



# RECIPES

## DINNER

A FEW SIMPLE DINNER  
RECIPES FROM FOOTPRINTS  
BY LOUISE HARBINSON



03



**02 Bang Tasty Chicken**

Marinated chicken drumsticks and vegetable rice.

**04 Chicken & Broccoli Bake**

Chicken and broccoli topped with mashed potato

**05 Chicken & veg parcels**

Chinese style chicken with vegetables served with noodles

06



**06 Turkey burgers & potato wedges**

**08 Chicken Cacciatore**

Italian-style chicken thighs served with rice.

**09 Easy carbonara**

Creamy chicken and bacon speghetti

**10 Meatballs & chunky vegetable sauce**



**12 Red lentil & bacon soup**

served with crusty tiger loaf

**13 Easy Fish pie**

White fish topped with mashed potato

**14 Crispy chicken bites**

Cornflake coated chicken served with salad and chips





# Bang Tasty Chicken

Bang tasty marinated chicken drummers, served with savory vegetable rice.

**Suggested: 4 servings**  
**528Kcal per serving**

## INGREDIENTS

### For the Chicken Marinade

- 2 tbsp tomato puree
- 2 tbsp soy sauce
- 2 tbsp bbq sauce
- 8 chicken drumstick
- Garlic granules
- Chilli flakes

### For the Rice

- 1 onion
- Mixed vegetables
- 1 x 10ml spoon oil
- 3 cups long-grain rice
- 1 x tbsp vegetable stock powder or cube
- 6 cups boiling water
- 1 tbsp spoon curry powder
- 1 tsp of garlic granules
- 1 tbsp of soy sauce





## METHOD

Mix the tomato purée, soy sauce, and bbq sauce in a mixing bowl (not a metal one) and season with black pepper. Add the chicken drumsticks, turning to coat them in the mixture. Cover and refrigerate for at least 30 minutes, or overnight if preferred.

*Chicken skin has a high-fat content, so you could remove it to make your dish healthier.*

When ready to cook, preheat the oven to 200°C/fan oven 180°C/gas mark 6. Arrange the drumsticks in a foil-lined roasting tin and roast for 30 minutes, brushing them with the remaining glaze after 20 minutes.

While the chicken is roasting, prepare the rice by adding 3 cups of rice to a large saucepan. Using the same cup, pour over 6 cups of freshly boiled water into the pan. Cook for around 12 mins until all the water has absorbed. Remove from the pan to a strainer and run under cold water for a few mins, cover the rice and leave to cool completely.

Peel and chop the onion. Fry the onion in oil until soft.

Add the mixed vegetables and garlic granules cook for a few mins then add the cooked rice, curry powder, soy, and stock cube. Stir fry for a further until piping hot and serve with the chicken drummers and **Enjoy!**

## NUTRITIONAL INFORMATION

	per 680g serving
Energy (Kcal)	528kcal
Fat	12g
of which saturates	2.7g
Carbohydrates	69g
of which sugars	9.7g
Fibre	4.7g
Protein	33g
Salt	2.7g



# Chicken and Broccoli Bake

## INGREDIENTS

- 2 cooked chicken breasts.
- 1 head of broccoli, cut into small florets
- 150ml milk
- 150ml fresh chicken stock or dissolve 1 chicken stock pot or 2 cubes in 150ml boiling water.
- 1 tsp of garlic granules
- 1 tsp of black pepper
- 1 tsp of tarragon
- 30g plain flour
- 30g butter or margarine.
- Boiled potatoes, mashed for topping
- Small amount of grated cheese for the top.

## METHOD

Cut the chicken breasts into cubes and add them to the pan and cook with the seasoning, salt and pepper.

Boil the potatoes then drain and mash.

Cook the broccoli in boiling salted water for 2 minutes then cool under cold water immediately.

Slowly bring the milk and stock to a boil then add the flour and butter, and mix until it thickens, you may not need to use it all.

Preheat your oven to 180C

Place the cooked chicken and broccoli into a casserole dish then slowly pour the sauce over the top.

Top the dish with the mashed potato and sprinkle over the cheese.

