk/CommunityNutritionDietetics

Recipes

All of our recipes have been nutritionally analysed to make sure they are not high in sugar, salt, fat or saturated fat. They are suitable for the whole family, however they do contain low fat dairy foods, for example, low fat cheese, low fat yoghurt and semi-skimmed milk. These lower fat foods are only suitable for adults and children aged 2+.



“I love these recipes. I would like to prepare and cook them for my family.”

Tinhinane Cheloul

Fruit salad with Greek yoghurt

This recipe makes a yummy, balanced breakfast. It contains fruit to help you towards your 5 A day, oats for energy, yoghurt for calcium and nuts for protein!



PREP & COOK TIME
(PLUS DEFROSTING TIME)



SERVES



SUITABLE FOR
VEGETARIANS



Method

1. Chop the bananas and apples into small pieces.
2. Spoon 100g yoghurt into each bowl.
3. Top each bowl with 1 tablespoon of oats and fruit.
4. Sprinkle with almonds and serve.

What you need

- 2 bananas
- 385g tin of apples, drained
- 500g low fat natural yoghurt
- 75g oats
- 100g frozen berries, defrosted
- 60g almonds

Ask your children to choose the fruit they want to include.



If you or your child are allergic to nuts, top with dried fruit instead!

Cornmeal porridge

A delicious, creamy breakfast idea perfect for a cold winter's morning!



PREP & COOK
TIME



SERVES



SUITABLE FOR
VEGETARIANS



What you need

- 1.5 litres semi-skimmed milk
- 100g cornmeal flour
- 2 cinnamon sticks
- ½ teaspoon ground nutmeg
- ½ teaspoon mixed spice
- 2 teaspoon vanilla extract
- 3 tablespoon low fat evaporated milk



Method

1. Pour milk into a saucepan and put on a high heat.
2. Add the cornmeal flour, cinnamon sticks, nutmeg and mixed spice and continue stirring until the milk is boiling.
3. Lower the heat so the milk is simmering and add the vanilla extract and evaporated milk.
4. Stir continuously for five minutes or until the porridge is thick and creamy.
5. Remove cinnamon sticks and pour into bowls.

Serve with
tinned fruit in
juice, such as tinned
peaches. Remember 1
portion of your 5 A Day
is a handful of fruit
or vegetables.

Scrambled eggs with tomatoes

Eggs are full of protein, cheap and a tasty breakfast option.



PREP & COOK
TIME



SERVES



SUITABLE FOR
VEGETARIANS



What you need

1 tablespoon vegetable oil
4 ripe tomatoes, finely chopped
1 red onion, finely chopped
6 eggs
Pinch of black pepper
1 teaspoon of malt vinegar
Handful parsley, finely chopped

Method

1. Heat the oil in a frying pan. Add the tomatoes and onion and cook until they are soft.
2. Break the eggs into a large bowl, add black pepper and whisk or stir with a fork for 1 minute.
3. Pour the eggs into the frying pan and scramble using a wooden spoon.
4. Pour the vinegar into the pan and continue to mix everything together until the eggs are cooked.
5. Remove the eggs from the frying pan and sprinkle with parsley.

Serve with
wholemeal
toast.



“The egg is nice and I like the taste of the parsley. My children like the smell of the egg and the combination of ingredients. I will make it for my children for breakfast.”

Chinoyerem Iwu

Tomato, pepper and pasta soup

This chunky soup is full of vitamins, minerals, fibre and energy.



PREP & COOK
TIME



SERVES



SUITABLE FOR
VEGETARIANS



What you need

- 100g pasta
- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 carrot, chopped
- 1 red pepper, chopped
- 1 large potato, chopped
- 1 garlic clove, chopped
- Pinch of black pepper
- 5 basil leaves, chopped
- 400g tin of chopped tomatoes
- 1 reduced salt stock cube

Method

1. Cook the pasta according to packet instructions and drain.
2. In a separate pan, heat the vegetable oil. Add onion, carrot, pepper, potato and garlic. Cook on a low heat until soft.
3. Add the black pepper, basil and tomatoes and heat until boiling.
4. In a jug, dissolve the reduced salt stock cube in 1L boiling water and add to the pan. Bring to the boil. Turn the heat to low to simmer for 15 minutes.
5. Add the cooked pasta and serve.



Butternut squash soup

This soup is bursting with flavour from the herbs, spices and stock cube, which reduces the need to add salt. The onion and squash counts towards your 5 A Day.



PREP & COOK
TIME



SERVES



SUITABLE FOR
VEGETARIANS



What you need

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 butternut squash, roughly chopped
- 1 garlic clove, chopped
- 1 teaspoon ginger powder
- 1 tablespoon curry powder
- 1 teaspoon turmeric powder
- 1 reduced salt stock cube
- 400g tin of low fat coconut milk
- 2 tablespoon fresh coriander, roughly chopped

Method

1. Heat the vegetable oil in a saucepan. Add onion, butternut squash, garlic and ginger powder. Fry for 5 minutes.
2. Stir in curry powder and turmeric powder and fry for another minute.
3. In a jug, dissolve the reduced salt stock cube in 500ml boiling water and add to the pan.
4. Add low fat coconut milk and bring to the boil. Then turn the heat to low and simmer for 15-20 minutes or until the squash is soft.
5. Blend until smooth and top with fresh coriander.

