Healthy Family Meals

10 simple and tasty recipe ideas plus some useful resources

Introduction

In this booklet you'll find suggestions for five vegetarian meals and five meals using meat and protein, with accompanying priced shopping lists and recipes. In order for us to feel healthy and for our bodies to work properly we need to eat a balanced diet that includes all of the food groups below:

- **carbohydrates** from things like bread, cereal, rice, potatoes and pasta
- **vitamins, minerals** and **fibre** from fruit and vegetables
- **dairy** from cheese, yoghurt and milk
- **protein** from beans, pulses, fish, eggs and meat
- and not forgetting 6 to 8 cups of **water**, milk or sugar-free drinks each day to keep us hydrated

You can also turn to the back of the booklet for some useful resources to help you plan your meal times and keep you and your family healthy and well during lockdown.

This booklet has been created by Medway Council's public health team, A Better Medway.

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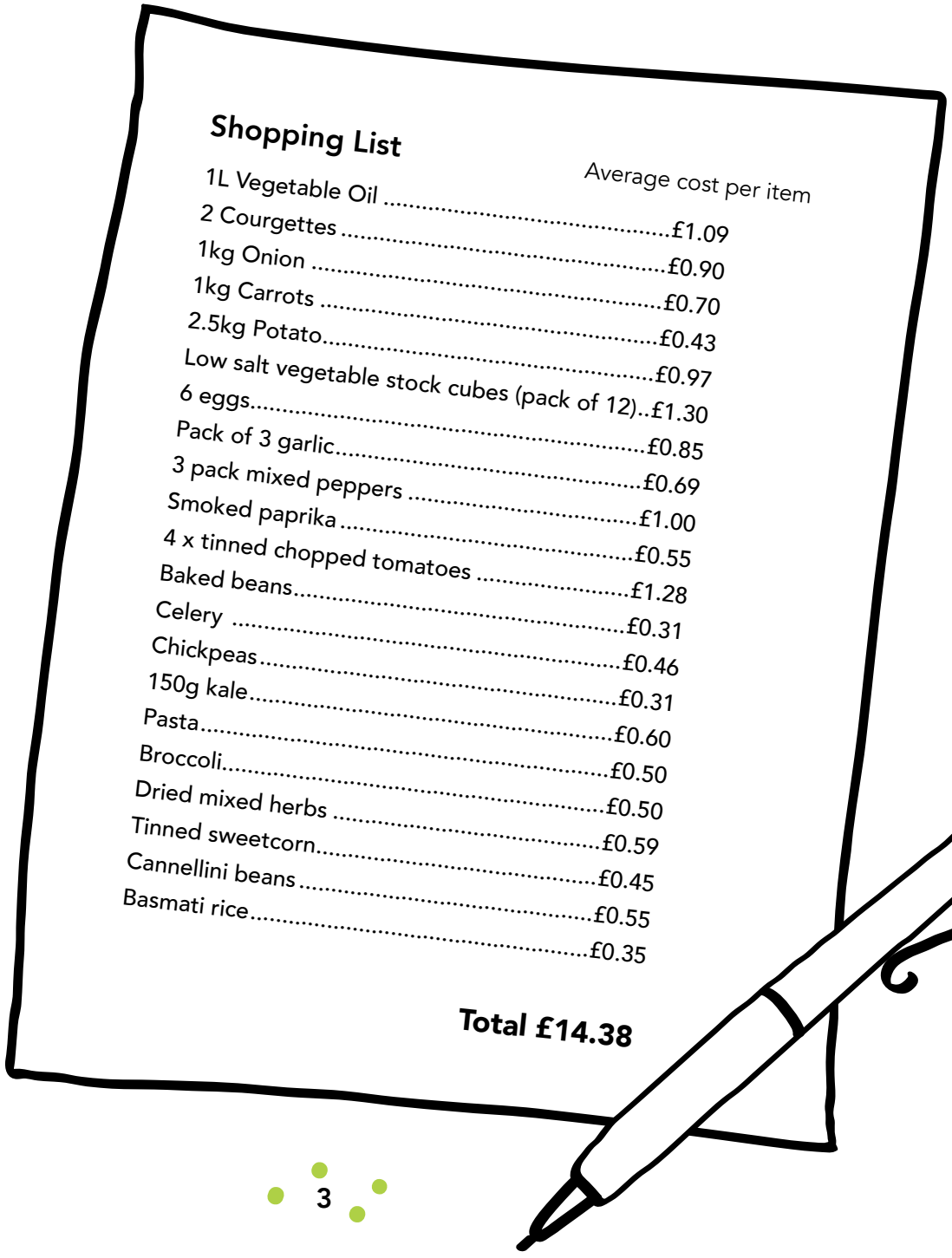
A BETTER MEDWAY
Easier ways to be healthy

