

DSE COOKBOOK



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Introduction

THE DSE COOKBOOK

The BeHealthy campaign is the first DSE wide initiative undertaken by the network of [DSE Wellbeing Champions](#). Aligning to the [Six Ways to Wellbeing](#) framework and calendar, the DSE campaign asked colleagues to [BeHealthy](#) by making sensible eating choices. Through pot luck lunches, DSE staff were challenged to cook some real food and share a meal with colleagues. The delicious recipes were then brought together to create the DSE Cookbook.

Containing 16 recipes, the cookbook offers healthy breakfast meals to start you day as well as some light meals and lunches. Tasty sweet treats are also covered so you can indulge in puddings without worrying. Some of the recipes contain an international flavour whereas others are family recipes shared and adapted over time.

This cookbook has been created thanks to the hard work of the DSE Wellbeing Champions and represents more than just the recipes within; it demonstrates how healthy eating can help us to connect and share experiences with one another.

Special thanks to those who have shared their recipes with us.

Andy's Breakfast Smoothie

DIRECTIONS

1. Prepare ingredients
2. Add to active blend, nutribullet or equivalent
3. Blitz into preferred consistency

INGREDIENTS

- 1x Banana
- Handful of spinach
- Handful of frozen blueberries
- Handful of frozen raspberries
- 2x spoonful's of oats
- Scoop of protein powder (optional)
- Slice of lemon (optional)



Andy's Overnight Oats

Good to make in a large bowl to eat over a few days

DIRECTIONS

1. Combine all the ingredients in a big bowl
2. Add milk and aim to create a thick consistency but not too dry
3. Store in the fridge overnight for a quick breakfast, lunch or snack

INGREDIENTS

- 40g oats per serving/person
- 1 spoonful of Greek style yoghurt (or any yoghurt of your choosing) per person/ serving
- Handful of raisins
- Add any of the following:
- Frozen fruit (blueberries and raspberries are good)
- Chopped pear
- Peanut butter
- Protein powder
- Milk



Emily's Salsa Straight from Toly's Kitchen

Credit to Eustolia (Toly) Salazar Ramirez, who taught me most of what I know about Mexican cooking.

DIRECTIONS

1. Roast the tomatoes and chillies in a pan, turning them to brown them for about 10-15 minutes. When I say roast them in a pan, I mean literally heat up and frying pan and put them in it whole – no chopping required. The chillies will be done quicker than the tomatoes so remove those to one side to cool when they start to look brown.
2. While the tomatoes are cooking, chop up the onion and the garlic (size depends on the power of your blender).
3. When the chillies have cooled down, chop the stalks off and add them to the blender with the onion and the garlic. Sometimes I like to add them one at a time and test the heat of the salsa in between, so I don't accidentally overdo it on the spice.
4. Once the tomatoes are roasted, add all of them to the blender too and blend everything together.
5. Serve hot or cold as dip, or pour over your breakfast chilaquiles!

INGREDIENTS

- 6 medium sized tomatoes
- Quarter-half an onion (depending on how much you like onion)
- 1-2 cloves of garlic (depending on how much you like garlic)
- 1-2 chillies (depending on how much... you get the idea)
- Pinch of salt



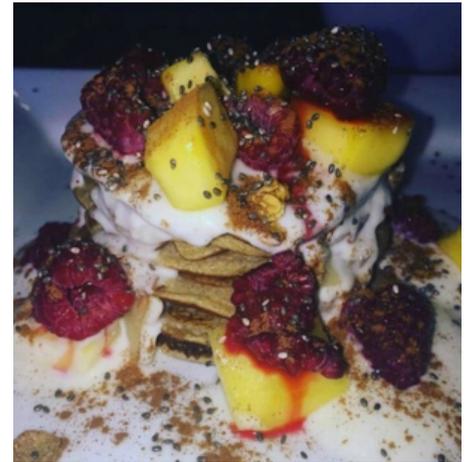
Gail's Protein Pancakes

DIRECTIONS

1. Blend or mix ingredients and cook in a frying pan to achieve small American style pancakes
2. Serve with Yoghurt, fruit and cinnamon, or a topping of your choosing
3. These can be stored in the fridge and eaten as snacks