Lentil curry soup

This comforting, spicy soup contains lentils which are a great source of protein and soluble fibre. If you use frozen or fresh peas they will provide vitamin C which helps increase the body's absorption of iron from the lentils.



PREP & COOK
TIME



SERVES



SUITABLE FOR
VEGETARIANS



What you need

- 300g dried red lentils
- 1 teaspoon turmeric powder
- 1 tablespoon vegetable oil
- 1 onion, finely sliced
- 1 tomato, finely chopped
- 2 garlic cloves, chopped
- 1 green chilli, chopped
(or 1 teaspoon chilli flakes)
- 300g tin of peas, drained
(or 150g frozen peas)
- Handful fresh coriander, chopped

Method

1. In a saucepan, add lentils and turmeric powder to 600ml of boiling water. Cook for 5-10 minutes or until lentils are soft.
2. Add another 100-200ml of boiling water to the lentils and blend until smooth. Leave the blended lentils in the saucepan as this will be needed later.
3. In a small frying pan, heat the vegetable oil over medium heat. Cook onion, tomato, garlic and green chilli. Cook until the onions have browned.
4. Add the onion mixture and the peas to the lentils. Bring to the boil and top with fresh coriander.



Corn chowder soup

The combination of vegetables and milk make each bowl of this chowder creamy and nutritious. Calcium from the milk helps to build healthy bones and teeth.



PREP & COOK
TIME



SERVES



SUITABLE FOR
VEGETARIANS



What you need

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 reduced salt stock cube
- 2 potatoes, peeled and chopped
- 270g tin of sweetcorn, drained
- 1 bay leaf
- 600ml semi-skimmed milk
- Pinch of black pepper
- ½ lemon, juice only
- 50g low fat cheese, grated

Method

1. Put vegetable oil and onion in a saucepan and cook until soft.
2. In a jug, dissolve the reduced salt stock cube in 300ml boiling water and add to the pan.
3. Add the potatoes and bring to the boil. Simmer for 15 minutes or until the potato is nearly cooked.
4. Add sweetcorn, bay leaf, milk and black pepper. Bring to the boil and leave to simmer for 5 minutes.
5. Add the lemon juice and stir through the cheese.

Salads

Salads can vary in colour, flavour and texture - this is what makes them so interesting. For instance, try cutting ingredients into different shapes such as cubes, slices, wedges and by shredding with your hands.

These salads start off as a simple green salad, but by adding some more exciting ingredients it can be made into a colourful vegetable salad or a salad with lots of protein.

1. Green salad



PREP TIME



MAKES 2
SIDE SALADS



SUITABLE FOR
VEGETARIANS

What you need

- 1 spring onion, thinly sliced
- 100g mixed salad leaves
- ¼ iceberg lettuce

Method

1. Place all the ingredients into a serving bowl.



Use any of the salad dressings on page 23 with your favourite salad. Just drizzle them on top before serving.

2. Rainbow salad



PREP TIME



MAKES 5
SIDE SALADS



SUITABLE FOR
VEGETARIANS

What you need

Start with the Green salad, and add

- ½ cucumber, chopped lengthways
- ½ carrot, grated
- 2 tomatoes, quartered
- 200g tin of sweetcorn, drained
- ½ red pepper, chopped
- ½ yellow pepper, chopped
- ½ red onion, thinly sliced

Method

1. Place all the green salad ingredients into a serving bowl.
2. Add the rainbow salad vegetables: cucumber, carrot, tomatoes, sweetcorn, red pepper, yellow pepper and red onion.



3. Protein salad



PREP TIME



SERVES

What you need

Start with a Rainbow salad, and add

- 2 chicken breasts, baked or grilled
- 2 boiled eggs, quartered

Method

1. Place all the green salad ingredients into a serving bowl.
2. Add the rainbow salad vegetables.
3. In the middle of the salad, place the chicken and quartered eggs on the top.



Avocado salad



PREP & COOK
TIME



SERVES

What you need

- ¼ iceberg lettuce, chopped
- 50g baby spinach
- 400g tin of chickpeas, drained
- 2 handfuls cherry tomatoes
- 2 avocados – peeled, stones removed and sliced
- 400g tin of tuna, drained
- ½ cucumber, chopped lengthways
- 1 lime, juice only
- 25g flaked almonds

Method

1. In a bowl, combine the lettuce and baby spinach.
2. Add the chickpeas, cherry tomatoes, avocados, tuna and cucumber in a circle.
3. Squeeze the lime on the avocado to prevent it from turning brown.
4. Top with almonds and serve.



Salad dressings



PREP & COOK
TIME



MAKES 10
TABLESPOONS



SUITABLE FOR
VEGETARIANS

French dressing

In a measuring jug blend:

- ¼ teaspoon garlic powder
- 4 teaspoon Dijon mustard
- 2 teaspoon malt vinegar
- 10 tablespoon vegetable oil
- Pinch black pepper

After blending put in a small jar and close the jar with its lid.

Yogurt dressing

In a jar add:

- 3 tablespoon plain yoghurt
- ½ tablespoon balsamic vinegar
- 1½ tablespoon olive oil
- Pinch black pepper

Close the jar with its lid and shake well.

