

Meals of Joy



COST EFFECTIVE WHOLESOME
HEALTHY FAMILY MEALS



LEARN TRICKS TO COOKING ON A BUDGET

IF YOU'RE FEELING THE PINCH, THERE ARE EASY WAYS TO KEEP MORE POUNDS IN YOUR POCKET NEXT TIME YOU HEAD TO THE SHOPS. WITH JUST A FEW CHANGES TO YOUR BUYING AND COOKING HABITS, YOU CAN CUT DOWN YOUR COSTS WITHOUT CUTTING THE FLAVOUR AND NUTRITIONAL VALUE OF YOUR FOOD.

TRY TO BUY STORE CUPBOARD INGREDIENTS WHEN THEY ARE ON OFFER,

TINS, AND DRIED FOODS SUCH AS PASTA, RICE, NOODLES AND OATS SHOULD FEATURE HEAVILY ON YOUR SHELVES.

REPLACE FRESH FISH, VEG AND FRUIT WITH FROZEN. YOU CAN BUY FROZEN FRUIT AND VEGETABLES, OR CHOP UP FRESH ONES AND FREEZE THEM YOURSELF, TO COOK OR USE STRAIGHT FROM FROZEN. THIS TIP IS ESPECIALLY RELEVANT TO THOSE WHO FIND THEMSELVES THROWING AWAY MOULDY PRODUCE. STOPPING FOOD WASTE IS ONE PART OF SAVING MONEY TOO.

BUY FROZEN MINCE AND WEIGH OUT WHAT YOU NEED.

BULK OUT SMALL AMOUNTS OF MEAT WITH LESS EXPENSIVE PROTEINS, E.G. CHORIZO AND CHICKPEA STEW

TRANSFORM SMALL AMOUNTS OF LEFTOVERS INTO A FILLING MEAL, SUCH AS USING CHICKEN AND PEAS TO MAKE A RISOTTO.

MAKE THE MOST OF CHEAPER CUTS OF MEAT. CHOOSING CHICKEN LEGS RATHER THAN BREASTS, AS THIS CAN SAVE YOU OVER 50 PERCENT. REMEMBER, MEAT PRICES CAN BE SUBJECT TO SEASONAL FLUCTUATIONS

MAKE SOUPS WITH CUT PRICE OR LEFT-OVER VEGETABLES

COOK FROM SCRATCH

DO A WEEKLY MEAL PLAN AND BUY ONLY WHAT YOU NEED FOR THOSE MEALS



MAKE FRESH FOOD LAST LONGER

IN THE UK WE THROW AWAY ALMOST 20 PERCENT OF THE FOOD WE BUY. IT'S BELIEVED THAT IN THE AVERAGE HOUSEHOLD THIS ADDS UP TO £50 WORTH OF FOOD WASTE PER MONTH, OR £600 PER YEAR. FOLLOW OUR SIMPLE TIPS FOR KEEPING POPULAR FOODS FRESH FOR LONGER.

FRUIT AND VEG

ABOUT 39 PERCENT OF HOUSEHOLD FOOD WASTE IS FRUIT AND VEG. KEEP POTATOES AND ONIONS IN A COOL, DARK PLACE RATHER THAN IN THE FRIDGE, BUT DO NOT STORE THEM TOGETHER AS THEY PRODUCE GASES THAT CAN DAMAGE EACH OTHER. THEY CAN BE WRAPPED IN PAPER, BUT NOT IN PLASTIC BAGS. KEEP OTHER VEG IN THE FRIDGE – IDEALLY NOT AT THE BOTTOM AS MOST FRIDGES GET COLDER THE LOWER YOU GO – STORED IN PLASTIC BAGS IF YOU WISH AS LONG AS THEY HAVE HOLES PUNCHED IN THEM. LOOK FOR REDUCED ITEMS IN THE SUPERMARKET IF YOU ARE COOKING THAT DAY.

