

YOUNG ADULT COUNCIL

#COOKBOOK

RECIPES AND TIPS



Hello and Welcome to the Young Adult Council (YAC) Cookbook!

Following the publication of the Life Hacks Booklet, members of our Young Adult Council said that a cookbook would also be useful for young people.

So, the Participation Team with the help of YAC members created this cookbook full of hacks and tips to make moving to live independently easier. It will help you learn the basics of cooking and how to save money, know where to shop and make cooking simpler!

It also contains recipes from our YAC members themselves for you to try out.

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Money Saving Hacks

The first thing to think about when saving money on food is all about where you buy it. A shop in Lidl or Aldi is going to be much cheaper than somewhere like Waitrose or Marks & Spencer but you also need to think about your closest supermarket too. For your reference, here is a rough guide to where is cheaper / more expensive to shop:



Tip
When shopping, look at the own brand alternatives to food as they will normally be much cheaper than branded items

Remember, wherever you shop, you are likely to save money by signing up to their loyalty cards and you'll often get discounts on lots of products. Having a Tesco Clubcard reduces the price of lots of products, Lidl Plus will give you coupons and vouchers depending on how much you spend in a month and Sainsbury's Nectar Card can also be used in lots of other shops.



Finally, do shop around. When buying cleaning, home or toiletries products, they are usually much cheaper in shops like B&M,

savers Home Bargains or Savers rather than in supermarkets.

Money Saving Hacks

Batch cooking!

Batch cooking is really good, particularly if you are cooking for just yourself as then you only have to cook once to make lots of meals.



Tip

When shopping, look at the tags on the shelves showing the cost per kilo for a better idea of value for money

Lots of the meals in this cookbook, such as the Spaghetti Bolognese are perfect to make a large batch of (for example 4 or 8 portions) and then put into separate food containers to store in the fridge or freezer and eat later.

Having things like chilli or bolognaise stored in the freezer, means you then have a day where you don't have time to cook or don't have much money left, you can heat up the portion and serve it with rice, pasta or potato.

Look in the reduced section

Most supermarkets will have a section with food that is reduced as it is due to go out of date that day or the day after. If you are looking for something for dinner that evening, it might be worth looking in that section to see if you can find yourself a bargain!

Tip

Supermarkets tend to stock the most expensive products at eye level so remember to look on the lower shelves!

Don't go shopping when you are hungry

If you are hungry, you are more likely to buy what you are craving at that moment and buy more, as well as making less healthy choices.

Weekly Meal Planner

It is very easy to buy things that you don't need or not buy enough and then end up getting a take away if you don't plan ahead. Use the meal planner to plan what you are going to eat and then make a shopping list from that. Remember to add in any meals that you are going to have away from home, like lunches for work / college or dinner out with friends.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
Snacks:	Snacks:	Snacks:	Snacks:	Snacks:	Snacks:	Snacks:

Reheating in the microwave

Remember, when using a microwave to heat anything, you can't put any metal or foil in there as it will cause a spark and potentially catch fire.

Use your freezer!

Food can't live forever in the freezer but will last much longer than it would in the fridge - meat should be used within three months and bread lasts three to six months. Any longer and the food will still be safe but the colour, flavour and texture will start to deteriorate.

Here's a guide to help you:

Fish

- White fish: 6 months
- Oily fish: 3 months
- Sealed fish portions: 1 year
- Shellfish (not raw): 3 months

Prepared food

- Prepared meals: 6 months
- Bread / Cakes: 3-6 months
- Bread dough: 1 month
- Pastries: 3 months

Vegetables

- Blanched vegetables: 12 months
- Unblanched vegetables: 3 months
- Tomatoes: 6 months
- Vegetable purees: 6 months

Meat

- Beef or veal: 3 months
- Lamb: 2 months
- Pork: 3 months
- Sliced bacon: 2 months
- Cured meat: 3 months
- Ham / bacon joints: 2 months
- Chicken / turkey: 3 months
- Duck / goose: 3 months

Fruit

- Open frozen fruit: 6 months
- Fruit purees: 6 months
- Fruit juice: 12 months

Dairy

- Salted butter: 12 months
- Unsalted butter: 6 months
- Ice cream: 6-12 months

Remember to use a suitable container or packaging to freeze things. You can also freeze freshly chopped herbs in ice cube trays in the freezer and then just use one cube as you need it for a recipe.