Lemon dressing

In a jar add:

- 6 tablespoon vegetable oil
- ½ tablespoon mixed herbs
- ¼ teaspoon garlic powder
- 1 lemon, zest and juice
- Pinch black pepper

Close the jar with its lid and shake well.

Creamy yoghurt dressing

In a jar add:

- 3 tablespoon plain yoghurt
- ¼ teaspoon garlic powder
- ½ tablespoon dried herbs
- ¼ tablespoon Dijon mustard
- Pinch black pepper

Close the jar with its lid and shake well.

1 tablespoon
for 1 adult

1 teaspoon
for 1 child



Plantain stew with chicken and mackerel

This dish has got plenty of flavour from the spices and stock, so there is no need to add any salt! Having too much salt in your diet can lead to high blood pressure.



PREP & COOK
TIME



SERVES



What you need

1 tablespoon vegetable oil
 1 onion, chopped
 2 garlic cloves, finely chopped
 ½ Scotch bonnet, finely chopped
 1 bay leaf
 ½ teaspoon cinnamon
 ½ teaspoon turmeric
 1 potato, peeled and chopped
 200g (or 2 fillets) chicken breast, chopped
 1 reduced salt stock cube
 200g green beans, chopped
 2 ripe plantains, peeled and sliced
 400g fresh (or 200g frozen) spinach
 280g smoked mackerel, chopped into chunks

Method

1. Heat the vegetable oil in a large saucepan. Once it is hot, add the onion.
2. Once the onion is soft add the garlic, Scotch bonnet, bay leaf, cinnamon and turmeric to the pan and stir fry for a few minutes.
3. Add the potato and chicken and leave on a medium-to-high heat until browned.
4. In a jug, dissolve the reduced salt stock cube in 500ml boiling water. Add to the pan and bring to the boil. Turn heat to low and leave to simmer for 10 minutes.
5. Add the green beans and plantain and cook for 5-10 minutes.
6. Once the potato is cooked, add the spinach and smoked mackerel and cook for another 5 minutes.



**Attended a Cook
and Eat Well course**

Abieyuwa Ehondor

Jerk chicken

Traditional dishes don't have to be unhealthy –
this chicken has plenty of flavour from lots of spices!



PREP & COOK TIME
(PLUS MARINATING TIME)



SERVES



What you need

- 1kg chicken (whole or pieces), skin removed
- 1 Scotch bonnet
- 4 garlic cloves
- 1 tablespoon dried thyme
- 1 tablespoon ground all spice
- 1 onion, roughly chopped
- ½ teaspoon nutmeg
- 1 tablespoon vegetable oil
- ½ tablespoon ginger powder
- 2 small limes, juice only
- Pinch of black pepper

Method

1. Pre-heat the oven to 200°C / Fan 180°C / Gas mark 6.
2. If using whole chicken, cut into pieces and place in a large bowl.
3. Blend the rest of the ingredients in a food processor and spread over the chicken. Cover and marinate in the fridge for 3 hours or overnight.
4. Bake in the oven uncovered for 45-50 minutes or until fully cooked through.



"I loved the chicken – my kids would like it. You know it's healthy so you want to make it."

Senait Kesete

Okra stew and eba

Fish is a great source of protein. This recipe contains mackerel, a type of oily fish, and a type of white fish. We should try to eat two portions of fish a week, one of which is oily!



PREP & COOK TIME



SERVES



What you need

Okra stew

- 2 mackerel fillets (about 280g)
- 570g fresh okra, chopped
- 1 lemon, juice only
- 1 tablespoon vegetable oil
- 1 onion, chopped
- 5 tomatoes, chopped
- 4 garlic cloves, crushed
- 400g tin of haricot beans, drained
- 1 teaspoon black pepper
- 1 reduced salt stock cube
- 270g frozen white fish fillets

Eba

- 330g cornmeal flour

Method

Okra stew

1. Remove the skin from the mackerel and cut in half.
2. On a medium heat, fry the okra and lemon juice in a frying pan. After 10 minutes or when the okra starts to brown switch off the heat and set aside.
3. While the okra is cooking, in a separate saucepan add oil, onion, tomatoes and garlic and cook for 5 minutes until the onions start to soften.
4. Add the haricot beans and black pepper and cook for 2 minutes.
5. In a jug, dissolve the reduced salt stock cube in 800ml boiling water and add to the pan. Bring to the boil and cook for 5-6 minutes.
6. Turn the hob to low and add the okra, mackerel and white fish and cover. Cook for 10 minutes until the fish is cooked. While the fish is cooking, make the eba.



As an alternative to eba, serve the okra stew with rice.

Eba

1. Add 1 tablespoon of the cornmeal flour to cold water to make a paste.
2. Boil 2.1 litres of water in a large saucepan and add the paste.
3. Stir water so the paste dissolves and until it begins to boil again. Then slowly add the rest of the cornmeal flour, stirring thoroughly.
4. Keep stirring to remove the lumps and as the eba comes together move it away from the sides of the pan.
5. Once the eba has come together into a large ball it is ready to serve.
6. Shape into a large ball or smaller ones so it can be dipped easily into the stew.