Medway COUNCIL
Serving You

Section 1: Vegetarian meals

Courgette soup
Baked bean shakshuka
Braised chickpeas in tomato sauce
Mediterranean pasta
Minestrone soup

The average cost of items on your shopping list are calculated using online prices from major supermarkets, Asda and Tesco.



Courgette soup

Serves 4

Ingredients

1 tbsp of vegetable oil
1 large courgette, chopped
1 onion, chopped
3 carrots, peeled and chopped
1 potato, peeled and sliced
1 litre reduced salt vegetable stock

Method

1. Heat the oil in a large pan over a medium heat. Add the courgette, onion and carrots to the pan and fry for 5 minutes until they begin to soften and turn golden
2. Add the potatoes and fry for a further 2 minutes
3. Add the stock and cook for 10 minutes until the vegetables are soft
4. Blend with a hand a blender and serve

Baked bean shakshuka

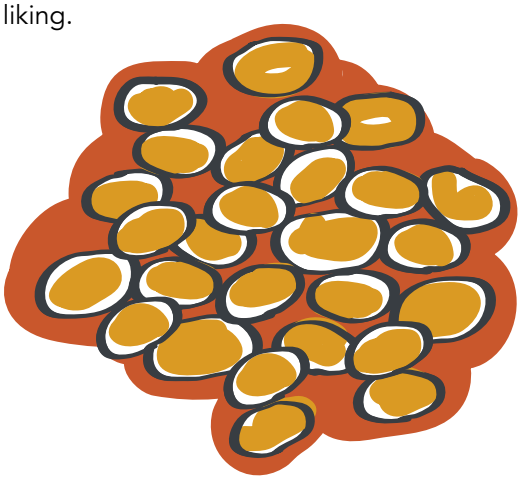
Serves 2-4

Ingredients

1 tbsp vegetable oil
1 white onion, peeled and sliced
1 garlic clove, crushed
1 yellow pepper, de-seeded and cut into slices
1 tbsp smoked paprika
1 x 400g tin chopped tomatoes
1 x 400g tin baked beans
4 eggs

Method

1. Heat the oil in a large frying pan over a medium heat. Add the onion and the crushed garlic clove and fry until they just begin to soften
2. Add the yellow pepper slices and smoked paprika and cook for a further 2 minutes
3. Add the tin of chopped tomatoes and baked beans and stir to combine
4. Simmer for 10 minutes, stirring occasionally
5. Crack each egg into a small bowl or cup. Make a well in the mixture and add the egg. Do this for each of the eggs
6. Cover with a lid and cook until the egg whites are cooked, and the yolk is to your liking.