AVOID FRIDGE CHAOS

A DISORGANISED FRIDGE CAN WREAK HAVOC WITH YOUR FOOD'S LONGEVITY, FLAVOUR AND NUTRITIONAL VALUE. **THE BOTTOM SHELF IS THE COLDEST**, AND IDEAL FOR **RAW MEAT, FISH AND POULTRY**. THE TOP SHELF IS THE WARMEST AND HAS THE MOST CONSISTENT TEMPERATURE, AND THEREFORE IS GOOD FOR DAIRY AND PRE-PREPARED FOODS THAT DON'T NEED COOKING. THE DOORS ARE THE WARMEST PLACE IN THE FRIDGE AND BEST FOR FOODS CONTAINING PRESERVATIVES. WRAP CHEESE IN A RESEALABLE BAG AND STORE IT IN A PLASTIC TUB TO PREVENT IT FROM DRYING OUT.

ORGANISING YOUR CUPBOARDS AND FRIDGE WILL ENSURE THAT YOU KNOW WHAT YOU ALREADY OWN, HOPEFULLY STOPPING YOU BUYING DUPLICATES AND ENDING UP WITH FIVE JARS OF THE SAME THING. IT'S A GOOD IDEA TO KEEP AN UP-TO-DATE LIST OF WHAT IS IN YOUR FREEZER, AS LEFTOVERS CAN OFTEN GET PUSHED TO THE BACK AND FORGOTTEN ABOUT. **YOU'RE NOT SAVING MONEY IF YOU DON'T EAT THE FOOD!**





MAKE FRESH FOOD LAST LONGER

COOK IN BULK

USE RECIPES THAT HAVE COMMON INGREDIENTS AND THAT FREEZE WELL. SPAGHETTI BOLOGNAISE AND COTTAGE PIE HAVE THE SAME BASE INGREDIENTS- MINCE, ONIONS, CARROTS. SO, THESE CAN BE COOKED AT THE SAME TIME THEN SPLIT TO MAKE TWO DISHES.

IF YOU ARE COOKING PASTA DO EXTRA TO MAKE A CARBONARA.

IF DOING A CARBONARA COOK BACON OR HAM AND MUSHROOMS THAT CAN BE USED IN A OMELETTE.

REDUCE YOUR MEAT CONSUMPTION



LOTS OF PEOPLE ARE REDUCING HOW MUCH MEAT THEY EAT BECAUSE OF THE HEALTH AND ENVIRONMENTAL BENEFITS, BUT IT'S A GREAT IDEA FOR YOUR WALLET TOO.

POPULAR MEATS SUCH AS CHICKEN BREAST AND LEAN MINCE CAN BE EXPENSIVE, SO THERE'S SIGNIFICANT SAVINGS TO MAKE BY AT LEAST HAVING A 'MEAT FREE MONDAY'.

HERE'S SOME TIPS TO GET YOU STARTED

- EASE YOURSELF IN BY REPLACING THE MINCE IN BOLOGNESE OR CHILLI CON CARNE WITH FROZEN MIXED VEGETABLES OR ONIONS AND PEPPERS
- MAKE STIR FRY WITH HEAPS OF VEGETABLES INSTEAD OF CHICKEN
- TRY COOKING CURRIES USING FILLING PULSES SUCH AS LENTILS, OR USING POTATOES INSTEAD OF MEAT



DON'T KNOCK IT UNTIL YOU'VE TRIED IT

DOWNSHIFT YOUR BRANDS

IF YOU'RE TRYING TO BUDGET THEN YOU'VE PROBABLY ALREADY MOVED TO A MORE BETTER VALUE SUPERMARKET, BUT IF NONE ARE AVAILABLE LOCALLY TRY THE MSE DOWNSHIFT CHALLENGE. THE CONCEPT IS SIMPLE: IT'S ABOUT DROPPING DOWN ONE 'BRAND LEVEL' ON A PRODUCT, TESTING IT, AND IF YOU CAN'T TASTE THE DIFFERENCE – BUYING THAT IN THE FUTURE. CAN YOU REALLY TELL THE DIFFERENCE BETWEEN THE BRANDED DRIED SPAGHETTI AND THE VALUE ONE? CHEAP FOOD DOESN'T MEAN LOSING OUT ON TASTE!