Cooking Hacks

Avoiding food poisoning

If you have ever felt ill from eating food that hasn't been cooked properly, you'll know how unpleasant it can be. Follow these basic hacks to avoid it:

Keep clean: Wash your hands and work surfaces before and after preparing food using antibacterial spray and handwash. Germs can survive in many places around your kitchen, including your hands, utensils, cutting boards, and countertops.

Separate: Separate raw meat, poultry, seafood, and eggs from ready-to-eat foods. Use separate cutting boards if you can and keep raw meat on a low shelf away from other foods in your fridge.



Cook: Cook food following the instructions on the packaging including pre heating your oven. Even if you are really hungry, make sure your food is piping hot and cooked all the way through.

Chill and store: Refrigerate leftovers within 2 hours of cooking and keep in airtight containers. If you are eating leftovers from the fridge, it still needs to be eaten within the use by date on the packaging. Most food will also not taste as good after 3 days.

Saving on gas and electric

When cooking on the hob, for example boiling vegetables or pasta, put a lid on the pot and you won't have to have the heat so high as the contents will heat up more quickly.



If you are cooking something in the oven, you can turn it off 1-2 minutes early but leave the food in there as the oven will stay at the same temperature for a few minutes. However, make sure you pre heat your oven and you cook for the recommended time to avoid getting ill.

Cooking Hacks

Dicing an onion

When cutting any vegetables, use a clean chopping board and a clean sharp knife. Chop away from you where possible to avoid cutting your fingers.

1. Cut the top off the onion (not the root end)
2. Peel the skin away, discarding the brown layers until you're left with two clean, yellow onion halves
3. Cut it in half from top to bottom, leaving the root intact (the roots are going to hold the onion together until you make the final set of slices to form neat cubes)
4. Make vertical cuts into the first onion half, cutting towards the roots but not through them.
5. Turn the onion and cut in the other direction holding the onion together as you do so with the final cut removing the root. Repeat this with the other half of the onion.

How to separate an egg

Some recipes call for only egg whites or yolks. One of the easiest methods is to crack the egg with the blunt side of a knife, open the shell into two halves, and pass the yolk several times between the halves, letting the white drop down into the bowl underneath before popping the yolk into a separate bowl or cup.

Baking a potato

Always prick the skin of your potato with a fork or sharp knife before cooking as they can explode when cooking if not! If you don't like a crispy potato skin, wrap the potato in foil before if you are cooking it in the oven.

Cook in the oven for 1hr-1hr 20mins at 200C or for a super-crispy skin and a slow-cooked inside, go for 180C for 2 hours. If you're time-pressed, ping your potato in the microwave for 5 mins to soften it up, then finish in the oven for 35-40 mins.

It's an easy dinner and you can add grated cheese, baked beans, tuna or prawn mayo, chilli con carne or chicken stew (see the recipes later in the cookbook)



Helpful Conversions

You'll find that a lot of recipes will use different measurements. A lot of American recipes use 'cups' as a measurement - you can buy measuring cups, or use these handy converters to help you:

Cups	Grams	Tbsp (tablespoon)	Tsp (teaspoon)	Millilitre
1 cup	230g	16 tbsp	48 tsp	240 ml
3/4 cup	170g	12 tbsp	36 tsp	180 ml
2/3 cup	150g	10 tbsp + 2 tsp	32 tsp	160 ml
1/2 cup	115g	8 tbsp	24 tsp	120 ml
1/3 cup	75g	5 tbsp + 1 tsp	16 tsp	80 ml
1/4 cup	57g	4 tbsp	12 tsp	60 ml
1/6 cup	40g	2 tbsp + 2 tsp	8 tsp	40 ml
1/8 cup	30g	2 tbsp	6 tsp	30 ml
1/16 cup	15g	1 tbsp	3 tsp	15 ml

Oven temperatures can also be given in different ways:

Fahrenheit	Electricity °C	Fan °C	Gas Mark
250	120	100	½
285	140	120	1
320	160	140	3
355	180	160	4
375	190	170	5
390	200	180	6
430	220	200	7
445	230	210	8
465	240	220	9

Kitchen Checklist

This checklist is for someone who needs to buy everything for their first kitchen. If you are moving into semi-independent accommodation, you may already have some of these things provided so check first.