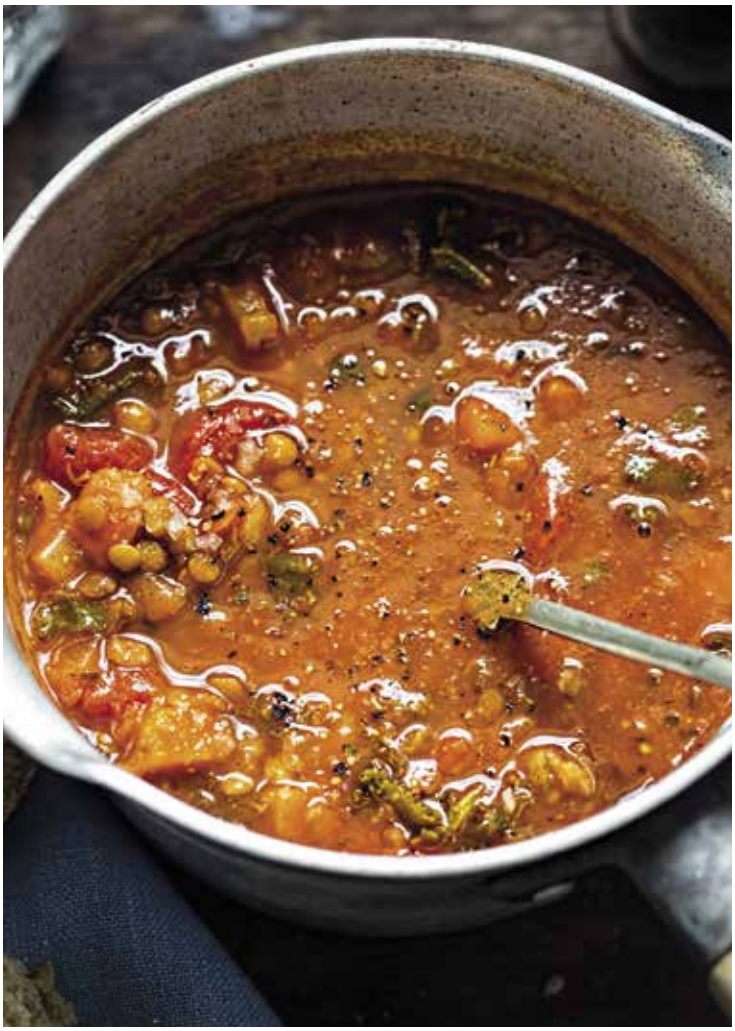
Shopping list

Garlic, 69p for 3
Yellow pepper, £1 for 3
Smoked paprika, 55p for 100g
Chopped tomatoes, 32p for 400g
Baked beans, 31p for 410g

Total **£2.87**

Braised chickpeas in tomato sauce

Serves 4



Ingredients

2 tbsp olive oil
1 onion, finely chopped
1 carrot, finely chopped
1 celery stick, finely chopped
1 garlic clove, crushed
2 x 400g tinned tomatoes
1 x 400g chickpeas, rinsed and drained
Smoked paprika
200g kale
Basmati rice

Method

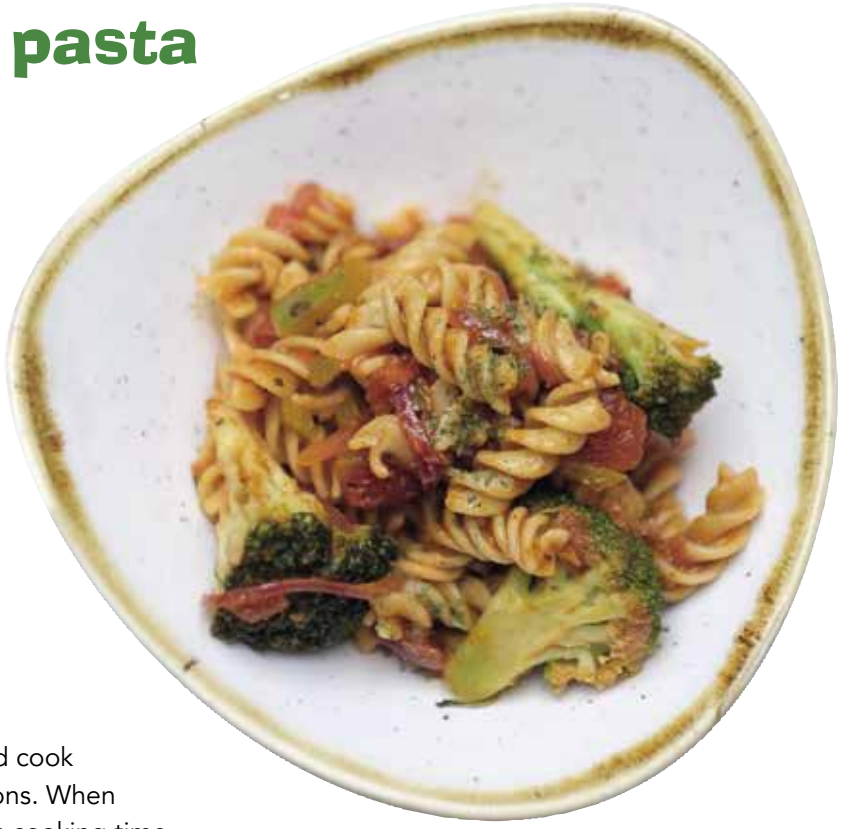
1. Heat 1 tbsp of the olive oil in a saucepan over a medium heat, add the chickpeas and cook until they just begin to brown. Add the paprika and stir, for two minutes. Remove from the heat
2. Heat the remaining tbsp of oil in a separate saucepan and add the onion, carrot, celery and garlic. Cook gently for 10-15 minutes until the vegetables are tender. Stir in the tomatoes and 150ml of water. Simmer very gently for 30 minutes until the sauce has reduced by two-thirds and is very thick
3. Stir the sauce occasionally, particularly towards the end of the cooking time, so that it doesn't catch on the bottom of the saucepan. Add the paprika-spiced chickpeas and kale, let everything simmer together until the kale has wilted
4. Serve on its own or with a small portion of basmati rice