Bake for 25 to 35 minutes until the sauce is bubbling and the top starts to brown.



## NUTRITIONAL INFORMATION

	per 497g serving
Energy (Kcal)	552kcal
Fat	23g
<i>of which saturates</i>	12g
Carbohydrates	52g
<i>of which sugars</i>	5.2g
Fibre	5.4g
Protein	32g
Salt	1.7g

**SERVE WITH CRISPY GARLIC BREAD AND A NICE SIMPLE SALAD.**



# Chicken and Vegetable Parcels with noodles

## INGREDIENTS

- skinless, boneless chicken breasts (4 medium)
- 4 spring onions, trimmed and sliced
- 1 carrot, cut into matchstick strips
- Mixed peppers, cut into matchstick strips
- 1 tsp Chinese five-spice powder (optional)
- 1 tsp chilli flakes
- 2 tsp soy sauce
- Ground black pepper

## METHOD

Cut 4 pieces of greaseproof paper, each measuring approximately 30cm square. Put each chicken breast onto a separate square of greaseproof paper.

Mix the vegetables together and place an equal amount on top of each piece of chicken. Sprinkle with five-spice powder (if using), chilli flakes, soy sauce and black pepper. Fold the paper to wrap up the chicken completely.

Put the parcels onto a baking sheet and then into the oven at about 160-180C and bake for around 30-35 minutes.

Check the chicken is properly cooked.

Unwrap a parcel and insert a sharp knife into the thickest part, juices should run clear with no traces of pink.

Serve the chicken in the parcels, along with vegetables and noodles or if you like with rice or potatoes.

## NUTRITIONAL INFORMATION

	per g serving
Energy (Kcal)	406kcal
Fat	7g
<i>of which saturates</i>	1g
Carbohydrates	49g
<i>of which sugars</i>	5g
Fibre	4g
Protein	37g
Salt	0.46g







# Turkey Burger & **INGREDIENTS**

## Wedges

Homemade turkey as you fancy with herbs and spices served with crispy garlic chilly potato wedges.

- 500g of turkey mince
- Half a brown onion (grated or finely chopped)
- 1 egg
- Burger buns
- 1/2 round iceberg lettuce
- 1 tomato
- 1 cheese slice
- Touch of salt and pepper
- Any additional herbs/spices, chilli powder, garlic salt, dried thyme.
- 2 to 3 large potatoes cut into wedges

**Suggested: 4 servings**  
**521Kcal per serving**





## METHOD

Grate or dice your onion into small pieces. Put turkey mince and chopped onions into a bowl. You can also add any herbs or spices that you'd like. *some we like to include chilli powder, garlic salt and some dried thyme.*

Crack an egg into the bowl. This will help the meat bind together with the onion so the burgers don't fall apart.

Give the mixture a good squidge around to mix it. Add salt and pepper.

Wash your potatoes and cut them into wedges. Add to a large pot of boiling water and power boil for about 10 mins. Remove and drain well. Leave wedges to dry then coat with oil and some chilli flakes and garlic salt and shake to fluff up.

Bake in a pre-heated oven at around 180oc until crispy and golden.

Once the burger mixture is well mixed, divide the mixture in half, then half again to get four equal portions. Roll them into individual balls and press them down into burger-sized circles.

Heat a small glug of oil in a frying pan at medium heat.

Add the burgers and fry for about 3 minutes on each side, at this point we are searing the meat.

When they're ready, remove them from the pan and place them on an oven tray and bake in the oven for around 20-25 mins then serve with a slice of cheese and salad of your choice, potato wedges and **ENJOY!**

## NUTRITIONAL INFORMATION

	per g serving
Energy (Kcal)	521kcal
Fat	10g
of which saturates	1g
Carbohydrates	85g
of which sugars	9g
Fibre	11g
Protein	45g
Salt	1.2g



# Chicken Cacciatore served with Rice

## INGREDIENTS

- 1 tbsp. of oil
- Half an onion
- 2 tsp of garlic granules
- 4 chicken Thighs
- 100ml of chicken stock
- 1 tsp of tomato puree
- 1 tin of tomatoes
- Mushrooms
- A handful of chopped parsley.