Feijoada

This is a Brazilian dish with beans, pork and vegetables.
If you don't eat pork, try this recipe with chicken instead.



PREP & COOK TIME
(PLUS TIME TO SOAK THE BEANS)



SERVES



What you need

250g dried black beans, soaked overnight
in plenty of cold water

2 tablespoon vegetable oil

2 onions, chopped

4 garlic cloves, chopped

2 carrots, chopped

420g lean pork, cubed

1 bay leaf

400g tin of chopped tomatoes

1 reduced salt stock cube

½ savoy cabbage, chopped

1 teaspoon black pepper

Bunch of fresh coriander, chopped

Method

1. In a large saucepan, cook dried black beans according to packet instructions. Using a colander, drain and save the water in a measuring jug.
2. In a separate saucepan, add the oil, onions, garlic and carrots and cook on a medium heat until the onions soften.
3. Add the pork to the pan with the onions. Stir fry for 5 minutes and add 1 bay leaf and tinned tomatoes.
4. Dissolve the reduced salt stock cube in 100ml of reserved water from black beans and add to saucepan. Bring to the boil and cook for 20 minutes on a low heat.
5. Add the cooked beans, cabbage, black pepper and another 150ml of reserved water from black beans. Mix well, bring to the boil again, cover and cook for further 30 minutes.
6. Sprinkle with fresh coriander to serve.

To serve,
squeeze over
fresh orange juice
to bring out the
flavour of the
meat.



Chickpea curry

Pulses, like chickpeas and beans, are cheap and easy to cook with. They are a fantastic source of protein but also are 1 of your 5 A Day.



PREP & COOK
TIME



SERVES



SUITABLE FOR
VEGETARIANS



What you need

- 1 tablespoon vegetable oil
- 1 large onion, finely chopped
- 2 garlic cloves, finely chopped
- 2cm ginger, peel and finely chopped
- 1 bay leaf
- 1 teaspoon garam masala
- 1 teaspoon chilli powder (add more if you like it hot!)
- ½ teaspoon turmeric powder
- 2 fresh tomatoes, roughly chopped
- 1 potato, cubed
- 1 aubergine, cubed
- 200g tin of chopped tomatoes
- 400g tin of chickpeas, drained
- 1 lemon, juice only
- Handful of fresh coriander, chopped

Method

1. Heat the oil in a saucepan on a low heat and cook the onion until soft. Add the garlic, ginger and bay leaf.
2. Add the garam masala, chilli powder, turmeric powder and fresh tomatoes to the pan. Mix well so the mixture combines until fragrant.
3. Add the potato and aubergine to the pan, followed by 250ml of water and the tinned tomatoes and bring to the boil.
4. Add the chickpeas and lemon juice and leave to cook on low for 20 minutes or until the potatoes and aubergine become soft. Sprinkle with fresh coriander.

Serve with
rice or naan.

This is a tasty curry as it is but if you fancy a non-vegetarian curry, just add some diced chicken. If you prefer having the curry more saucy, add a 400g tin of chopped tomatoes.



Attended a Cook and Eat Well course

Hayley Wilkinson

Vegetable carbonara

Vegetable carbonara is usually made with double cream which is high in saturated fat or as we call it, a 'less healthy' fat. Instead, this recipe is made with a white sauce to give it that creamy flavour.



PREP & COOK
TIME



SERVES



SUITABLE FOR
VEGETARIANS



What you need

500g wholemeal spaghetti
200g frozen peas
1 tablespoon vegetable oil
5 cloves of garlic, crushed
400g mushrooms, sliced
½ teaspoon black pepper
50g low fat spread
50g plain flour
500ml semi-skimmed milk
100g low fat cheddar cheese, grated
200g spinach
½ lemon, juice only
Handful of parsley leaves, finely chopped

Method

1. Bring a large saucepan of water to boil and add the spaghetti. Cook for 8 minutes and add the peas. Cook for a further 2 minutes.
2. Drain the pasta and peas and put to one side.
3. In another pan, heat the oil, garlic, mushrooms and season with pepper. Cook over a medium heat for 5 minutes, stirring often.
4. To make the white sauce, melt the low fat spread in a pan on a medium heat and add the flour. Mix well.
5. Add the milk gradually and whisk the sauce until it thickens. Take off the heat and stir in the grated cheese.
6. Add the cooked garlic, mushrooms and white sauce to the pasta and peas. Stir to mix thoroughly.
7. Finally, add the spinach, lemon juice, and parsley. Mix well and serve immediately.

**Add chicken or
an oily fish to make
this a non vegetarian
dish.**



Homemade pizza

Make double portions of the base and freeze for another day. Turn to page 52 for a vegetarian tomato sauce recipe you can use as a pizza topping.