Shopping list

Celery, 46p
Chopped tomatoes, 64p for 800g
Chickpeas, 31p for 400g
Kale, 60p for 150g
Basmati rice, 35p

Total **£2.36**

Mediterranean pasta



Serves 4

Ingredients

350g wholemeal pasta
1 onion, chopped
100g of broccoli, cut into florets
1 pepper, de-seeded and chopped
1 clove garlic, crushed
2 x 400g tins of chopped tomato
2 tsp mixed dried herbs

Method

1. Preheat oven to 200°C
2. Bring a large pan of water to the boil and cook the pasta following the packets instructions. When the pasta has around 7 minutes left of it's cooking time drop the broccoli florets into the water so that they cook together with the pasta
3. Drain the pasta and broccoli when the cooking time is up
4. Place a large frying pan on a medium high heat and add the onion and peppers, cook for 3-4 minutes
5. Add the garlic and cook for a further minute, then add the tomato and herbs to the pan and cook until hot
6. Place the drained pasta and broccoli in an oven proof dish and top with the tomato and vegetable mixture
7. Bake for 20-30 minutes until hot
8. Serve grated with parmesan cheese

Minestrone soup

Serves 4

Ingredients

1 tbsp oil
1 onion
2 celery sticks
3 carrots
1 clove garlic
1 x tin sweetcorn
1 x 400g tin chopped tomatoes
1 vegetable stock cube
with 600ml water
1 x 400g tin cannellini beans
1 tsp mixed herbs
50g pasta shells

Method

1. Chop the onion, celery, carrots and garlic finely
2. Heat the oil in a large pan and add the chopped onion, carrots and celery and gently cook for 3-4 minutes
3. After 3-4 minutes add the chopped garlic and cook for a further minute
4. Add the tomatoes and herbs
5. Place the lid on the saucepan and simmer gently for 10 minutes
6. Add the stock, beans, sweetcorn and pasta and simmer until the pasta is cooked

Section 2:
Meals with meat and protein

Chicken, sweetcorn and noodle soup
Chicken pasta bake
Tuna pasta salad
Chilli and jacket potatoes
Bolognese in lettuce boats