Microwave	<input type="checkbox"/>	Cloths	<input type="checkbox"/>
Kettle	<input type="checkbox"/>	Washing up sponge	<input type="checkbox"/>
Toaster	<input type="checkbox"/>	Washing up liquid	<input type="checkbox"/>
Plates	<input type="checkbox"/>	Anti bacterial cleaning spray	<input type="checkbox"/>
Bowls	<input type="checkbox"/>	Dustpan and brush	<input type="checkbox"/>
Cups / Mugs	<input type="checkbox"/>	Mop and bucket or floor cleaning wipes	<input type="checkbox"/>
Drinking glasses	<input type="checkbox"/>	Cling film	<input type="checkbox"/>
Cutlery (spoons, forks and knives)	<input type="checkbox"/>	Foil	<input type="checkbox"/>
Sharp knives	<input type="checkbox"/>	Sandwich bags	<input type="checkbox"/>
Tin opener	<input type="checkbox"/>	Storage pots	<input type="checkbox"/>
Bottle opener	<input type="checkbox"/>	Potato masher	<input type="checkbox"/>
Saucepans (at least one large)	<input type="checkbox"/>	Kitchen scales	<input type="checkbox"/>
Frying pan	<input type="checkbox"/>	Roasting / baking dish	<input type="checkbox"/>
Spatula	<input type="checkbox"/>	Baking tray	<input type="checkbox"/>
Tea towels	<input type="checkbox"/>		

Store Cupboard Essentials

Here is a list of some food essentials that you may find useful to have in your cupboard as they are used in lots of recipes. You can also use them to put together some simple meals if you cannot get to the shops for fresh food.

Olive / Cooking oil	<input type="checkbox"/>	Nuts	<input type="checkbox"/>
Salt	<input type="checkbox"/>	Spreads for sandwiches / toast such as peanut butter or marmite	<input type="checkbox"/>
Pepper	<input type="checkbox"/>	Stock cubes	<input type="checkbox"/>
Pasta	<input type="checkbox"/>	Herbs: like oregano, mixed herbs, rosemary and thyme	<input type="checkbox"/>
Rice	<input type="checkbox"/>	Spices: chilli (flakes or powder), Chinese five-spice, paprika, curry powder and cinnamon	<input type="checkbox"/>
Canned tuna	<input type="checkbox"/>	Very lazy garlic (jar) - you can also get lazy ginger and chilli	<input type="checkbox"/>
Canned chopped tomatoes	<input type="checkbox"/>	Tea bags	<input type="checkbox"/>
Canned baked beans	<input type="checkbox"/>	Coffee	<input type="checkbox"/>
Canned sweetcorn	<input type="checkbox"/>	Sugar	<input type="checkbox"/>
Canned kidney beans	<input type="checkbox"/>	Hot chocolate powder	<input type="checkbox"/>
Onions, garlic & potatoes will keep for a long time in a cool, dark cupboard	<input type="checkbox"/>		
Oats	<input type="checkbox"/>		
Cereal	<input type="checkbox"/>		
Snack / cereal bars	<input type="checkbox"/>		

Nutrition Basics

Calories

Calories are a measurement of energy, we need them to have energy to keep our bodies running and working normally. If we eat more calories than we need, our bodies store that energy as fat. In the same way, if we eat fewer calories than our body is burning, we start to lose fat.

Our bodies naturally burn most of our calories when we are not even moving but we can increase the calories burnt by keeping active - a good way to do this is by aiming to walk 10,000 steps per day. You can track this on most health sections on a smart phone.