PREP & COOK
TIME



MAKES



SUITABLE FOR
VEGETARIANS

What you need



For the base:

- 1 tablespoon vegetable oil
- 200g self raising flour
(plus extra for rolling out)
- 200g wholemeal self raising flour
- 100g low fat spread
- 190ml semi-skimmed milk

For the topping:

- 400g tin of chopped tomatoes
- 150g cheddar cheese, grated
- 2 tablespoons dried mixed herbs
- Pinch of black pepper

Optional toppings

- Garlic, spinach, red or white onion, pineapple, cherry tomatoes, sweetcorn, mushrooms, peppers of any colour, courgette, cooked meat, fish or chicken





Method

1. Pre-heat the oven to 220°C / Fan 200°C / Gas mark 7. Line a baking sheet with greaseproof paper.
2. Sieve the flour into the mixing bowl and add the low fat spread. Using clean fingertips, rub the low fat spread into the flour until it resembles fine breadcrumbs.
3. Add half the milk and gradually stir to make a soft dough, do not knead. Add the rest of the milk slowly until a ball of soft dough is formed.
4. Sprinkle a rolling pin and a clean, dry surface with a little flour.
5. Roll out the dough so it is less than 1cm thick and shape into a circle. Carefully lift onto the greaseproof paper.
6. Spread the tinned tomatoes onto the base and sprinkle with your choice of toppings. Lastly add the cheese, herbs and black pepper.
7. Bake for 20 minutes or until the cheese is bubbling and the base is golden.

Classic shepherd's pie

This recipe contains foods from all of the main food groups on the Eatwell Guide making it a healthy, balanced meal for your whole family.



PREP & COOK
TIME



SERVES



What you need

- 1 tablespoon vegetable oil
- 1 onion, finely chopped
- 500g lean lamb mince
- 400g tin of chopped tomatoes
- 1 reduced salt stock cube
- 1 green pepper, chopped
- 1 red pepper, chopped
- 1 large carrot, chopped
- 1 teaspoon black pepper
- Handful of chopped fresh herbs, for example, coriander or parsley
- 6 large potatoes, peeled and roughly chopped
- 50ml semi-skimmed milk
- 30g low fat spread
- 30g low fat cheddar cheese, grated

Method

1. Pre-heat the oven to 200°C / Fan 180°C / Gas mark 6.
2. Heat the oil in a large saucepan and add the onions. Cook until the onion is soft.
3. Add the mince and stir-fry on a medium heat until the mince changes colour.
4. Add the tinned tomatoes, stock cube, peppers and carrot. Season with black pepper and stir thoroughly. Cook on a medium heat for 10 minutes. Turn off the heat and stir in the fresh herbs.
5. Place the potatoes in a medium-sized pan and add water so the potatoes are completely covered. Place on a high heat and when the water comes to a boil, reduce the heat and simmer until the potatoes soften, about 5-10 minutes.
6. Drain the potatoes in a colander and return to the pan. Mash the potatoes. Add the milk, low fat spread and half the cheese and continue to mash until the potatoes are smooth.

7. Add the mince mixture to a large baking dish. Make sure it is evenly spread out.
8. Add the mashed potato on top, covering all the mince mixture. Sprinkle with the rest of the cheese, and bake for 30 minutes or until the top is golden brown.



Fried rice

Brown rice provides you with energy and is a great source of fibre.



PREP & COOK TIME
(PLUS DEFROSTING TIME)



SERVES



What you need

- 450g brown rice
- 1 tablespoon vegetable oil
- 1 large onion, chopped
- 1 garlic clove, chopped
- 1 Scotch bonnet (or 1 chilli), finely chopped
- 1 reduced salt stock cube
- 1 tablespoon dried herbs
- ½ lemon, juice only
- 500g frozen mixed vegetables
- 250g of cooked frozen prawns, defrosted
- 2 spring onions, sliced

Method

1. Boil the rice on a low heat for about 25 minutes or until nearly soft. Drain any remaining water and put to one side.
2. In a separate saucepan add the oil and stir-fry the onion until softened.
3. Add garlic, Scotch bonnet, crumbled stock cube, herbs and lemon juice to the softened onion.
4. Add the frozen vegetables and continue to stir fry for another 10 minutes or until the vegetables are cooked.
5. Add the defrosted prawns, spring onions and cooked rice and stir-fry for 10 minutes. Stir thoroughly to prevent the rice from sticking to the pan.

Fancy egg fried rice?

After stir frying the prawns, spring onions and rice for 5 minutes, crack 3 eggs straight into the pan. Continue to stir fry for remaining time and serve.



"I am North African and back home cook with lots of veg and we eat lots of fruit. My problem is that I use salt and when I started the cooking course, I learnt about healthy eating. I've decided to change my habits and cut the salt in my cooking. It will make a lot of difference in my life."

Yamina Trifi

Veggie wraps

Wraps are a great quick and easy option for a lunch box or picnic.

Try adding low fat cheese to this recipe for another tasty variation.



PREP & COOK
TIME



SERVES



SUITABLE FOR
VEGETARIANS



What you need

- ¼ white cabbage, shredded
- 1 red pepper, sliced
- 1 carrot, chopped into batons
- 1 tomato, chopped
- 2 spring onions, chopped
- 1 teaspoon olive oil
- 1 teaspoon black pepper
- 400g tin of red kidney beans, drained and rinsed
- ¼ lemon, juice only
- 4 wholemeal wraps
- 1 avocado, sliced

Method

1. Steam the cabbage, red pepper and carrot for 15 minutes and leave to cool for 5 minutes.
2. Add the chopped tomato and spring onions to a large bowl. Add the steamed vegetables, oil, black pepper, red kidney beans and lemon juice. Stir and make sure all the vegetables are well combined.
3. Lay out the wraps and place the vegetables and a couple of slices of avocado in the middle of the wraps.
4. To fold the wraps, start by folding the sides of the wrap inwards, and then the bottom of the wrap over the vegetables.
5. Then roll the wrap away from you, making sure that the vegetables are fully enclosed.