USE SUPERMARKET COUPONS

AS PART OF YOUR MEAL PLANNING EACH WEEK, CHECK TO SEE IF THERE ARE ANY COUPONS AVAILABLE WHICH YOU CAN PRINT OFF AT HOME OR USE ON YOUR PHONE TO GET DISCOUNTS ON YOUR INGREDIENTS

- MONEYSAVINGEXPERT.COM SUPERMARKET COUPONS
- FREESTUFF.CO.UK PRINTABLE VOUCHERS



EASY CHICKEN AND PEA RISOTTO

SERVES 4 PREP 15 MINS COOK 25MINS

- 2 TBSP RAPESEED OIL
- 1 ONION, CUT IN HALF, COARSELY GRATED
- 2 GARLIC CLOVES, GRATED
- 250G/9OZ ARBORIO RISOTTO RICE
- 100ML/3½FL OZ WATER
- 1 LITRE/1¾ PINTS CHICKEN STOCK CUBE, MADE WITH 1 STOCK CUBE
- 250G/9OZ COOKED LEFTOVER CHICKEN, SKIN REMOVED, CUT INTO SMALL PIECES
- 200G/7OZ FROZEN PEAS
- 75G/2¾OZ GRANA PADANO OR OTHER HARD ITALIAN-STYLE CHEESE, FINELY GRATED
- 25G/1OZ BUTTER
- FRESHLY GROUND BLACK PEPPER

METHOD

1. HEAT THE OIL IN A LARGE, NON-STICK SAUCEPAN OVER A MEDIUM HEAT. ADD THE ONION AND GARLIC AND FRY FOR 2-3 MINUTES, STIRRING OCCASIONALLY, UNTIL SOFTENED AND JUST BEGINNING TO COLOUR.
2. ADD THE RISOTTO RICE TO THE PAN AND STIR WELL FOR 30-40 SECONDS, UNTIL THE OIL HAS COATED THE GRAINS OF RICE.
3. POUR IN 50ML WATER AND ALLOW TO BUBBLE FOR 30-40 SECONDS, THEN ADD ALL OF THE STOCK AND BRING TO THE BOIL, STIRRING WELL. REDUCE THE HEAT AND SIMMER, UNCOVERED, FOR 8-10 MINUTES, STIRRING FREQUENTLY, UNTIL THE RICE IS ALMOST TENDER AND THE RISOTTO IS CREAMY IN APPEARANCE.
4. STIR IN THE REMAINING WATER, THE CHICKEN AND THE FROZEN PEAS, THEN CONTINUE TO COOK, STIRRING CONSTANTLY, FOR A FURTHER 4-5 MINUTES, OR UNTIL THE CHICKEN AND PEAS ARE HEATED THROUGH AND THE RICE IS TENDER WITH A SLIGHT BITE.
5. REMOVE THE PAN FROM THE HEAT, THEN STIR IN THE BUTTER AND CHEESE. SEASON WITH BLACK PEPPER. COVER THE PAN WITH A LID AND SET ASIDE FOR 5 MINUTES BEFORE SERVING.



SPICY CHICKEN AND LENTIL TRAYBAKE

SERVES 4 PREP 10 MINS COOK 45MINS

- 400G WASHED RED LENTILS
- 1 ONION
- 400ML CHOPPED TOMATOES
- 320G CHICKEN THIGHS OR LEGS
- 2 TSP SMOKED PAPRIKA
- 2TSP CUMIN
- 500G POTATOES – PEELED AND CUT
- 400ML VEGETABLE STOCK – 1 STOCK CUBE
- 2 RED PEPPERS
- 2 SMALL COURGETTES
- PINCH OF CHILLI FLAKES
- 10G FRESH PARSLEY TO GARNISH