INGREDIENTS

- 4x eggs
- 2x bananas
- Cup of oats
- Scoop of vanilla protein powder



Hannah's Chicken Stir Fry

DIRECTIONS

1. Cook the chicken in a pan until cooked through/brown (for around 10 minutes varies until)
2. Season with Paprika, Mild Chilli Powder & Black Pepper
3. Cook Wholewheat noodles with Edamame beans, carrot, broccoli & green cabbage in a wok with oil and soy sauce for 4 minutes
4. Add chicken to the wholewheat noodles & vegetables and add more soy sauce (or other sauce of your choice) and simmer for 1 minute
5. Serve

INGREDIENTS

- Grilled Chicken Breast (use two breast fillets for two people)
- Mild Chilli Spice and Paprika rub
- Wholewheat noodles
- Edamame beans, carrot, broccoli & green cabbage
- Soy sauce – you can get lower calories stir fry sauces to use as well but I tend to stick with soy sauce



Hannah's Riceless Chilli Bowl

DIRECTIONS

1. Brown mince in a pan
2. Crumble beef stock in boiling water and stir until dissolved.
3. Add garlic cloves with hot chilli powder, paprika and cumin to the beef stock water
4. Add tinned tomatoes and pepper
5. Add tomato puree
6. Bring to boil and add sauce to meat and leave to simmer for 20 minutes
7. Add kidney bean, bring to boil and allow to simmer again
8. Keep adding seasoning and water depending on consistency and taste
9. If Slow cooking in slow cooker then brown the mince in a pan and add all the ingredients into slow cooker for 8 hours
10. Serve just on its own or with Lettuce boats from Romaine Lettuce

INGREDIENTS

- Lean Beef/Turkey Mince – can also use veggie mince
- Tomato Puree
- Tinned Tomatoes
- Red Kidney Beans
- Garlic Cloves
- Paprika
- Cumin
- Beef Stock
- Chilli Powder



Isabella's Chorizo, Sweet Potato and Bean Estofado

DIRECTIONS

1. Sweet potato in the oven - I like to put the sweet potato (whole and with skin on) straight in the oven to soften it up as they are a) very hard to chop when they're raw and b) they take a long time to cook! I put mine in for approx. 20 mins whilst I chop the rest of the veg. It also pre heats the oven too!
2. Chop everything else and put in dish - Chop the onion, garlic, additional veg and chorizo and place in a large oven proof dish
3. In go the baked beans - Poor over a tin of baked beans in tomato sauce. Kidney/butter beans all work just as well - but you may want to add in a bit more tinned tomatoes for sauce!
4. In go the tinned toms - Poor over 1-2 tins of chopped tomatoes and stir together. I have used passata too which was fine, or some of the flavoured tinned tomatoes with basil etc are also nice. Give it a taste, if it's too sweet you might want to add a squirt of tomato puree.
5. Stock cube for flavour and thickness - Crumble over a stock cube and stir in, I don't think it matters what flavour, I have used veggie and meaty ones before and both have worked fine. It just gives the dish a bit of depth and thickness.
6. Season - Depending on your spice level either season with just a tad of salt (remember Chorizo can be quite salty already!) and black pepper, or spice it up with some paprika or chilli powder!
7. Rescue the sweet potato - hopefully you haven't forgotten this guy, rescue him from the oven and chop him into small-ish cubes (similar size to the stock cubes?) and stir them into the dish too
8. Cover and shove in the oven - I tend to go for 180°C for up to 45mins stirring occasionally. The thing to check is whether the sweet potato is soft enough; if the guy is done you're good to go!
9. Eat! - I like to enjoy with toasted pitta bread, rice or pasta but it basically goes with any old thing! On its own, with some salad, potatoes etc!
10. ...Reheat and eat again! I quite happily reheat and eat again - just adding a dash of water before reheating.