If you do not have a steamer, put the vegetables in a colander. Place the colander on top of a large saucepan of hot water. Make sure the bottom of the colander is not touching the water. Put the saucepan on a high heat so the water is boiling and cook for 15 minutes.

Add a salad dressing
from page 23 to the wrap
for extra flavour.



Bean burger

This burger contains red kidney beans, onions and carrots, helping you towards your 5 A Day.



PREP & COOK
TIME



SERVES



SUITABLE FOR
VEGETARIANS



What you need

- 2 tablespoon vegetable oil
- 2 x 400g tins of mixed beans in water, drained
- 1 red onion, cubed
- 1 white onion, cubed
- 2 cloves of garlic, finely chopped
- 1 tablespoon ground cumin
- 2 tablespoon dried mixed herbs
- 1 carrot, grated
- 1 handful fresh coriander, finely chopped
- 1 reduced salt stock cube
- 1 tablespoon malt vinegar
- 6 heaped teaspoon plain flour

Method

1. Pre-heat an oven to 180°C / Fan 160°C / Gas mark 4. Brush a baking tray with 1 tablespoon of oil.
2. Heat the beans in a saucepan with 200ml boiling water for 5 minutes until the beans are soft. Drain the water and mash.
3. Heat remaining oil in a frying pan. Cook the onions and garlic with ground cumin and dried mixed herbs until soft.
4. Put the cooked beans, onions and garlic into a large bowl. Add the carrot, coriander, crumbled stock cube, vinegar and the flour. Stir and then shape into 6 burgers. If it's too sticky, add more flour.
5. Place burgers on prepared baking tray and bake in the oven for 15 minutes until the outside of the burger is crisp. Remember to turn the burger half way through cooking.

Serve with a slice of low fat cheese, green salad and wholemeal roll for a yummy fast food alternative!



Cod cakes

These Portuguese cod cakes are great served hot or cold. Since salt fish can be high in salt, a mixture of frozen cod and smoked mackerel is used instead for a great flavour.



PREP & COOK TIME
(PLUS DEFROSTING TIME)



MAKES



What you need

- 1 tablespoon vegetable oil
- 3 large potatoes, peeled and roughly chopped
- 150g frozen cod, defrosted
- 150g smoked mackerel
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- Handful of parsley, finely chopped
- 4 eggs
- 1 lemon, juice only
- 1 teaspoon black pepper
- 130g breadcrumbs

Method

1. Pre-heat the oven to 180°C / Fan 160°C / Gas mark 4. Brush a baking tray with the oil and set aside.
2. Place the potatoes in a saucepan and add water so the potatoes are completely covered. Place on a high heat and when the water comes to the boil, reduce the heat and simmer until the potatoes soften – about 5-10 minutes. Mash and leave to cool.
3. Meanwhile, flake the cod and mackerel in a bowl and add the onion, garlic and parsley.
4. Add an egg, half the lemon juice, the black pepper and the mashed potato and mix well.
5. Whisk 3 eggs in a small bowl and add breadcrumbs in another small bowl.
6. Using two tablespoons, shape the fish mixture into ovals and dip into the egg mixture then roll in breadcrumbs. Place on the prepared baking tray and brush with the egg to glaze.

Serve with
a rainbow salad
(refer to page 21)



7. Bake for 30 minutes or until the cod cakes are golden brown. Serve with the remaining lemon juice.

Mushrooms with garlic

Mushrooms are a good source of fibre and vitamins.

Garlic and herbs are the perfect accompaniments.



PREP & COOK
TIME



SERVES



SUITABLE FOR
VEGETARIANS

What you need

- 1 tablespoon vegetable oil
- 400g mushrooms, sliced
- 2 cloves of garlic, finely chopped
- 1 teaspoon dried herbs, for example, basil, oregano or parsley

Method

Heat the oil on a low temperature and cook mushrooms, garlic and herbs for 5-10 minutes, stirring continuously until brown.



Red cabbage

This is an attractive Polish side dish rich in vitamins, minerals and fibre.
It counts toward your 5 A Day.



PREP & COOK
TIME



SERVES



SUITABLE FOR
VEGETARIANS

What you need

1 red cabbage, chopped
2 tablespoon vegetable oil
2 large onions, cubed
4 cloves garlic, cubed
1 reduced salt stock cube
1 lemon, juice only
2 tablespoon malt vinegar
Handful fresh parsley, chopped

Method

1. Add the cabbage to boiling water and cook for 10 minutes or until tender.
2. Add the oil to a frying pan and cook the onion, garlic and crumbled stock cube on a medium heat for 5 minutes.
3. When the cabbage is cooked, drain the cabbage and combine with cooked onion and garlic.
4. Add the lemon juice, vinegar and parsley and stir until combined.



Spiced roasted vegetables

This side dish provides a feast of different colours and textures, as well as a range of vitamins and minerals.



