



Session 3

Cookery Demonstration

Tuna Bites

200g x Tuna in spring water
1 x Egg
1 x tsp finely chopped fresh parsley
2 x tbsp mashed potato
Olive oil-for brushing
Sea salt and pepper

METHOD

- Pre heat oven to 190 degrees C. Gas mark 5.
- Mash tuna, egg and parsley together. Add salt and pepper to taste.
- Add mashed potato and blend together.
- Divide mixture into individual ball shapes and chill for 10 minutes.
- Space balls on a baking tray, bake for 15 minutes.

Great Granola

3 cups of rolled oats
1/8 cup of sunflower seeds
1/8 cup of sesame seeds
1/8 chopped walnuts
1 1/2 teaspoon of cinnamon
1/8 cup of honey
1/8 cup of apple juice
1 tbsp olive oil
1/2 lemon- squeezed
1 cup of assorted dried fruit

METHOD

- Pre heat oven to 175 degrees C.

- Mix together oats, seeds, nuts and cinnamon in a bowl.

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In a separate bowl blend honey, apple juice, lemon juice and oil. Add to dry mixture and stir until all ingredients are completely coated.

- Spread on baking sheet which has been coated with olive oil spray.
- Bake for 25min. Stir a few times during baking to brown evenly.

Let cool, then add dried fruit.

- You can use figs, apples, dried banana or any dried fruit of your choice.
- Granola can be used as a breakfast cereal, to sprinkle on yogurt or as a healthy snack.

Pizza

1 x Wholemeal Pizza base
Basic tomato sauce(used for pasta)
1 x Pepper
Broccoli
Leek
Sweetcorn
Grated Mozzarella

METHOD

- Put a layer of tomato sauce over base of pizza, add a selection of vegetables and a small amount of cheese.
- Cook in a moderate oven for 15/20 min.
- You can buy pizza bases in advance and freeze them.
- You can use a variety of vegetables, fresh herbs, chicken or tuna but just remember to keep to a small amount of cheese!

Guacamole

2 x Avocados

1 x Clove of garlic
Juice of 1 lemon
2 tbsp Mayonnaise
Chilli powder

METHOD

- Put all ingredients into a blender and mix on medium speed.
- This is delicious served as a dip or as a side dish to chicken, salads, wraps or any vegetable dish.

Basic Tomato Sauce

1 x Tin of chopped tomatoes/ jar of passata
1 x Onion (chopped)
1 x Clove of garlic (crushed)
1x Leek (chopped)
1 x Red pepper (seeded and chopped)
3 x Sticks of celery (chopped)
1 x Courgette (chopped)
Fresh Parsley (Chopped)
Fresh Basil (chopped)
1 tbsp Olive oil

METHOD

- Heat olive oil in frying pan, add onion, garlic, red pepper, leek and celery. Sauté slowly on a low heat.
- When the vegetables have cooked until soft, add the courgette, fresh herbs and tomatoes.
- Simmer gently for 10 minutes.
- Leave to cool slightly, put sauce into a bowl and blend until required consistency.

This recipe can be used for various dishes, including pasta, pizza topping, stir fries, noodles and delicious with chicken.

You can freeze this into single portion