METHOD

1. PREHEAT YOUR OVEN 200°C
2. USE A LARGE ROASTING TRAY, ADD THE LENTILS, TOMATOES, SPICES AND 200MLS OF THE STOCK
3. THEN NESTLE IN THE CHICKEN PIECES AND POTATOES - COOK FOR 20 MINUTES
4. REMOVE FROM THE OVEN GIVE A STIR AND ADD THE CHOPPED VEGGIES AND THE REMAINING STOCK, COOK FOR A FURTHER 25 MINUTES
5. AFTER 25 MINS, CHECK THE CHICKEN IS COOKED THROUGH AND THE POTATOES ARE SOFT - GARNISH WITH PARSLEY, CHILLI FLAKES SALT AND PEPPER, THEN YOU'RE READY TO SERVE.

♡♡ RECIPE



CHICKEN, BROCCOLI AND SPINACH RISOTTO

SERVES 4 PREP 10MINS COOK 30 MINS

METHOD

- 1 HEAD OF BROCCOLI, CUT INTO FLORETS
- 5 TBSP RAPESEED OIL
- 400G CHICKEN BREASTS, CUT INTO CUBES
- 1 ONION, FINELY DICED
- 300G ARBORIO RICE
- 850ML HOT WATER
- 200G BABY LEAF SPINACH
- ZEST OF 1 LEMON

1. HEAT THE OVEN TO 180°C/160°C/GAS 4. TRANSFER THE BROCCOLI FLORETS TO A BAKING TRAY AND DRIZZLE WITH 1 TBSP RAPESEED OIL. TOSS TO COAT THEN TRANSFER TO THE OVEN AND ROAST FOR 15 MINS OR UNTIL JUST STARTING TO COLOUR.

2. MEANWHILE, START TO COOK THE CHICKEN. HEAT 2 TBSP OIL IN A LARGE SAUTÉ PAN OVER A MEDIUM HIGH HEAT. ADD THE CHICKEN AND COOK FOR 6-8 MINUTES OR UNTIL IT'S NO LONGER PINK IN THE MIDDLE AND SLIGHTLY GOLDEN ON THE OUTSIDE. REMOVE FROM THE PAN AND ADD THE REMAINING OIL ALONG WITH THE ONIONS. SAUTÉ THE ONIONS UNTIL SOFT BEFORE ADDING THE RICE TO THE PAN AND TOASTING FOR 1 MIN. TRANSFER THE CHICKEN AND BROCCOLI TO A PLATE WITH A SLOTTED SPOON.

3. LADLE ABOUT 3 SCOOPS OF THE HOT WATER AND STIR IT IN CONTINUOUSLY WITH THE RICE UNTIL IT IS COMPLETELY ABSORBED. KEEP REPEATING THIS UNTIL ALL THE WATER IS USED AND THE RICE IS TENDER, WHICH SHOULD TAKE ABOUT 20 MINUTES

4. STIR IN THE SPINACH THEN TURN OFF THE HEAT. STIR IN THE CHICKEN AND BROCCOLI AND LEAVE TO WARM THROUGH BEFORE SERVING.

5. ADD THE LEMON ZEST.



SPAGHETTI BOLOGNAISE

SERVES 6 PREP 10 MINS COOK 45 MINS

- 500G MINCED BEEF
- 1 ONION, CHOPPED
- 1 CLOVE OF GARLIC, CRUSHED
- 2 CARROTS, CHOPPED
- 100G MUSHROOMS, SLICED
- 1 TIN OF CHOPPED TOMATOES
- 1TBSP TOMATO PUREE
- 1 BEEF STOCK CUBE, DISSOLVED IN 250ML HOT WATER
- 1TSP MIXED HERBS
- SALT AND PEPPER TO SEASON
- 1TBSP OIL
- 500G SPAGHETTI

METHOD

1. ADD THE OIL TO A BIG BASED PAN AND GENTLY FRY TO THE ONION, GARLIC AND CARROTS.
2. ONCE THE ONIONS HAVE TURNED TRANSLUCENT, ADD THE BEEF AND BROWN.
3. ADD ALL THE OTHER INGREDIENTS, STIR AND LEAVE TO SIMMER FOR 30 MINUTES (ADD A LITTLE MORE WATER WHILE COOKING IF NEEDED).
4. COOK THE SPAGHETTI FOR 12 MINUTES, DRAIN SLIGHTLY, THEN ADD TO THE BOLOGNESE SAUCE WITH A LITTLE OF THE SPAGHETTI WATER.
5. MIX IT ALL IN WELL THEN SERVE.