PREP & COOK
TIME



SERVES



SUITABLE FOR
VEGETARIANS

What you need

2 peppers mixed colours, de-seeded and sliced

1 courgette or aubergine, chopped

1 red onion, chopped into wedges

1 tablespoon vegetable oil

1 tablespoon cumin seeds or ground cumin

1 tablespoon paprika

400g tin of chickpeas, drained

½ lemon, juice only

Pinch of black pepper

Method

1. Preheat the oven to 200°C / Fan 180°C / Gas mark 6. Line a baking tray with baking paper.
2. Place the peppers, courgette or aubergine and red onion on a baking tray, add the oil, cumin and paprika.
3. Roast in the oven for 20 minutes until soft and beginning to brown.
4. Once the vegetables are cooked, transfer to a bowl and mix with chickpeas and lemon juice.
5. Season with black pepper and serve.



Baked plantain and sweet potato

These starchy foods are naturally sweet and full of energy. Baking them instead of frying them reduces the amount of fat you are adding during cooking.



PREP & COOK
TIME



SERVES



SUITABLE FOR
VEGETARIANS

What you need

- 2 sweet potatoes, chopped into wedges
- 2 tablespoon vegetable oil
- Herbs and spices of your choice, for example, 2 teaspoons paprika and 1 teaspoon mixed herbs
- 2 plantains



Method

1. Preheat the oven to 200°C / Fan 180°C / Gas mark 6.
2. Place sweet potato wedges on a baking tray. Add 1 tablespoon of oil and your choice of herbs and spices. Stir to ensure all wedges are covered in herbs and spices.
3. Grease a second baking tray with 1 tablespoon oil. Place the plantains in their skins on the greased tray.
4. Bake sweet potato and plantain in the oven for 30 minutes until the sweet potato is soft on the inside and crispy on the outside and the plantain is soft but not mushy.
5. Slice the cooked plantain and serve with cooked sweet potato.

Basic tomato sauce

This versatile tomato sauce is good source of vitamins and minerals.



PREP & COOK
TIME



SERVES



SUITABLE FOR
VEGETARIANS

What you need

1 tablespoon vegetable oil
2 garlic cloves, sliced
1 onion, sliced
400g tin of chopped tomatoes
Pinch black pepper

Optional additional ingredients:

1 courgette or aubergine
100g mushrooms
1 pepper (red, yellow or green)
1 teaspoon herbs, for example, basil, oregano, coriander
1 teaspoon spices, for example, chilli, cumin, paprika
200ml hot water



Method

1. Add oil in a saucepan and heat gently.
2. Add garlic and onion and cook until softened.
3. Add the tinned tomatoes and black pepper and bring to the boil.
4. Add any additional ingredients and simmer until vegetables are cooked.
5. Add sauce to a blender and blend until smooth (optional).

Ideas

Blend to make a passata for a pizza topping.

Serve as a chunky ratatouille with a jacket potato and chicken.

Add red kidney beans, beef mince and spices to make a chilli con carne.

Add mince, meatballs or pulses and serve with pasta.

Basic white sauce

This adaptation of the classic white sauce is rich in calcium, which helps build strong bones and teeth.



PREP & COOK
TIME



SERVES



SUITABLE FOR
VEGETARIANS

What you need

50g low fat spread
25g plain flour
25g wholemeal flour
750ml semi-skimmed milk



Method

1. Melt the low fat spread on a medium heat in a saucepan and add the flour.
2. Gently stir together to make a roux and cook for a few minutes.
3. Gradually add the milk to the roux, whisking continuously to make a smooth sauce.
4. When the milk is boiling, turn the heat to low and continue to stir until the sauce thickens.

Ideas

Add 50g low fat cheese and a pinch of black pepper, and serve with cooked cauliflower or broccoli.

Add some chopped herbs, for example, parsley, and serve with white fish.

Make a lasagne. Make the layers by first putting a vegetarian or meat tomato sauce in a large ovenproof dish. Top the sauce with a layer of lasagne sheets, then a layer of white sauce. Repeat the layers (tomato sauce, lasagne sheets, white sauce) until you reach the top of the dish. At the very top add some grated low fat cheese and cook in an oven preheated to 180°C / Fan 160°C / Gas mark 4 for 45 minutes.

Spinach cupcakes

These savoury cupcakes are a great snack for on the go. Also, spinach is a good source of many vitamins and minerals, for example iron.



PREP & COOK
TIME



MAKES 18
CUPCAKES



SUITABLE FOR
VEGETARIANS



What you need

100g fresh spinach
(or 100g frozen spinach)
200ml semi-skimmed milk
1 large egg
50ml vegetable oil
80g rolled oats
150g self raising flour
150g wholemeal self raising flour
2 teaspoon baking powder
2 spring onions, finely chopped
1 small red pepper, finely chopped
100g low fat cheese, grated

Method

1. Preheat oven to 180°C / Fan 160°C / Gas mark 4. Prepare a muffin tin with cupcake cases.
2. With a blender blend the spinach and milk into a green smoothie. Pour the smoothie mix into a large bowl, add egg and oil.
3. In another large bowl, put the oats, flour, baking powder and stir with a wooden spoon until combined.
4. Add these dry ingredients to the spinach mixture. Fold in until evenly mixed.
5. Add the spring onions, red pepper and cheese to the muffin mixture and gently mix. Spoon 1 tablespoon of the mix into each cupcake case.
6. Bake for 20-25 minutes, until a skewer pushed in the centre comes out clean.

