



**UNIVERSITY OF
GREENWICH**

Culinary**Medicine**UK

Culinary medicine UK & Master chef The Professionals, judge,
Anna Haugh,

brings you the Accessible Cost Effective (ACE) Kitchen project.

A selection of easy to prepare dishes designed by Anna,
with helpful nutritious hints from the team at Culinary medicine UK.



No Blender Tomato Soup with Garlic Bread

Ingredients

1 tin chopped tomatoes
1 tin measure of water
1/2tsp chilli flakes
1 tsp sugar
½ tsp salt
1 onion grated or chopped
1 clove garlic smashed
70g spinach 3 fist full
2 tbsp oil



The Garlic Bread

1 glove garlic, smashed
100g (3 spoons of soft butter or margarine)
Small fist full of spinach chopped
½ tsp salt
bread



The Soup

1. Grate onions
2. Smash garlic
3. Add to oil in a pan.
4. Add salt
5. Add sugar
6. Add chilli
7. Add tomatoes
8. Add water
9. Simmer gently

The Garlic Bread

1. Smash garlic
2. Chop spinach
3. Mix with salt and butter
4. Microwave until soft
5. Toast bread in toaster
smooth butter on top.
Serve

*Frozen spinach works too
Add a tin of butter beans, mixed beans or any tinned
vegetable for extra fibre and vitamins
Add any fresh or dried herbs
Swap butter for oil for a different flavour and unsaturated fats
Granary or wholemeal bread or rolls would work well too*

Turkey in Curry Sauce

Ingredients

- 1 red onion, sliced into wedges
- ½ thumb sized piece ginger, grated
- 2 tsp curry powder
- ¼ - ½ tsp chilli powder
- ½ can chopped tomatoes
- ½ tsp salt
- ¼ tsp sugar
- 1 can coconut milk
- Cooked turkey, sliced
- 1 can chickpeas (or any beans - berlotti beans / kidney beans - whatever is cheapest, low in salt)
- 2 carrots, chopped and roasted
- Handful brussel sprouts, cut in half
- 1 pack microwave rice



Method

1. Heat 1 tbsp vegetable oil in a frying pan to medium heat and place the onions and ginger in.
2. Fry for 2-3 minutes then add the curry powder, chilli powder and pour in the chopped tomatoes. Bring to a boil, add the salt and sugar, give it a stir and allow to simmer for 10 minutes
3. Now pour in ½ the coconut milk and bring back to a boil for 2-3 minutes before pouring in the rest.
4. Add the cooked turkey, carrots and brussel sprouts and cook for 5-10 minutes
5. Serve with microwaved rice

Works well with cooked chicken too or skip this if you are vegan/ vegetarian. If you want to use less salt and sugar - these can be optional - do a taste test at the end. Great to use up leftover veg too and gives a vitamin and fibre hit. A tin of chickpeas adds fibre and a protein boost. Use natural or greek yoghurt as a cheaper alternative to coconut milk. Try brown/ wholewheat/ wild rice to up wholegrains

VEGAN PULLED PORK

FOR THE SLAW

- ½ white cabbage, grated
- ½ tsp chilli flakes (or 1/2 a fresh chilli)
- ½ tsp salt
- 1 lime, juiced and zested
- ½ tsp sugar or honey

FOR THE VEGETARIAN 'PORK'

- 10 large banana skins
- 1tsp cumin
- ½ tsp smoked paprika
- ½ tsp chilli flakes (or half a fresh chilli)
- 1 clove garlic, crushed?
- Pinch of salt
- 1 tbsp vegetable oil
- 4 tbsp water / 6 dessert spoons
- 80-100g bbq sauce (½ bottle)
- 4 burger buns or hotdog rolls
- 4tbsp thick Greek yoghurt or mayonnaise
- 30g fresh coriander



