

Culinary Medicine UK

Championing sustainable, affordable, equitable,
and healthy food for all.



Culinary**Medicine**UK

ACEKitchen



Culinary Medicine UK and
MasterChef: 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 and nutritious hints from the
team at Culinary Medicine UK.





No Blender Tomato Soup with Garlic Bread

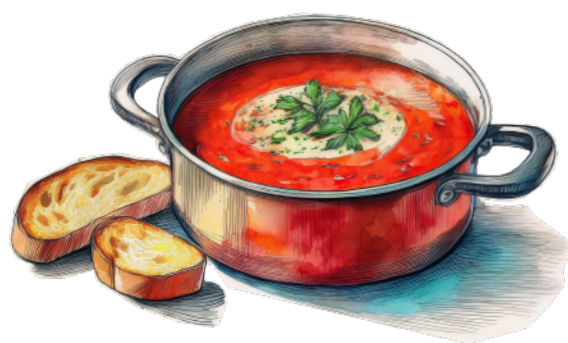
Ingredients

The Soup

- 1 tin chopped tomatoes
- 1 tin measure of water
- 1/2 tsp chilli flakes
- 1 tsp sugar
- 1/2 tsp salt
- 1 onion, grated or chopped
- 1 clove garlic, smashed
- 70g spinach (approx 3 handfuls)
- 2 tbsp oil

The Garlic Bread

- 1 clove garlic, smashed
- 10g (3 spoons) of soft butter or margarine
- Small handful spinach, chopped
- 1/2 tsp salt
- Bread



Method

The Soup

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

The Garlic Bread

1. Smash the garlic.
2. Chop the spinach.
3. Mix the garlic, spinach, salt, and butter together.
4. Microwave the mixture until soft.
5. Toast the bread in a toaster.
6. Spread the butter mixture on top of the toast.
7. Serve.

- Frozen spinach works well too.
- Add a tin of butter beans, mixed beans, or any tinned vegetable for extra fibre and vitamins.
- Feel free to add any fresh or dried herbs to enhance the flavour.
- Swap butter for oil for a different flavour and to include unsaturated fats.
- Granary or wholemeal bread or rolls would also work well as a side.



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Turkey in Curry Sauce

Ingredients

1 red onion, sliced into wedges
1/2 thumb-sized piece of ginger, grated
2 tsp curry powder
1/4 - 1/2 tsp chilli powder
1/2 can chopped tomatoes
1/2 tsp salt
1/4 tsp sugar
1 can coconut milk
Cooked turkey, sliced
1 can chickpeas (or any beans, e.g. borlotti or kidney beans – whichever is cheapest and low in salt)
2 carrots, chopped and roasted
A handful of Brussels sprouts, cut in half
1 pack microwave rice

- Works well with cooked chicken too, or skip this if you're vegan or vegetarian.
- If you prefer to use less salt and sugar, these can be optional – just do a taste test at the end.
- It's also a great way to use up leftover veg, providing a boost of vitamins and fibre.
- A tin of chickpeas adds extra fibre and a protein boost.
- For a cheaper alternative to coconut milk, use natural or Greek yoghurt.
- You can also try brown, whole-wheat, or wild rice to increase whole grains in the dish.



Method

1. Heat 1 tbsp vegetable oil in a frying pan over medium heat. Add the onions and ginger.

2. Fry for 2-3 minutes, then add the curry powder, chilli powder, and chopped tomatoes. Bring to a boil, add the salt and sugar, stir, and allow to simmer for 10 minutes.

3. Pour in half of the coconut milk and bring back to a boil for 2-3 minutes before adding the rest.

4. Add the cooked turkey, carrots, and Brussels sprouts, and cook for 5-10 minutes.

5. Serve with microwaved rice.



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Vegan Pulled Pork

Ingredients

For the Vegetarian 'pork'

10 large banana skins
1 tsp cumin
1/2 tsp smoked paprika
1/2 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 (approximately 1/2 bottle)
4 burger buns or hotdog rolls
4 tbsp thick Greek yoghurt or mayonnaise
30g fresh coriander



For the slaw

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



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



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How to Make the Vegan Pulled Pork

Method

1. Prepare all your slaw ingredients and mix them well in a bowl.
2. Open the banana skins and use a spoon to scrape out the pit (the white inside), as it is bitter and needs to be removed. This can be done easily in one scoop motion.
3. Take a fork and scrape the banana skins firmly in strokes to shred them.
4. Place the shredded skins in a bowl with cumin, paprika, chilli, garlic, and salt. Mix well and leave to marinate for 5 minutes.
5. Heat a large frying pan and add the shredded skins. Fry for 2-5 minutes.
6. Add 4 tbsp water and cook on medium heat. Taste a shred of skin to check the texture. If it's tender to your liking, add the BBQ sauce. Cook and let it bubble for 1-2 minutes.
7. Build your burger: start with a dollop of yoghurt or mayonnaise on the bottom bun, then add your slaw, vegetarian pulled 'pork', another dollop of yoghurt or mayo, and chopped coriander. Finish with the top bun and enjoy!



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Crispy Sweet & Sour Chicken Wrap

Ingredients

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



The marinade

1 clove garlic
1/2 tsp pepper
1/2 tsp salt
4 tbsp water
4 tbsp cornflour

Microwave Sauce

1/2 tsp chilli flakes
1/2 tin tomatoes (or 2 tsp tinned tomato paste mixed with 1/2 cup water)
1 tbsp vinegar
1 tbsp sugar
1/4 tsp salt



Method

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



- For a vegan dish: Swap the chicken for cauliflower (and add extra Vitamin C).
- Try a wholemeal tortilla for extra fibre.
- Use olive or rapeseed oil for healthy monounsaturated fats.
- Taste the sauce to adjust the salt and sugar to your preference.



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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

1. Mix the grated beetroot, egg, and butter together in a bowl.
2. In a separate bowl, whisk together the cocoa, sugar, and self-raising flour.
3. Combine the wet and dry ingredients, then whisk until smooth.
4. Pour the mixture into a microwave-safe bowl and microwave on high for 2 minutes.
5. Mix the chocolate sauce ingredients together and pour over the warm cake.



- If you have no beetroot, carrot, banana, or sweet potato also work well.
- Try adding 2 tsp of mixed seeds or nuts for a bit of crunch and extra fibre.
- A lovely treat for the weekend!

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