This recipe is blended to make the cupcakes a green colour, but you can also try this recipe with just chopping the spinach.



Red pepper dip

This is a lovely snack – try with wholemeal pitta or vegetable sticks.



PREP & COOK
TIME



SERVES



SUITABLE FOR
VEGETARIANS



What you need

- 2 red peppers, quartered
- 1 large red onion, quartered
- 4 cloves garlic, chopped
- 1 tablespoon vegetable oil
- 1 tablespoon malt vinegar
- 1 teaspoon paprika
- 75ml low fat natural yoghurt
- ½ teaspoon ground black pepper

Method

1. Preheat oven to 180°C / Fan 160°C / Gas mark 4. Line a baking tray with greaseproof paper and set aside.
2. Put the peppers, onion and garlic into a bowl. Add the oil, vinegar and paprika. Stir so the vegetables are well coated in the spices.
3. Place these ingredients on the prepared tray and bake for 45 minutes, tossing halfway through, until the tops of the peppers are starting to brown.
4. Remove from the oven and set aside to cool.
5. Once cool, blend the ingredients in a food processor until totally smooth. Transfer to a bowl.
6. Stir in the low fat natural yoghurt and season with black pepper. Cover and refrigerate until chilled.



Orange and carrot cake

This cake is lower in sugar and fat than a standard cake recipe, so can be enjoyed as part of a healthy, balanced diet.



PREP & COOK
TIME



MAKES



SUITABLE FOR
VEGETARIANS



What you need

2 medium carrots, grated
2 oranges, zest and juice
50g light muscavado sugar
75ml vegetable oil
4 large eggs, beaten
300g self raising flour
80g wholemeal self raising flour
2 teaspoon ground cinnamon
2 teaspoon mixed spice
2 teaspoon baking powder

Method

1. Preheat oven to 180°C / Fan 160°C / Gas mark 4. Line a 20cm diameter round cake tin with greaseproof paper.
2. In a jug, add the carrots, the zest and juice of the oranges.
3. Put sugar, oil and eggs in a large bowl and thoroughly combine. Stir in the carrot and orange mix.
4. Gently fold the flour, cinnamon, mixed spice and baking powder into the bowl.
5. Pour mixture into the prepared cake tin.
6. Bake for 50 minutes, or until a skewer comes out clean. Leave to cool in the tin.

For added orange flavour - use a fork or cocktail stick to make a few holes in the top of the cake. Squeeze the juice of another orange over the top of the cake.



"I absolutely love this, it is sweet enough."

Sophie Kirk

Fruit slice

This recipe has no added sugar.
Instead the fruit provides a lovely sweet flavour!



PREP & COOK
TIME



MAKES



SUITABLE FOR
VEGETARIANS



What you need

- 200g wholemeal self raising flour
- 50g oats
- 1 teaspoon cinnamon
- Pinch of mixed spice
- 30g apricots, roughly chopped
- 1 apple, grated
- 1 banana, peeled and mashed
- 100g dried mixed fruit, for example, sultanas, currants, raisins
- 50g flaked almonds
- 150ml semi-skimmed milk

Method

1. Preheat the oven to 180°C / Fan 160°C / Gas mark 4.
2. Put all the dry ingredients and fruit, together with 40g of the almonds, in a large mixing bowl. Add the milk and mix well.
3. Line a cake tin with greaseproof paper. Add the mixture to the tin, spread and press down with a spoon.
4. Bake for 20 minutes. Remove from the oven and sprinkle the remaining almonds and bake for a further 5 minutes.
5. Leave to cool on a cooling rack and slice into 8 pieces.



If you or your child has a nut allergy, the nuts can be replaced with coconut flakes.

Tropical fruit platter

Using different coloured fruits and arranging them in a fun, creative way is good way to encourage children to have their 5 A Day.



PREP & COOK
TIME



SERVES



SUITABLE FOR
VEGETARIANS

What you need

- | | |
|---------------------|------------------|
| 1 pineapple | 1 small papaya |
| 2 ripe mangoes | 4 kiwis |
| 2 large oranges | 4 passion fruits |
| 2 large grapefruits | 4 bananas |

Method

Chop the fruit as desired, place onto a platter and serve.



Notes



A series of horizontal orange lines spaced evenly down the page, providing a template for writing notes.

Lined writing area with 25 horizontal orange lines.



“So, who said healthy food is expensive and doesn’t taste good? Just have a look at the recipes in this book, and you will find plenty of healthy and tasty meals which can be prepared in minutes. Here are ideas and tips which will improve your meals on a daily basis.”

Yuliyan Petkov

Evelina London cares for children and young people every step of the way – before birth, throughout childhood and as they become young adults. As part of Guy’s and St Thomas’ NHS Foundation Trust, Evelina London provides care within a specially designed children’s hospital and in the community for all families in Lambeth and Southwark.

Together we cook contains recipes donated by our Lambeth and Southwark community for the whole community to enjoy. The recipes are medium or low in fat, sugar and salt, helping you to make healthier choices for you and your family.

During the production of this book, over 80 meals of these recipes have been donated to the Albrighton Community Fridge in Southwark.

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