Carbohydrates, Fat and Protein

Our bodies need to get our calories from a combination of carbohydrates, fat and protein as they all have a different purpose in our bodies.

Carbohydrates are the main source of energy for bodies, and our brains!

Protein performs functions such as building, repairing and maintaining tissues in the body.

Fat is important for giving your body energy and supporting cell growth. Dietary fat is also important for helping to produce essential hormones in the body and supports their function. It is needed to absorb vitamins and minerals within the body too.

Eating a balanced diet

- eat at least 5 portions of a variety of fruit and vegetables every day
- base meals on higher fibre starchy foods like potatoes, bread, rice or pasta
- have some dairy or dairy alternatives (such as soya drinks)
- eat some beans, pulses, fish, eggs, meat and other protein
- choose unsaturated oils and spreads, and eat them in small amounts
- drink plenty of fluids, ideally water (at least 6 to 8 glasses a day)

Breakfast

Eggs

How do you like your eggs in the morning? Here's a guide to help you make your eggs. Perfect to serve with bread or toast.



Boiled eggs:

1. Fill a saucepan with water and bring to the boil on the hob.
2. If you can, use room temperature eggs as they are less likely to crack when they enter the boiling water. Slowly lower the eggs into the water using a spoon.
3. Set your timer for 4 - 5 mins for runny/dippy eggs to serve with soldiers, or 6 - 7 mins for soft-boiled eggs for a salad. If serving in a salad, plunge the eggs into a bowl of cold water as soon as the timer goes off – this will stop them cooking and cool the shells quickly for peeling.

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Poached eggs:

1. Crack your egg into a bowl or cup.
2. Bring a pan of water filled at least 5cm deep to a simmer (bubbling gently). Don't add salt as this can break the egg white but add a drop of vinegar if you have some.
3. Tip the egg into the pan. The yolk should follow the white.
4. Simmer for 2 minutes then turn off the heat and leave the pan for 8-10 minutes.
5. Lift the egg out with a slotted spoon and drain it on kitchen paper.



Fried eggs:

1. Heat some cooking oil or butter in a frying pan and keep the pan on a low heat.
2. Crack the egg directly into the pan, being careful not to get any shell in (you might find cracking it into a small cup easier first).
3. Cook your egg for 3 minutes on this low heat or until the white is completely set. Some people flip

their eggs if they want the yolk cooked too but that is up to you!

Breakfast

Omelette:

1. Beat 2 or 3 eggs with a fork in a jug or bowl and add a little salt and pepper.
2. Heat a little bit oil or butter in a non-stick frying pan over a medium-low heat until the butter has melted.
3. Pour the eggs into the pan, tilt the pan slightly from one side to another to allow the eggs to cover the surface of the pan completely. Let the mixture cook on a low heat for a few minutes until you see the egg has set.

4. At this point, you can fill the omelette with whatever you like – some

grated cheese, sliced ham, fresh herbs, spinach, sautéed mushrooms or smoked salmon all work well. Scatter the filling over the top of the omelette and fold gently in half with the spatula and cook for another few minutes on a low heat. Slide onto a plate to serve.



Tip

When buying eggs, always gently open the packet in the shop to check that none of the eggs are broken before you buy

Scrambled eggs:

1. Crack your eggs into a bowl and add a splash of milk and a little salt and pepper.
2. Beat with a fork until the mixture has a smooth and uniform consistency.

3. Heat your pan on the hob over a low to medium heat for about a minute, then add some butter or oil. Wait for it to melt fully before pouring in your egg mixture.

4. Keep stirring your mixture carefully in the frying pan using a non-metal spoon until the eggs start to form a lumpy consistency and cook.

5. If you like quite runny eggs, take the pan off the heat and allow the eggs to finish cooking through the heat of the pan alone, if you like them well cooked, keep the pan on and keep stirring.



Tip

If you are eating bacon and don't think you will use the whole packet, freeze a few slices in separate sandwich bags so you can get out only what you need

Breakfast

Breakfast burritos

Makes 4 burritos which can be and kept in the fridge or freezer and then warmed in the oven or microwave



1. Heat some oil in a pan and beat the eggs in a separate bowl with salt and pepper.

2. Add the spinach and tomatoes to the frying pan.

3. Once the spinach starts to wilt and

reduce in size, pour over the beaten egg and stir with the spinach and eggs until scrambled.

