

EAT BETTER FEEL BETTER

Ready in 30 mins

Butternut Squash Soup



Feeds a family of 4 for under £5

Chicken Casserole with Rice



Get the kids cooking too

Chicken & Pea Pasta



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

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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.

- | | | |
|---------------------------------|---|--|
| ■ 3 Chicken Breasts | ■ 1 Carrot, Medium Sized | ■ 4 Garlic Cloves |
| ■ 4 Cups Pasta (300g) | ■ 2 Tablespoons Vegetable Oil | ■ 2 Red Peppers |
| ■ 1 Cup Peas | ■ 2 Vegetable Stock Cubes, Reduced Salt If Possible | ■ 4 Teaspoons Paprika |
| ■ 1 Can Chopped Tomatoes (400g) | ■ 1 Mug Easy Cook Rice (300g) | ■ 1 Chicken Stock Cube, Reduced Salt If Possible |
| ■ 2 Tablespoons Vegetable Oil | ■ 4 Chicken Leg Quarters | ■ 4 Tablespoons Tomato Puree |
| ■ 1 Butternut Squash | ■ 5 Onions, Medium Sized | ■ Ground Black Pepper |
| ■ 3 Sticks Celery | | |



Get involved



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

For recipes, tips, offers and much more visit EatBetterFeelBetter.co.uk

Cooks in 10 mins

Chicken & Pea Pasta



What you need

- | | |
|-------------------------------|------------------------------------|
| 3 Chicken Breasts (450g) | 2 Tablespoons Tomato Puree (30g) |
| 2 Onions, Medium Sized (300g) | 1 Can Chopped Tomatoes (400g) |
| 4 Cups Pasta (300g) | 1 Pinch Ground Black Pepper (1g) |
| 1 Cup Peas (150g) | 2 Tablespoons Vegetable Oil (20ml) |
| 2 Garlic Cloves (6g) | |

Serves
4

Method

1. Cook the pasta as per manufacturer's instructions and drain.
2. Dice chicken into bite size pieces, heat oil in a pan then add chicken and cook until sealed (2-3 minutes).
3. Add the chopped onions and garlic and cook for 5 minutes.
4. Add the tomato puree, chopped tomatoes and peas. Then add black pepper to taste.
5. Simmer gently for 5 minutes then add the pasta and heat through before serving.

Cooks in 20 mins

Butternut Squash Soup



What you need

- | | |
|------------------------------|---|
| 1 Butternut Squash (500g) | 2 Tablespoons Vegetable Oil (20ml) |
| 1 Onion, Medium Sized (150g) | 2 Vegetable Stock Cubes, Reduced Salt If Possible (14g) |
| 3 Sticks Celery (90g) | Ground Black Pepper (1g) |
| 1 Carrot, Medium Sized (80g) | |
| 5 Cups Water (1.14L) | |

Serves
4

Method

1. Peel the butternut squash, onion and carrot. Wash celery.
2. Chop all the vegetables and boil water for the stock.
3. Heat oil in a large pan then add the onions, put lid on pan and let them sweat for 3 minutes.
4. Add carrots and celery to the onions and let them sweat for another 2 minutes.
5. Add water, stock cubes and butternut squash to the pan and stir until stock cube dissolved. Once soup begins to boil, turn down heat and simmer until vegetables are soft – about 10-15 minutes. Add pepper to taste.
6. Soup can be then sieved or blended to a smooth consistency. Heat through before serving.

Cooks in 1 hour

Chicken Casserole with Rice



What you need

- | | |
|-------------------------------|---|
| 1 Mug Easy Cook Rice (300g) | 1 Chicken Stock Cube, Reduced Salt If Possible (7g) |
| 4 Chicken Leg Quarters (1kg) | 2 Mugs Water, Boiling (500ml) |
| 2 Onions, Medium Sized (300g) | 2 Tablespoons Tomato Puree (30g) |
| 2 Garlic Cloves (6g) | 1 Pinch Ground Black Pepper (1g) |
| 2 Red Peppers (320g) | |
| 4 Teaspoons Paprika (12g) | |

Serves
4

Method

1. Preheat oven to 200C/ 400F/ 180C Fan oven/ gas 6.
2. Using a knife remove skin from chicken.
3. Peel and chop the onions, then peel and finely chop or crush garlic and dice red peppers.
4. Dissolve the stock cube in water and stir in the tomato puree.
5. Place all ingredients, except the rice, into an oven proof dish and add black pepper to taste.
6. Cover with a lid or tinfoil and bake in the oven for 60 minutes.
7. Cook the rice as per the instructions on the packet just before casserole is ready to serve.
8. Serve rice and casserole together. Check chicken is white all the way through before serving.

Overheard at tea-time...



Do you recognise any of these tea-time excuses? Go to our website and Facebook page to watch some hilarious kids stories and find out lots of top-tips to help with those tricky tea-time tantrums.

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