

EAT BETTER FEEL BETTER

Get the kids to eat veg

Stuffed Veggies



Feeds a family of 4 for under £4

Bacon, Bean & Pasta Soup



Cooks in 30 mins

Fish 'n' Chips



Great tips, easy meal ideas and offers that make eating healthier a whole lot easier.

EatBetterFeelBetter.co.uk



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Meal times made easy



- Make a list of family favourites and use these to help you plan meals.
- Write a shopping list to help save time and money.
- Cook some extra so that you can freeze it for another day.
- Buy foods that can be used in more than one meal across the week.

Download our Weekly Meal Planner at EatBetterFeelBetter.co.uk

All the ingredients you need for these quick & easy meals.

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| ■ Haddock fillets [4] | ■ Peppers [4] | ■ Reduced salt stock cube [1] |
| ■ Back bacon [200g] | ■ Onion [1] | ■ Pasta [100g] |
| ■ Carrots [4] | ■ Courgette [1] | ■ Brown rice [200g] |
| ■ Leeks [2] | ■ Beef tomatoes [4] | ■ Can of mixed beans [400g] |
| ■ Potatoes [5] | ■ Garlic cloves [2] | ■ Eggs [2] |
| ■ Celery sticks [2] | ■ Frozen peas [320g] | ■ Breadcrumbs [200g] |
| ■ Mushrooms [8] | ■ Tomato puree [30g] | ■ Low fat cheddar cheese [40g] |
| ■ Plain flour [100g] | ■ Dried mixed herbs | |

Whether it's easy meal ideas, tips, offers or cook-alongs to help you learn new skills, we've got something to help you eat and feel healthier.

For more recipes, tips and advice, visit EatBetterFeelBetter.co.uk



Get involved

Share your own tips and ideas for healthier eating on our Facebook page Facebook.com/eatbetterscotland



What you need

- 8 Slices Back Bacon (200g)
- 2 Leeks (320g)
- 4 Carrots, Medium sized (320g)
- 1 Pint Water (500ml)
- 2 Tablespoons Tomato Puree (30g)

- 1 Cup Pasta (100g)
- 2 Teaspoons Dried Parsley (2g)
- 1 Can Mixed Beans (400g)
- 1 Reduced Salt Stock Cube (Vegetable or Chicken) (7g)

Method

1. Trim the fat off the bacon and cut into small squares. Fry it in a large pan and once it starts to brown drain off any excess fat.
2. Peel the carrots and cut in half lengthways then slice. Remove outer layers of the leeks then half lengthways and slice. Add both to the pan with bacon and cook for 5 minutes with the lid on.
3. Drain and rinse the beans. Dissolve stock cube in boiling water. Add beans, stock, tomato puree and pasta to the pan and simmer until the pasta is cooked, approximately 10 minutes.
4. Once the pasta is cooked, stir through the parsley and serve.

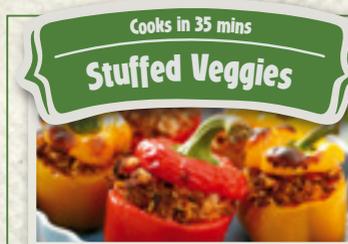


What you need

- 4 Haddock fillets (480g)
- 4 Tablespoons Plain Flour (80g)
- 2 Eggs (100g)
- 4 Cups Breadcrumbs (200g)
- 5 Large Potatoes (1kg)
- 2 Tablespoons Vegetable Oil (20g)
- 10 Tablespoons Frozen Peas (320g)

Method

1. Preheat the oven to 200°C / 180°C fan oven / 400°F / gas mark 6.
2. Peel potatoes and cut into chips about 1cm wide. Cook in a pan of boiling water for 10 minutes.
3. Drain the chips, place on a baking tray and drizzle the oil over them. Bake in the oven for approximately 20 minutes, turning over half way.
4. Break egg into a bowl and whisk using a fork. Put the flour and breadcrumbs on separate plates. Cover another baking tray with greaseproof paper.
5. Coat each piece of fish in flour, dip in the egg and roll in breadcrumbs until all surfaces are covered. Place on baking tray.
6. Cook fish in the oven for approximately 10-12 minutes until golden, turning over half way.
7. Heat the peas for 2-3 mins on the hob or in the microwave and serve with the fish and chips.



Method

1. Preheat the oven to 190°C / 170°C fan oven / 360°F / gas mark 5
2. Gently boil the rice as per manufacturers instructions. Peel the onion and garlic, then chop along with the celery, mushrooms and courgette into small cubes.
3. Heat the oil in a large non-stick frying pan and cook the veg for 8-10 mins, until soft. Set aside.
4. Drain the rice and mix with the cooked vegetables and herbs. Season with black pepper. Slice the tops from the peppers and tomatoes, scoop out the seeds and arrange them in a roasting tin.
5. Fill with the rice mixture and sprinkle with grated cheese, put the tops back on and bake for approx. 20 mins, until the vegetables are tender and serve.

What you need

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|---|---|
| 5 Heaped Tablespoons Brown Rice, (200g) | 1 Courgette, Medium sized (100g) |
| 2 Tablespoons Vegetable Oil (20g) | 1 Teaspoon Mixed Herbs (1g) |
| 1 Onion, Large sized (240g) | 4 Beef Tomatoes (600g) |
| 2 Sticks Celery (60g) | 4 Peppers (640g) |
| 2 Garlic Cloves (6g) | 1 Pinch Ground Black Pepper (1g) |
| 8 Mushrooms, Medium sized (80g) | 4 Tablespoons Cheddar Cheese, Low fat (40g) |

Handy Hints for Fusspots

Chop up some veg and pop them on the table while making dinner – it buys you some time and if the kids are hungry they'll try it!

Get the kids involved in making the food - they will tend to try more things when they have actually helped make it.



Make time for breakfast before school. It can sometimes be a struggle but it's a great way to avoid eating sweets, chocolate, crisps and biscuits halfway through the morning.

Add some fresh fruit slices to sparkling water for a much healthier fizzy drink.

Get the kids to try a little of something new as a side to their usual favourite dish.



Fill a muffin tray with different snacks like grapes, cubes of cheese, cereal or pieces of fruit or veg to encourage kids to snack healthier.



Kids will follow your lead – so try and eat together, even if it's just once a week.

Give the kids a mini shopping list – let them pick their own ingredients and then cook it together at home.



Cooking tasty, healthy meals for your family doesn't need to cost you lots of time or money. So if you're looking for healthier alternatives, money savers or more handy hints, visit

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