4. Once cooked, divide the egg mixture between the four wraps and add the avocado and the grated cheese on top. Add as much hot sauce as desired before wrapping up.

Ingredients:

- 40g rolled porridge oats
- 100ml milk of your choice - plant based milks like almond or soy work well
- 1 tbsp yogurt
- ½ tsp vanilla extract
- 1-2 tsp of honey or maple syrup
- ½ tbsp chia, ground linseed or flax seed
- ½ tbsp peanut / almond butter
- Freshly washed and cut strawberries

Ingredients:

- Cooking oil or cooking spray
- 6 eggs
- Small bag of spinach
- Small packet of cherry tomatoes, halved
- 2 small avocados, sliced
- 4 wholemeal tortilla wraps, warmed
- 80g grated cheddar cheese
- Siracha hot sauce

Overnight oats

Make in a jar or small container and add dried or fresh fruit, seeds and nuts - the perfect healthy breakfast that will be ready in the fridge in the morning.



1. The night before serving, stir the milk into your oats with the honey / maple syrup and yoghurt. Stir in your chia, linseed or flaxseed and vanilla extract.

2. Add your peanut / almond butter to sit on top of the oats and add your strawberries on top. Then, put it in the fridge so the oats can absorb the liquid and become a porridge like consistency to eat in the morning.

Breakfast

Ingredients:

- 1 tsp oil or fry light cooking spray for frying
- 200g self-raising flour
- 2 tsp baking powder
- 350ml milk
- 2 eggs
- 1 tsp sugar

To serve (optional):

- Honey or maple syrup
- Strawberries, banana or other fruit

Fluffy Pancakes

1. Whisk the eggs and milk together in a bowl.
2. Sieve the flour and baking powder into another bowl, add a pinch of salt, the sugar and mix together.
3. Add the egg and milk mixture. Beat well.
4. Heat a little oil in a frying pan over a medium heat. When the pan is hot, pour a small amount of batter into the pan to form a pancake about 10cm in diameter.
5. Cook until bubbles start to form, then flip



over and cook the other side until golden.

6. Repeat until you use all the batter mixture.

Other breakfast ideas

- A smoothie with fresh or frozen fruit and peanut butter for protein to keep you full
- Baked eggs: add a can of chopped tomatoes to an oven proof dish with some chilli and spinach and cook for 15 minutes. Then crack in two eggs and put under the grill for 5 minutes and serve with toast or bread.
- Cereal - there are so many cereals available but watch out for the ones with lots of hidden sugars
- Egg muffins: cook some chipolata sausages and slice or use ham mixed with beaten egg. Add some chopped red peppers or spring onions to the mixture and cook in a muffin tin with some grated cheese sprinkled on top (make sure to add some cooking oil or spray to stop the mixture sticking)
- Raspberry, almond & oat breakfast cookies: Mash two ripe bananas and add oats, ground almonds and cinnamon to make a sticky dough. Roll into balls and add 1-2 raspberries per cookie and then add to a greased baking tray and cook for 15 minutes.

Tip

BBC Good Food is a great website for recipe ideas and inspiration and there is a free app you can download

Lunches / Dinners

Vegetarian Thai Green Curry

Makes enough to serve 4. If you are batch cooking, you might want to just store the actual curry and cook fresh rice with it when you come to eat it. You can use the method to cook rice (stage 4) with other dishes served with rice too!

1. Heat the oil in a very large frying pan or wok, add the onion and fry over a medium heat for 5-7 minutes or until softened.

2. Add the Thai green curry paste and chilli and stir with the onions and fry for another 2 minutes.

3. Tip in the squash and pepper, then stir through the coconut milk along with 200ml water. Cover and cook for 15 - 20 mins or until the squash is tender.

4. While the squash is cooking use 1/2 mug or 65g rice (per person) with 1 mug (per person) or about double the volume of tap water (1 part rice to 2 parts water).