HOW TO COOK

1. Prepare all your slaw ingredients and combine well in a bowl.
2. Open the banana skins and using a spoon scrape the pit or the white inside of the banana, this is a bitter bit and has to be scraped away. This is easy and done in one scoop motion with a spoon. Then take a fork and scrape very hard in strokes, resulting in shredding the skin.
3. Add into a bowl with cumin, paprika, chilli, garlic and salt. Mix well and leave to marinate for 5 minutes.
4. Warm a large frying pan and add shredded skins. Fry for 2-5 mins.
5. Add 4 tbsp water and cook on medium heat. Take a shred of skin and bite it to check the texture. If tender enough add bbq sauce. You know it's tender enough if you like the texture, you're the boss here. Allow to cook & bubble for 1-2 mins.
6. Then you're ready to build your burger. Start with adding a dollop of yoghurt or mayonnaise to your bun, then your slaw, then your vegetarian pulled 'pork', an extra dollop of yoghurt or mayo, chopped coriander, and add the top of the bun and tuck in.



Works well with cooked chicken too or skip this if you are vegan/ vegetarian

If you want to use less salt and sugar - these can be optional - do a taste test at the end

Great to use up leftover veg too and gives a vitamin and fibre hit

A tin of chickpeas adds fibre and a protein boost

Use natural or greek yoghurt as a cheaper alternative to coconut milk.

Try brown/ wholewheat/ wild rice to up wholegrains

CRISPY SWEET & SOUR CHICKEN WRAP

INGREDIENTS

1 chicken breast, sliced into 3-4 pieces
½ cauliflower, sliced into 1cm thick pieces
2 tortilla wraps
Lettuce, shredded

THE MARINADE

1 clove garlic
½ tsp pepper
½ tsp salt
4 tbsp water
4 tbsp corn flour

MICROWAVE SAUCE

½ tsp chilli flakes
½ tin tomatoes / 2 tsp tinned tomato paste mixed
½ cup water
1 tbsp vinegar
1 tbsp sugar
¼ tsp salt

METHOD

1. Slice the chicken breast in half and then massage the marinade all the way around the chicken pieces.
2. Heat 2 tbsp oil in a frying pan on a medium-high heat and pan fry the chicken pieces until golden brown on both sides (3-4 minutes on both sides)
3. Mix the microwave sauce together in a mug or bowl and place in the microwave 900-1000Kw for 1 minute
4. Place the wraps between two sheets of kitchen paper and then warm up the wraps for 10 seconds in the microwave
5. Cut the fried chicken with scissors, place in wrap, cover in sauce and add whatever salad you like, roll up and serve.

*For a vegan dish swap chicken for cauliflower (and add extra Vitamin C)
Try a wholemeal tortilla for extra fibre
Try olive or rapeseed oil for healthy monounsaturated fats
Taste the sauce to get the right mix of salt and sugar for you.*



Microwave Chocolate Bowl Cake

Ingredients

The Cake Mix
2 Tbsp Cocoa
5 Tbsp sugar
5 Tbsp self raising flour
3 Tbsp salted butter
1 grated beetroot
1 egg

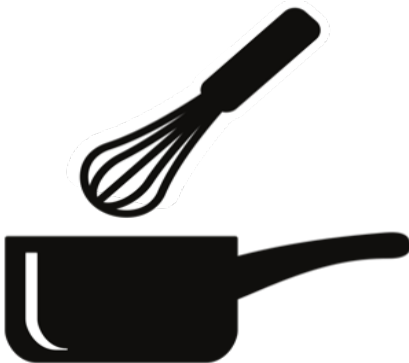


Chocolate Sauce

3 tbsp Cocoa powder
5 tbsp Water
2 tbsp Sugar

Method

Mix the beetroot, egg and butter together. Then whisk the Cocoa sugar and flour together. Combine the wet and dry ingredients and whisk. Place in a microwave proof bowl and microwave on high for 2 mins. Mix the Chocolate sauce ingredients and pour over the cake.



*If you have no beetroot,
carrot/ banana/sweet potato
also works well
Try adding in 2 tsp mixed seeds or
nuts for a bit of crunch and fibre
A lovely treat for the weekend*



Please look out for more videos and recipes from ACE kitchen