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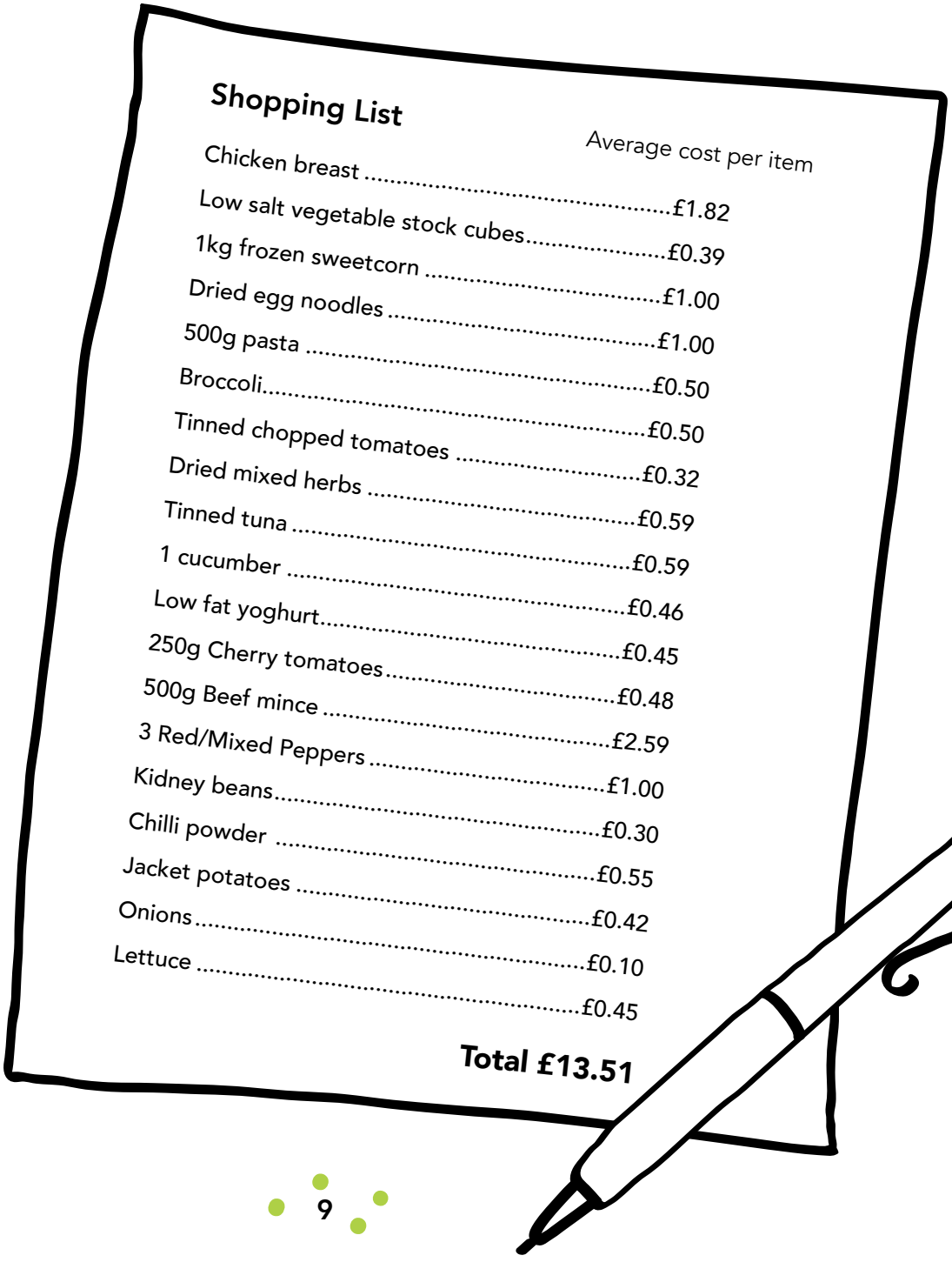


Chicken, sweetcorn and noodle soup

Serves 2

Ingredients

250g chicken

1 low-salt vegetable stock cube

2 tbs of sweetcorn

2 nests of dried noodles

500 ml of water

Method

1. Trim the chicken of excess fat. Put into a saucepan with 500ml of water and poach for 15 minutes, or until just cooked
2. Remove to cool slightly
3. Top the stock up to 500ml and add a stock cube, a handful of sweetcorn and the noodles. Cook until the noodles are softened for 3 to 4 minutes
4. While the noodles are cooking shred the chicken. Add the chicken to the other ingredients and serve

Chicken pasta bake

Serves 2

Ingredients

2 tbsp oil
250g pasta
320g broccoli
1 x 400g tin chopped tomatoes
1 tsp dried mixed herbs
2 tbsp of sweetcorn
250g chicken