Bring the saucepan to the boil over the hob and then turn down to a simmer with a lid on the saucepan and set a timer for 7 minutes. Then, turn off the heat and leave for a further 7 minutes (it will continue to cook as it will still be warm on the hob so don't move from its position).

5. Once you have turned off the heat, stir the mangetout and baby corn through the curry, then re-cover, cooking over a medium-low heat for a further 5 mins or until the

veg is just cooked.

Season and stir through half the coriander.

Spoon the rice and the curry into bowls and scatter with the remaining coriander.



Ingredients:

- 2 tbsp vegetable oil
- 1 onion, diced
- 4 tbsp Thai green curry paste
- 1 red chilli, deseeded and finely chopped
- 1 butternut squash, peeled and cut into 1.5cm cubes
- 1 large red pepper, deseeded and cut into thick slices
- 400g can coconut milk
- 150g mangetout
- 100g baby corn
- 1 small bunch coriander, roughly chopped
- White or brown rice

Tip

Substitute chicken or king prawns for the butternut squash for a Thai Green Chicken or Prawn Curry

Lunches / Dinners

Spaghetti Bolognese

1. Heat a large saucepan over a medium heat. Add a tbsp of olive oil and once hot, add the beef mince and a pinch of salt and pepper. Cook the mince until slightly browned over a medium-high heat.

Ingredients (makes 4 portions):

- 2 tbsp olive oil
- 400g beef or quorn mince
- 1 onion, diced
- 2 garlic cloves, chopped or 2 tsp of 'Lazy Garlic'
- 100g carrot finely chopped
- 2 x 400g tins chopped tomatoes
- 400ml stock (made with boiling water and a stock cube. Ideally beef, but any will do)
- 400g dried spaghetti
- salt and pepper
- 2 tsp dried mixed herbs
- Grated cheddar or parmesan to serve

2. Turn down the hob to a medium heat.

Add the onion and fry for 4-5

minutes, or until softened and translucent.

Add the garlic and cook for another 2 minutes before adding the carrot.

3. Add the tomatoes to the pan and stir well to mix. Pour in the stock, bring to the boil and then reduce the temperature to simmer gently for 45 minutes, or until the sauce is thick and rich. Taste and season with mixed herbs and extra salt and pepper if necessary.

4. When ready to cook the spaghetti, heat a large saucepan of water and cook according to the packet instructions. Once the spaghetti is cooked through, drain and put onto plate or bowl before spooning the bolognese over the top followed by cheese if desired



Tip

If you are freezing portions, cook your pasta fresh each time you eat it rather than in advance

Tip

Add kidney beans and chilli powder to your sauce to make chilli con carne which can be served with rice or a jacket potato



Lunches / Dinners

Shepherds Pie

1. Heat the oil in a medium saucepan, then add onion and carrots for a few mins.
2. When soft, turn up the heat, add the mince and brown.
3. Add the tomato purée and the Worcestershire sauce, then fry for a few mins.
4. Pour over 500ml beef stock, turn down to a simmer, then cover and cook for 40 mins.
5. Heat the oven to 180C / Fan 160C / Gas Mark 4 while you make the mash. Boil the potato, in slightly salted water for 10-15 mins until tender. Drain, then mash with the butter and milk.
6. Add the mince to an ovenproof dish, top with the mash and ruffle

with a fork (you can separate into portions at this point and freeze some)

7. Bake in the oven for 20-25 mins until the top is starting to colour and the mince is bubbling through at the edges. (To bake from frozen, cook at 160C / Fan 140C / Gas Mark 3 for 1 hr-1 hr 20 mins until piping hot in the centre).

