

Cooks in 20 mins

Hide 'n' leek soup

What you need

3 medium leeks, chopped into bite-sized pieces

5 medium potatoes, chopped into chunks

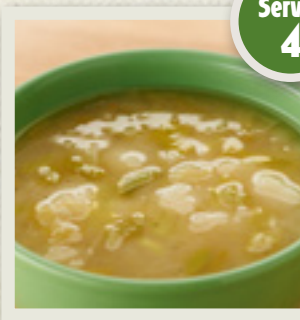
1.2 litres (2 pints) water

2 vegetable stock cubes

Ground black pepper

Serves

4



Method

Dissolve the stock cubes in 1.2 litres (2 pints) of boiling water. Put all the chopped vegetables into a large saucepan with the stock, cover and bring to the boil. Reduce the heat, season with pepper and simmer for 20 minutes. Serve hot with a slice of thick brown bread.

TIP

Make more than you need and you can freeze it for your tea another day.

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Cooks in 15 mins

Tasty Tomato Pasta

What you need

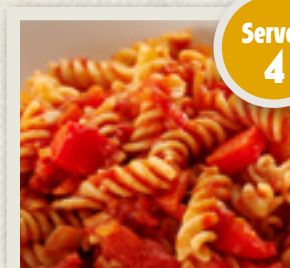
- 1 tbsp vegetable oil
- 300g/2 cups dried pasta
- 1 onion, chopped and peeled
- 2 x 400g tins of tomatoes
- 1 clove of garlic, chopped
- 1 tsp dried mixed herbs or
- 1 tsp dried chilli flakes

Optional veg: mushrooms, peppers, carrots or whatever you like

Method

Cook pasta according to the instructions on the packet. In a saucepan, gently fry the onions and garlic in a little oil over a medium heat until soft. Next, add the tinned tomatoes and herbs and gently simmer for 6 – 8 minutes. Finally, drain the pasta and mix in the sauce before serving.

Optional: Add in a handful of sliced mushrooms, a red pepper or a couple of carrots just before you add the tinned tomatoes and cook for 3 minutes.



Serves

4

TIP Chop or grate the veg teenie weenie and hide it in the pasta sauce.

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Cooks in 20 mins

Pizza

What you need

1 large plain 'shop bought' pizza base (wholemeal if possible)

1 tin chopped tomatoes (400g)

1 tbsp tomato puree

Pinch dried mixed herbs

1 tbsp grated mature cheddar cheese

Suggested toppings:

Mushrooms, sweetcorn, peppers, onion, pineapple, ham



Serves

4

Method

Heat oven to 190°C/Gas mark 5. Drain the chopped tomatoes then simmer in a pan with herbs and tomato puree until slightly thickened. Next, spread sauce onto the base and dress with toppings of your choice. Remember the more fruit and veg you add, the healthier the pizza will be. Finally, add a thin layer of cheese then bake for 15 – 20 minutes.

TIP

Canned and frozen veg are just as good as fresh and count towards your 5 a day.

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