♥♥ RECIPE



COTTAGE PIE

SERVES 6 PREP 10 MINS COOK 1 HOUR

- 500G MINCED BEEF
- 1 ONION, CHOPPED
- 2 CARROTS, CHOPPED
- 1 CLOVE OF GARLIC, CRUSHED
- 1 TIN OF CHOPPED TOMATOES
- 2TBSP TOMATO PURÉE
- 1TBSP WORCESTERSHIRE SAUCE
- 1TSP MIXED HERBS
- 200ML BEEF STOCK
- PINCH OF SALT AND PEPPER
- 1TBSP OIL

TOPPING

- 750G POTATOES
- 25G MARG/BUTTER
- 10ML MILK

METHOD

1. HEAT THE OIL IN A PAN AND FRY THE CARROT, ONIONS AND GARLIC.
2. ADD IN THE BEEF AND FRY UNTIL BROWNED.
3. ADD ALL THE OTHER INGREDIENTS TO THE PAN, GIVE IT A STIR AND LEAVE IT TO SIMMER FOR 45 MINUTES, STIRRING OCCASIONALLY.
4. IN THE MEANTIME, BOIL THE POTATOES UNTIL TENDER, THEN MASH THEM WITH THE BUTTER AND MILK.
5. AFTER 45 MINUTES, ADD THE FILLING TO A OVEN PROOF DISH AND TOP WITH THE MASHED POTATO.
6. PLACE UNDER A PREHEATED GRILL UNTIL IT STARTS TO BROWN

♥♥

RECIPE



MEATBALLS & TAGLIATELLE

SERVES 6 PREP 10 MINS COOK 30 MINS

MEATBALLS

- 500G MINCED BEEF
- 100G BREADCRUMBS
- 1 EGG
- 1TSP MIXED HERBS
- PINCH OF SALT AND PEPPER
- 1TBSP OIL

TOMATO SAUCE

- 1 ONION, DICED
- 1 CLOVE OF GARLIC, SLICED
- 1 TIN OF CHOPPED TOMATOES
- 1 VEGETABLE STOCK CUBE, DISSOLVED IN 300ML HOT WATER
- 1TSP PAPRIKA
- SERVE WITH 450G TAGLIATELLE AND A LITTLE GRATED PARMESAN

METHOD

1. FOR THE MEATBALLS, PUT ALL THE INGREDIENTS (EXCEPT THE OIL) INTO A BOWL AND MIX TOGETHER UNTIL WELL COMBINED.
2. FORM INTO SMALL GOLF BALLS. YOU WILL GET ABOUT 12.
3. ADD THE OIL TO A PAN AND, WHEN HOT, ADD THE MEATBALLS.
4. ONCE THE MEATBALL'S EDGES HAVE BROWNED, START TO MAKE THE TOMATO SAUCE (IN THE SAME PAN) BY ADDING THE ONIONS AND GARLIC.
5. WHEN THE ONIONS HAVE STARTED TO SOFTEN, ADD THE REMAINDER OF THE SAUCE INGREDIENTS.
6. COOK ON A MEDIUM HEAT FOR 20 MINUTES, COOKING THE TAGLIATELLE ABOUT 10 MINUTES BEFORE THE END.



CORNERD BEEF HASH

SERVES 4 PREP 20 MINS COOK 50 MINS

- 1 X 340G CAN CORNERD BEEF, CUT INTO CHUNKS
- 600G POTATOES, PEELED AND CUT INTO CHUNKS
- 2 LEEKS, TRIMMED AND SLICED
- 2 TBSP TOMATO PUREE
- 2 TSP WORCESTERSHIRE SAUCE
- 10G BUTTER
- 2 TBSP MILK
- 400G CAN BAKED BEANS
- 100G CHEDDAR CHEESE, GRATED
- SALT AND FRESHLY GROUND BLACK PEPPER

METHOD

PREHEAT THE OVEN TO 180 C. FAN OVEN 160 C, GAS MARK 4.