Ingredients (makes 4 portions):

- 1 tbsp vegetable or olive oil
- 1 large onion, finely chopped
- 2-3 medium carrots, peeled and chopped into small pieces
- 500g beef, lamb or quorn mince
- 2 tbsp tomato purée
- large splash Worcestershire sauce (optional)
- 500ml beef stock (made with a stock cube and boiling water)
- 900g potatoes, peeled and cut into chunks
- 85g butter
- 3 tbsp milk

Tip

Serve with green vegetables such as broccoli or cabbage. You can buy packets of frozen individual portions of vegetables in most supermarkets



Lunches / Dinners

Chicken & chorizo ragu

1. Fry the chorizo over a medium heat in a large saucepan for 5 mins or until it starts to char at the edges.
2. Add the onion and fry for 5 mins more. Tip in the

garlic and cook for 2 mins before stirring in the paprika and sundried tomatoes. Add the chicken thighs and fry for 2 mins each side until they are well coated in the spices.

3. Pour in the chopped tomatoes and stock, and turn the heat down. Cover and cook for 40 mins until the chicken is falling apart and the sauce

is thick. Serve by piling the ragu into hot jacket potatoes with parsley sprinkled over and a dollop of soured cream, if you like.

You could also serve with pasta, crusty bread or rice.

Ingredients (makes 4 portions):

- 2 tbsp oil
- 400g boneless, skinless chicken thigh, cut into chunks
- 1 onion, finely chopped
- 3 carrots, finely chopped
- 3 celery sticks, finely chopped
- 2 tsp mixed herbs
- 600ml vegetable or chicken stock made with 1 stock cube
- 2 x 400g cans haricot beans

Ingredients (makes 4 portions):

- 120g chorizo, chopped
- 1 red onion, chopped
- 2 garlic cloves chopped or 2 tsp 'Lazy Garlic'
- 1 tsp hot smoked paprika
- 80g jar sundried tomatoes, roughly chopped
- 600g skinless and boneless chicken thighs
- 400g can chopped tomatoes
- 100ml chicken / vegetable stock made with 1 stock cube
- jacket potatoes, chopped parsley and soured cream, to serve (optional)



Easy chicken casserole

1. Heat the oil in a large pan, add the chicken, then fry until lightly browned. Add the veg, then fry for a few mins more. Stir in the herbs and stock. Bring to the boil. Stir well, reduce the heat, then cover and cook for 40 mins until the chicken is tender.
2. Stir the beans into the pan, then simmer for 5 mins. Serve with boiled new potatoes or crusty bread



Desserts

Greek Olive Oil Cinnamon Cookies

This recipe came from one of our YAC members and is perfect if you don't have any butter or can't have dairy or egg but want to make a sweet treat.

1. Preheat oven to 180C / Fan 160C / Gas Mark 4

Ingredients (makes 30 small cookies):

- 8 tbsp or olive oil
- 35g white sugar + more for sprinkling
- 35g brown sugar
- 8 tbsp orange juice
- 165g flour
- 1 tsp baking powder
- ½ tsp bicarb of soda
- ½ tsp ground cinnamon + more for sprinkling

2. In a large bowl, mix the olive oil, brown sugar and orange juice with a wooden spoon.
3. In another bowl, mix the flour with baking powder, bicarbonate of soda and cinnamon.
4. Add the flour to the olive oil mixture gradually mixing together. You should have a soft dough, but not sticky to roll into circular shapes.
5. Cover the dough and let it sit for 10 mins.
7. Make the cinnamon sugar mixture by mixing the white sugar with the cinnamon.
8. Roll your dough into small balls and then flatten slightly to make biscuit shapes. Then dip into the

cinnamon-sugar mixture on both sides-place before placing on your baking tray (greased with a little oil).

9. Bake for 15-17 minutes or until slightly browned.



No sugar rock cakes

Another recipe from a YAC member!

1. Preheat your oven to 200C / Fan 180C / Gas Mark 6

2. Mix the flour, sweetener and butter in a bowl until a fine crumble is achieved. Add the egg and currants, and mix into a dough.

3. Grease a baking tray with a little butter.

Place the balls of dough onto the baking tray spaced out.

4. Bake for 20 minutes, or until golden brown.

Ingredients (makes 8-10 rock cakes):

- 225g self raising flour
- 18g sweetener
- 110g butter or margarine
- 1 egg
- 110g currants or you could use 55g currants and 55g dried chopped apricots

Desserts

Cheesecake

1. To make the base, butter and line a 23cm loose-bottomed tin with baking parchment. Put the digestive biscuits in a plastic food bag and crush to crumbs using a rolling pin or a big book if you don't have a rolling pin!