INGREDIENTS

- 1 onion chopped
- 2 cloves garlic
- 1 bell pepper
- 1 ring of chorizo chopped
- 1 large sweet potato
- 1 tin of baked beans
- 1-2 tins chopped tomatoes
- 1 stock cube
- Salt/pepper

OPTIONAL

- Chilli powder/paprika
- Tomato puree
- Any other veg hanging around at the bottom of the fridge...

Kevin's Easy Sweet Potato and Chickpea Curry

DIRECTIONS

1. Peel and chop the sweet potatoes into medium sized chunks.
2. Add to a pan of boiling water and boil for approximately 10 minutes until cooked but not mushy.
3. Meanwhile, add the tomatoes, drained chickpeas, curry paste and chill flakes to a pan and heat through for approximately 5 minutes, stirring.
4. Add the spinach towards the end of the cooking time, if desired, until wilted.
5. Drain the sweet potatoes and add to the curry sauce.
6. Serve with chapatis.

INGREDIENTS

- 3 Medium Sized Sweet Potatoes
- Tin of Chopped Tomatoes
- Tin of Chickpeas
- 2 tablespoons of mild curry paste
- Half a teaspoon of chilli flakes
- Baby Spinach (optional)
- Chapatis to serve



Marilyn's Magoos

Dumpling Stew

It's really difficult to write a recipe because I was taught to 'feel' the food you cook and just to add whatever you like to make a dish. So basically I just throw things in and hope for the best. So It's not a 'set in stone' recipe, just a dish to have fun trying.

DIRECTIONS

1. Using the oil fry the spring onions and garlic for 1 minute, add the diced peppers, ginger, chili (or scotch bonnet) and fry for another minute or so.
2. Add the tinned coconut milk and 1½-2 tins (same tin) of water (dependent on the amount you'd like to make but remembering that the other Ingredients will make the liquid level increase in the pan).
3. Leave to warm through for 2 or 3 minutes then add the herbs, spices and vegetable stock. Leave on a low heat.
4. Make the dumplings - mix all the dry ingredients together and slowly add a little of the milk or water until the mixture is just thick enough to bind together (do not add a lot of liquid to wheat/ gluten free flour or it will be a disaster). It should be a dry almost flaky consistency in order to knead it and the process should be very quick (It should just be to pull it together and so very little kneading).
5. Add all the vegetables to the pot and give it a good stir. Take small clumps of the dumpling mix, roll them into little balls and add them to the pot. Do not stir the pot for at least another 15 minutes to give the dumplings time to firm up.
6. After 15 minutes add the thickener and salt and pepper to taste (if needed), give the pot a good stir and leave for another 5-10 minutes.
7. The dish is ready when the potatoes start to soften Plate up and enjoy

NOTE

Kidney beans, chick peas, any other beans/pulses or any variation of vegetables can be added to this recipe. Just add at the point of adding the vegetables as above.

INGREDIENTS

- 2/3 Large potatoes / Diced (as big or small as you like)
- 2/3 Sweet potatoes / Diced as above
- 2/3 Medium carrots / Diced
- ½ Red sweet pepper / Diced
- ½ Yellow sweet pepper / Diced
- 3 Spring onions / Chopped
- 3 cloves of garlic / Chopped or crushed
- 1 piece of ginger (thumb size)/ Sliced into small strips
- (Optional) ½ - 1 Red Chili (or ½ - 1 Scotch bonnet pepper if you dare)
- 1 Tin coconut milk
- 1 Tsp Thyme
- 1 Tsp Marjoram
- 1 Tsp Paprika
- ½ Tsp Five Spice
- ½ Tsp Ground ginger
- Tsp of olive oil/cooking oil of choice (or just a spray of oil)
- 1 Tbs of Vegetable stock
- Thickener (For this recipe I added a level Tbs corn starch mixed to a paste with water)
- Pinch of salt and black pepper to taste
- Dumplings (Can be made any way you like) but for this recipe:
- 3 Tbs of Plain Gluten/Wheat Free Flour (Free from range)
- 2 Tbs of Self Raising Gluten/Wheat Free Flour
- 1 Tbs of Fine Corn Meal
- ½ Tsp Cinnamon or Nutmeg
- 1 Tsp Brown Sugar (optional)
- Pinch of salt
- Milk or water for binding (I used KoKo Dairy Free Coconut milk)



Meghan's Thai Minced Chicken Lettuce Boats

Boldly flavoured with ginger, lime & chilli, these Thai minced chicken lettuce boats can be enjoyed as a main dish or served as a starter.