COOK THE POTATOES IN BOILING WATER FOR 15-20 MINUTES, UNTIL TENDER. SIMMER THE LEEKS IN BOILING WATER FOR 10 MINUTES.

1. MEANWHILE, PUT THE CHUNKS OF CORNERD BEEF INTO A BOWL WITH THE TOMATO PUREE AND WORCESTERSHIRE SAUCE. STIR TOGETHER GENTLY.

2. DRAIN THE COOKED POTATOES AND MASH THEM WITH THE BUTTER AND MILK. SEASON TO TASTE, THEN STIR IN THE DRAINED LEEKS.

3. POUR THE BAKED BEANS INTO AN OVENPROOF DISH AND SPREAD THE CORNERD BEEF MIXTURE OVER THE TOP. SPOON ON THE MASHED POTATO MIXTURE, SPREADING IT OUT EVENLY. SPRINKLE THE CHEESE OVER THE SURFACE AND BAKE FOR 30 MINUTES.



SAUSAGE AND BEAN CASSEROLE

SERVES 4 PREP COOK 50 MINS

METHOD

- 8 MEDIUM SAUSAGES
- 1 LARGE ONION
- 250G OF BACON
- 1 PINT OF VEGETABLE OR CHICKEN STOCK (MADE USING ONE STOCK CUBE)
- 3 TABLESPOONS OF TOMATO PUREE
- 1 CAN OF CANNELLINI BEANS
- 2 TABLESPOONS OF MUSTARD POWDER

1. PREHEAT YOUR OVEN TO 180°C (GAS MARK 4) AND COOK THE SAUSAGES IN A LARGE PAN WITH A DASH OF OIL TO STOP THEM STICKING TO THE BOTTOM) FOR 20 MINUTES, TURNING OCCASIONALLY.
2. ADD THE ONION, BACON. FRY EVERYTHING UNTIL THE ONIONS START GOING A BIT TRANSLUCENT.
3. ADD THE STOCK TO THE PAN ALONG WITH THE TOMATO PUREE AND FINALLY ADD THE BEANS – BRING TO THE BOIL.
4. ONCE IT HAS REACHED BOILING POINT, PUT IN AN OVEN PROOF DISH AND BAKE FOR 20 MINUTES.
5. REMOVE FROM THE OVEN, STIR IN THE MUSTARD AND SERVE.



FISH FINGER PIE

SERVES 4 PREP 10 MINS COOK 30 MINS

METHOD

- 700G POTATOES, PEELED AND CHOPPED
 - 50G UNSALTED BUTTER
 - 50ML MILK
 - 10-PACK FISH FINGERS
 - 1 LEEK, THINLY SLICED
 - 200G FROZEN PEAS
 - 2 X 180G SACHETS PARSLEY SAUCE
 - 450G FROZEN WHOLE GREEN BEANS
1. PREHEAT THE OVEN TO GAS 7, 220°C, FAN 200°C.
 2. BRING A PAN OF WATER TO THE BOIL AND COOK THE POTATOES FOR 15 MINS OR UNTIL TENDER. DRAIN AND MASH WITH 20G OF THE BUTTER, THE MILK AND SEASON.
 3. MEANWHILE, PUT THE FISH FINGERS INTO A 20 X 30CM BAKING DISH AND COOK FOR 10 MINS OR UNTIL HEATED THROUGH.
 4. PUT 20G OF THE BUTTER INTO A SMALL SAUCEPAN AND FRY THE LEEK FOR 3 MINS. ADD THE FROZEN PEAS AND COOK UNTIL DEFROSTED. ADD THE PARSLEY SAUCE AND WARM THROUGH.
 5. POUR THE SAUCE OVER THE FISH FINGERS IN THE BAKING DISH AND TOP WITH THE MASH. BAKE FOR 15 MINS UNTIL THE TOP IS GOLDEN BROWN.
 6. COOK THE GREEN BEANS ACCORDING TO PACK INSTRUCTIONS AND TOSS WITH THE REMAINING 10G BUTTER BEFORE SERVING.