2. Melt the butter in a bowl in the microwave on a low heat or defrost setting (1-2 minutes will do). Then, add the crumbs and mix until they are completely coated in the butter. Tip them into the prepared tin and press firmly down with the back of a spoon into the base to create an even layer. Chill in the fridge for 1 hr to set firmly.

3. Place the cream cheese, icing sugar and the vanilla extract in a bowl, then beat with a spoon or a whisk or electric whisk if you have one until smooth. Tip in the double cream and continue beating until the mixture is completely combined.

4. Spoon the mixture on top of the biscuit base, starting from the edges and working inwards, making sure that there are no air bubbles. Smooth the top of the cheesecake down with the back a spoon. Leave to set in the fridge overnight.

5. Bring the cheesecake to room temperature about 30 mins before serving. To remove it from the tin, place the base on top of a can, then gradually pull the sides of the tin down. Slip the cake onto a serving plate, removing the lining paper and base.



6. For the topping, roughly spoon half the jam into the middle of the cheesecake and add the strawberries on top and roughly spoon the remaining jam over the top. If desired, you could also sieve some icing sugar over the top too for a frosted effect.

Ingredients:

- 250g digestive biscuits
- 100g butter
- 2 tsp vanilla extract
- 600g full fat soft cheese
- 100g icing sugar
- 284ml pot of double cream

For the topping:

- 1-2 tbsp strawberry jam
- 200g strawberries, halved

You can change up the toppings of the cheesecake by using different fruit or by making a fruit compote or adding a caramel drizzle. Or you can add the juice of 2-3 lemons and the zest of 1 lemon to the cream cheese mixture to make a zingy lemon cheesecake!

Support & Other Info

Your Social Worker or PA should be the first point of contact if you have any queries or questions about affording food or general support but below are some links to more information and support services

Kent Cares Town for information about leaving care and see the 'Local Offer': <https://kentcares town.lea.kent.sch.uk/moving-on/>

Information on living a healthy lifestyle: <https://www.nhs.uk/live-well/>

Finding a foodbank: <https://www.kent.gov.uk/social-care-and-health/care-and-support/benefits/home-essentials-in-a-crisis/find-a-foodbank>

Benefits: www.gov.uk/browse/benefits/entitlement

Care Leavers Association: www.careleavers.com

National Leaving Care Advisor Service: www.leavingcare.org

Care Leavers Foundation: www.thecareleaversfoundation.org

Refugee Council: www.refugeecouncil.org.uk

Become: www.becomecharity.org.uk

Voice: www.voiceyp.org

Social Media

18 Plus Care Leavers Service Facebook: https://www.facebook.com/18-Plus-Care-Leavers-Service-Kent-112523650671043/?ref=page_internal

Participation Team Facebook: <https://www.facebook.com/Kent-Participation-Post-16-113497410540685>

18 Plus Care Leavers Service Instagram: [@18plus_care_leavers_kent](https://www.instagram.com/@18plus_care_leavers_kent)

Participation Team Instagram: [@participation_team](https://www.instagram.com/@participation_team)

Twitter: [@VirtSchl_Kent](https://twitter.com/@VirtSchl_Kent)

**This booklet has been produced in conjunction with the
Young Adult Council (YAC)**

YAC is a group of Kent young people in care and care leavers aged 16 and over. They meet regularly to have their say on issues that affect them and others in care or those who have left care so they can make positive changes to their own lives and for others.

Elected Members, senior leaders and key professionals at Kent County Council regularly come to meet with the members of YAC to hear their views on a variety of topics affecting young people in care and care leavers and take their advice before making significant changes or introducing new policies or procedures.

The group also like to have fun! They regularly go on trips, take part in activities and fundraise for charity too!

Have your say and get involved

If you are interested in becoming a member of YAC or know someone who is please contact:

VSK_Participation@kent.gov.uk

Or call **03000 418553**