DIRECTIONS

1. Heat the oil in large pan over medium heat. Add the onion and ginger and cook, stirring until soft, 4-5 minutes.
2. Add the garlic and cook 1 minute more.
3. Add the ground chicken and turn the heat up to high. Cook, breaking up the meat with a wooden spoon, until partially cooked through, about 3 minutes.
4. Add the soy sauce, fish sauce, brown sugar, lime zest, lime juice and chilli and continue cooking, stirring frequently to break up the meat, until the chicken is cooked through, 5-6 minutes more.
5. Take off the heat, stir in the spring onions, coriander, mint and nuts. Taste and adjust seasoning if necessary. Spoon into lettuce cups and serve with optional garnishes.

INGREDIENTS

- Little gem lettuce
- 3 tablespoons vegetable oil
- 3 x shallots, chopped
- 2 tablespoons finely chopped ginger (you'll need a thick 2-inch piece)
- 3 cloves garlic, minced
- 800g minced chicken
- 1 tablespoons soy sauce
- 3 tablespoons fish sauce
- 30g brown sugar
- 2 teaspoons lime zest, from 2 limes
- 3 tablespoons lime juice, from 1-1/2 limes
- 2 – 3 chillies (depending on how spicy you like it)
- 2 large spring onions, finely sliced
- 60g chopped fresh coriander
- 60g chopped fresh mint
- 30g chopped cashews or peanuts

OPTIONAL FOR SERVING

- Sriracha
- Lime wedges
- Coriander and/or mint sprigs



Miriam's Banana Cake

A cross between banana bread and a drizzle cake, this easy banana loaf recipe is a quick bake that can be frozen and is great for using up overripe bananas.

DIRECTIONS

1. Heat oven to 180C/160C fan/gas 4.
2. Butter a 2lb loaf tin and line the base and sides with baking parchment.
3. Cream 140g softened butter and 140g caster sugar until light and fluffy, then slowly add 2 beaten large eggs with a little of the 140g flour.
4. Fold in the remaining flour, 1 tsp baking powder and 2 mashed bananas.
5. Pour into the tin and bake for about 30 mins until a skewer comes out clean.
6. Cool in the tin for 10 mins, then remove to a wire rack.
7. Mix 50g icing sugar with 2-3 tsp water to make a runny icing.
8. Drizzle the icing across the top of the cake and decorate with a handful of banana chips.

NOTE

Based on recipe from BBC Good Food:

<https://www.bbcgoodfood.com/recipes/2249656/brilliant-banana-loaf>

INGREDIENTS

- 140g butter, softened, plus extra for the tin
- 140g caster sugar
- 2 large eggs, beaten
- 140g self-raising flour
- 1 tsp baking powder
- 2 very ripe bananas, mashed
- 50g icing sugar
- Handful dried banana chips, for decoration



Miriam's Vegan Cranberry and White Chocolate Flapjacks

These yummy squares are naturally free of gluten as they contain oats rather than wheat flour

DIRECTIONS

1. Preheat the oven to 200C/180C Fan/Gas 4. Line a 20cm square baking tin with non-stick baking paper.
2. Put the syrup and soya spread in a pan. Heat on a low setting until melted.
3. Peel the bananas and mash in a mixing bowl. Add the cranberries, hazelnuts, oats and cinnamon; stir together.
4. Stir in the syrup mixture, tip into the tin and bake for 30 mins until golden.
5. Meanwhile, melt the white chocolate.
6. Remove the flapjack from the oven and cool in the tin for 15 mins. Drizzle with the white chocolate, allow to cool fully, then cut into 16 pieces to serve.