Method

1. Heat the oil in a frying pan and add the chicken
2. Boil a saucepan of water and add the pasta and broccoli. Add the sweetcorn when the pasta has approximately 3 minutes left
3. Once cooked, drain, and return to the heat, adding the can of chopped tomatoes
4. Simmer to heat through and add the mixed herbs
5. Add the cooked chicken and serve

Tuna pasta salad

Serves 4

Ingredients

250g pasta
1 x 200g tin tuna
Handful of sweetcorn
½ cucumber, chopped
2 tbsp low fat yoghurt
Handful cherry tomatoes, halved

Method

1. Cook the pasta as per pack instructions
2. When the pasta's cooked, drain, and stir in the tuna
3. Add the sweetcorn, cucumber, and tomatoes, then stir through the yoghurt

Chilli and jacket potatoes

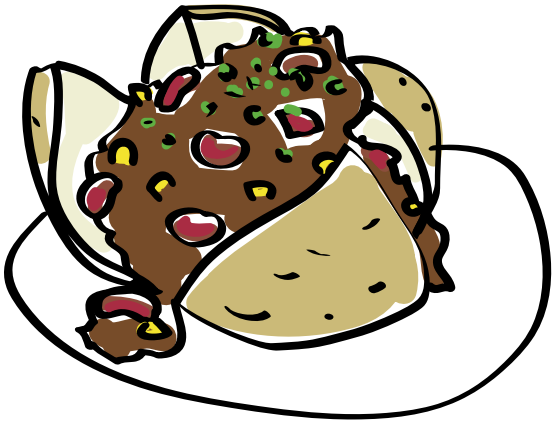
Serves 4

Ingredients

250g beef mince
1 x 400g tin chopped tomatoes
2 peppers, diced
1 onion, diced
1 garlic clove, crushed
1 tsp chilli powder
Handful of sweetcorn
Jacket potatoes
1 x 400g tin kidney beans

Method

1. Heat some oil in a large saucepan and add the onion and peppers. Cook until softened, then add the garlic
2. Add the beef mince and cook until brown
3. Add the can of chopped tomatoes, chilli powder and sweetcorn and cook until the sauce has thickened. Stir through the kidney beans at the end
4. Meanwhile, cook a jacket potatoes in the oven
5. Serve the potato with the chilli



Bolognese in lettuce boats

Serves 3-4

Ingredients

250g beef mince
1 x 400g tin chopped tomatoes
2 carrots, diced
1 onion, diced
1 red pepper, diced
1 tsp dried mixed herbs
Baby gem lettuce leaves

Method

1. Heat some oil in a saucepan and add the onion, carrots and red pepper. Cook until softened, then add the mince and cook until browned
2. Add the chopped tomatoes and mixed herbs and cook until thickened
3. Serve in lettuce leaf boats

Tip: *Use a tablespoon of some leftover low-fat yoghurt to garnish each boat, with a sprinkle of chopped spring onion.*

Section 3:
Family entertainment ideas

If you're looking for ideas to keep the family entertained over the holidays look no further!

Outdoors fun

Scavenger Hunt
This is a great way to explore Medway and you can change your scavenger list depending on where you are visiting. Here are some ideas: brown leaf, a green leaf, a yellow flower, a spider's web, a smooth pebble, a squirrel, a woodlouse, a ladybird …

Save the Planet!
For this you'll need a sack, gloves and a litter picker if you have one. Every year, 8 million tonnes of litter ends up in the world oceans. Why not separate the litter you've collected so it can be recycled? Find out more by searching for 'plastic free living' on **medway.gov.uk**

Stick, stick, stick, stick, sticky, sticky, stick, stick!
Take advantage of the local woodland areas in Medway and gather the world's oldest toy – sticks, and lots of them. Find big branches and build dens or smaller ones and build homes for wildlife. Cover them in mud and leaves and make the camouflage complete!

Indoors inspiration

So, we know the weather in the UK can be a bit unpredictable so here are a few ideas for those inevitable rain days.

Indoor caving
You'll need some chairs and tables or desks to create tunnels and some sheets or blankets to cover your construction. You could use pegs or ropes to hold things together. Hide some items in the caves for family members to find. Turn off the lights, turn on the torches and get hunting!