TUNA AND SWEETCORN FISHCAKES

SERVES 4 PREP 20 MINS COOK 25 MINS

- 300G POTATOES (PEELED WEIGHT) AND QUARTERED
- 4 TBSP MILK
- 2 X 160G CANS TUNA CHUNKS IN SPRING WATER, DRAINED AND FLAKED
- 1/2 TSP DRIED MIXED HERBS
- 2 EGGS, BEATEN
- 100G WHOLEMEAL BREADCRUMBS
- 3 TBSP RAPESEED OIL
- STEAMED BROCCOLI, TO SERVE (40G FOR CHILDREN AGED UP TO 3 AND 80G FOR ADULTS)
- 1 X 120G BISTRO SALAD
- 198G (1 SMALL CAN) SWEETCORN

METHOD

1. BRING A LARGE PAN OF WATER TO THE BOIL. ADD THE POTATOES AND COOK UNTIL THE POTATOES ARE TENDER AND EASILY PIERCED WITH A FORK, ABOUT 15 MINUTES. DRAIN AND ALLOW TO DRY IN THE COLANDER.
2. TIP THE POTATOES INTO A BOWL AND MASH THEM, THEN STIR IN THE WHOLE MILK, TUNA, SWEETCORN AND DRIED HERBS. SHAPE INTO 4 ADULT-PORTION CAKES AND 10 CHILD-PORTION CAKES AND TRANSFER TO A LINED BAKING TRAY. CHILL FOR 30 MINUTES UNTIL FIRM.
3. DIP EACH CAKE INTO THE EGG, LETTING ANY EXCESS DRIP OFF, THEN COAT IN THE BREADCRUMBS, RETURNING TO THE BAKING TRAY. CHILL FOR A FURTHER 10 MINUTES.
4. HEAT HALF THE OIL IN A FRYING PAN AND ADD HALF THE FISH CAKES. COOK FOR 2-3 MINUTES ON EACH SIDE UNTIL GOLDEN. TRANSFER TO A LOW OVEN TO KEEP WARM AND COOK THE REMAINING FISH CAKES IN THE REMAINING OIL. SERVE WITH THE STEAMED BROCCOLI AND SALAD LEAVES.

FULL BODY CHECK IN

DATE _____

HOW DOES YOUR BODY FEEL TODAY?

THINGS I LIKE ABOUT MY BODY

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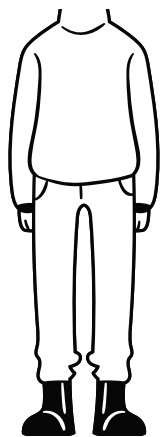
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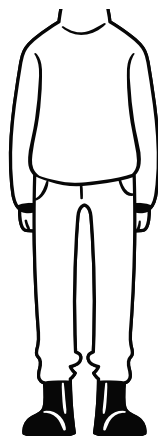
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WHAT CAN YOU DO TO MAKE YOUR BODY HEALTHIER?

MARK IF YOU FEEL ANY PAIN

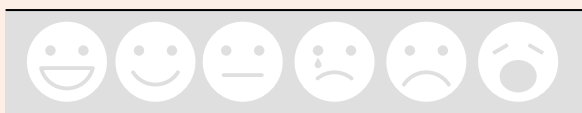


FRONT



BACK

HOW DOES YOUR BODY INFLUENCE YOUR MOOD?



WHAT FOOD IS GOOD FOR YOUR BODY?

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HOW DOES YOUR BODY FEEL TODAY?





Creative Optimistic Visions

We believe **we all have the right to feel safe all the time** and **we can talk with someone about anything, even if it is awful or small.**

Our mission is to provide organisations and individuals with the tools to enable this.



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