NOTE

Based on recipe from Asda Good Living:

<https://www.asdagoodliving.co.uk/food/recipes/vegan-cranberry-and-white-chocolate-flapjacks>

INGREDIENTS

- 2tbsp maple syrup
- 50g dairy-free soya spread
- 2 ripe medium bananas
- 40g dried cranberries
- 50g hazelnuts, chopped
- 150g gluten-free jumbo rolled oats
- ½tsp cinnamon
- 25g vegan white chocolate



Nina's Light Cheesecake Bites

Naturally sweetened and made with low fat cream cheese and Greek yogurt for a lighter treat

DIRECTIONS

1. Line a muffin tin with cake cases.
2. Combine biscuit crumbs and melted coconut oil in a small bowl and stir well to combine.
3. Spoon 1 or 2 tablespoons of the crumb mixture into each mini muffin cup. Press down using a small bottle to help pack it down. Set aside in the freezer whilst you make the topping.
4. Use a wooden spoon to mix all of the filling ingredients together until creamy and smooth.
5. Add spoon of the cream cheese filling to each muffin cup and smooth out.
6. Top with desired toppings.
7. Cover return to the fridge or freezer to set.

INGREDIENTS

Cheesecake base:

- 150 grams of crushed ginger biscuits
- 3 tablespoons of melted coconut oil

Cheesecake topping:

- 200g low fat cream cheese
- 65 plain Greek yoghurt
- 1 1/2 tablespoons honey
- 1/2 tablespoon lime juice
- 1 teaspoon vanilla extract
- Chopped fresh fruit (I used strawberries and blueberries)



Sarah's Vegan Kebabs

DIRECTIONS

1. Peel and crush the garlic and mix with the vegan mayonnaise, lemon juice and a pinch of salt to create the garlic mayo
2. Slice the beyond meat burger into thin slices and fry in a little oil to create the kebab meat
3. Chop the lettuce, tomatoes, red onion and gherkins and arrange on your pitta
4. Top with the kebab meat, garlic mayo and hot sauce
5. You can try to fold/wrap this if you're good at that sort of thing or just tuck in

INGREDIENTS

- 1 beyond meat burger (available at Tesco)
- 2 large pittas
- 1 baby gem lettuce
- 1 small red onion
- 2 medium tomatoes
- gherkins to taste
- 2 tbsp vegan mayonnaise
- 3 cloves garlic
- Juice of half a lemon
- Hot sauce to taste



Tracey's Healthy Rice Salad Bowl

DIRECTIONS

1. Follow the instructions on the pack to prepare the rice, allow time to cool
2. Mix the red onion, crushed peppercorns and chill flakes together
3. Once cool toss the rice with the onion mix
4. Add the balsamic vinegar and stir
5. Crumble the feta cheese on top
6. Place the tomatoes and cucumber on top
7. Sprinkle pomegranate seeds on
8. Serve

INGREDIENTS

- Ready-made pack of brown / rice and Quinoa (available from all good supermarkets)
- ½ cup of balsamic vinegar
- ½ red onion (sliced)
- Cherry Tomatoes (about 10 in total)
- Feta Cheese (as much as you like)
- Cucumber (sliced)
- Pomegranate Seeds
- Chilli Flakes
- Black Peppercorns crushed (add to taste)



Tracey's Quick and Easy Tuna Pasta Salad

DIRECTIONS

1. Cook the pasta on stove top in boiling water according to pack instructions
2. Juice the lemon
3. Mix the red onion, tuna, lemon juice and chill flakes together
4. Chop the parsley
5. Drain the pasta and allow to cool (not completely)
6. Toss the pasta with the tuna mix
7. Serve

INGREDIENTS

- 220 grams of penne pasta
- 100 grams of tuna (in oil, brine – whatever you want)
- 1 lemon
- 1 handful of parsley
- 400 grams of cannellini beans (optional)
- ½ red onion (finely chopped)
- Chilli Flakes (add to taste)
- Black Peppercorns crushed (add to taste)



SIXWAYS
to wellbeing

be **healthy**