Kitchen disco
Dancing has been shown to lift our mood, raise our heart rate and release natural feel-good hormones into our blood stream. So, grab a whisk for a microphone, find your most sparkly shoes, put on your favourite party playlist and show off your best moves! Why not make it competitive and do a dance off competition too.

Indoor obstacle course
Why not create an obstacle course and film it so you can watch it once you're having a rest! Be as creative as you want with jumping over 'ponds of lava' or crawling through caves! For more great ideas for indoor play visit: **nhs.uk/change4life**

the rainbow effect
hands face space

While you are walking around Medway this half-term...

...keep an eye out for public artwork, called The Rainbow Effect, thanking all our key workers.

Here are some pics of what you need to look out for!

Section 4:
Council services for families

Free groups for children

A Better Medway run free weekly groups for children aged 2 to 17. Sessions are fun and active and help children and families try new foods and make healthier choices. To find out more or to book a place visit: **medway.gov.uk/eatwellmovemore** or phone: **01634 333741**.

Little Chefs
2 to 4 year-olds
Cook with your toddler

Tri Club
8 to 12 year-olds
Healthy habits for pre-teens

Fit Fix
13 to 17 year-olds
Teens learn healthy habits and feel more confident

Tri Mini
5 to 7 year-olds
Fun for all the family

Tri Cookery
5 to 17 year-olds
Great for siblings after school

Parental group for mums to be in Medway

Join Bump Club and find out how to look after yourself and your baby, from baby first aid, a step challenge, to pregnancy yoga, cooking demos and giveaways!

Visit: **medway.gov.uk/readyforpregnancy** and scroll down the page to find out more about Bump Club.

BUMP CLUB

Medway Adult Education

discover • learn • achieve

medwayadulteducation.co.uk

Section 5:
Useful organisations and groups in Medway

Medway Foodbank

Medway Foodbank gives food and support to local people in crisis.

Opening hours:

Tuesday to Thursday, 9.30am to 3.30pm

Friday, 9.30am to 1.30pm

Phone: **01634 757057**

Visit: **medway.foodbank.org.uk**

Family Action

Family Action transforms lives by providing practical, emotional and financial support to those who are experiencing poverty, disadvantage and social isolation.

Opening hours: Monday to Friday, 9am to 9pm

Phone: **0808 802 6666**

Text: **07537 404282**

Email: **familyline@family-action.org.uk**

Visit: **family-action.org.uk**

Hoo Cares

Hoo Cares runs a parent peer support group every Tuesday morning at 10am. A group environment for parents of school aged children to share experiences and ideas whilst offering friendship and support.

Email: **community@whoocares.org.uk**

Phone: **01634 272138** for more information.

Home Start Medway

Offers a range of services to families with children aged under 5, from home visits to family group support.

Email: **manager@home-startmedway.org.uk**

Phone: **01634 570717**

The Moat Foundation

The Moat Foundation's Gillingham community hub run a number of sessions to support residents.

Here to help - Fridays 12pm – 2pm, find out about local activities in your area

Coffee mornings - Fridays 9am – 11am

Youth club - Thursday 4pm – 8.30 pm, for 8 to 12 year-olds and 12 to 16 year-olds

For free help and advice to help you lose weight, be more active or give up smoking visit: abettermedway.co.uk

The Family Mile©

During the May half-term, The Family Mile will be hosting completely free, fun activities for you and your family to get involved in, including their fantastic 'Nature Mile.' Follow the on facebook for more information.

facebook.com/FamilyMileMedway

ESTUARY 2021

22 May — 13 June

Take an epic walk along the stunning coastline of North Kent to experience **artworks** and **performance** within the estuary landscape, historic sites and coastal towns, including Chatham.

Visit: estuaryfestival.com to see a full list of all the events happening in the Medway area.

HAVE FUN WITH SOME REALLY OLD STUFF!

You could...

- climb to the top of the **highest castle keep in England**
- see what **life was like as a prisoner** on a Medway Hulk
- find out how many pigs it takes to **destroy a tower**
- look at a **real mammoth tusk**

Rochester Castle and the Guildhall Museum are now open for you to explore and discover the fascinating local history right on your doorstep!

For more information...

visitmedway.org

Medway Council

Serving You