## METHOD

Heat oil in a pan, then add the chicken thighs skin down and cook on high heat to crisp skin, turn and cook on the other side for a further 5 mins, then remove from pan and add to an ovenproof dish.

Fry off the onions and mushrooms and add garlic granules, salt, pepper and tomato puree. Pour in the chicken stock and tin tomato and simmer for 5-6 mins.

Add sauce and vegetables to the oven dish and cook at 180 for about 30-35 mins.

Rinse rice in cold water. Add rice to the pot and cover with cold water. Bring to the boil without a lid then reduce heat and simmer for around 8 mins stirring every now and then. Remove from the heat and cover with a lid for a further 5 min. drain water and fluff up with a fork.

Remove dish from oven and sprinkle over the chopped parsley and serve with rice.

## NUTRITIONAL INFORMATION

	per g serving
Energy (Kcal)	429kcal
Fat	13g
<i>of which saturates</i>	3g
Carbohydrates	52g
<i>of which sugars</i>	4g
Fibre	2g
Protein	28g
Salt	0.32g





# Easy Carbonara

## INGREDIENTS

- 100g of cubed cooked chicken
- 100g of cooking bacon
- One pack of Spaghetti
- 2 cloves of garlic, chopped
- Salt & black pepper

### For Cheese Sauce

- 250ml Milk
- 100g grated Cheese
- Salt & black pepper

## METHOD

Put a pot of water with a pinch of salt on to boil and add the spaghetti or pasta. Cook according to packet instructions usually around 9minutes.

Finely chop an onion (optional), add to a pan with bacon and garlic, and cook until nicely brown.

Make the cheese sauce by bringing milk to simmer and add cheese, salt and black pepper simmer until thickened.

Finally, add all ingredients together in a large bowl mix through and serve. **Delicious and Quick.**



## NUTRITIONAL INFORMATION

	per g serving
Energy (Kcal)	391kcal
Fat	13g
<i>of which saturates</i>	6g
Carbohydrates	39g
<i>of which sugars</i>	4g
Fibre	5g
Protein	26g
Salt	1.14g





# Meatballs & chunky vegetable sauce

Lean beef meatballs in a vegetable and tomato sauce served with spaghetti.

## INGREDIENTS

- 1lb (450g) lean beef mince
- Mixed peppers cut into chunks
- 2 x garlic cloves
- 1 onion
- Mushrooms
- Tin of tomatoes
- Half a tsp of black pepper
- Half a tsp of dried basil
- Half a tsp of chilli flakes
- Oil
- Salt to season
- Grated Cheese to serve (optional)

**Suggested: 4 servings**  
**743Kcal per serving**





## METHOD

Chop onion, peppers and mushrooms into chunky pieces and finely chop 2 cloves of garlic.

Add a splash of oil to the pan and heat to medium heat.

Add the garlic and onions and fry for a few min then add the peppers and a splash of water. Cook the veg until soften and then add the mushrooms. Fry for a further few minutes until all the veg is cooked down nicely.

Add the mince to a bowl. Then add the spice mix and combine well together using your hands. Then roll the mince into meatballs and place in an oven-proof dish.

Remove the cooked veg and add the meatballs to the pan to brown.

Add the meatballs back to the oven-proof dish and pour over the cooked vegetables and add the tin of tomatoes.

Bake in the oven at 180C for 25 to 30 min.

while the meatballs are baking. Fill a large pot with boiling water and add a pinch of salt and a packet of pasta. Bring to the boil and simmer for around 12 min until the pasta has softened. Serve with cooked meatballs and

**ENJOY!**

## NUTRITIONAL INFORMATION

	per g serving
Energy (Kcal)	743kcal
Fat	23g
<i>of which saturates</i>	10g
Carbohydrates	89g
<i>of which sugars</i>	10g
Fibre	7g
Protein	48g
Salt	0.6g



# Red lentil and bacon soup

## INGREDIENTS

- 250g of split red lentils,
- 1 large onion, chopped,
- 2 large carrots chopped,
- 1 pk of cooking bacon, Tesco/Lidl,
- 3 ham stock cubes,
- 1 vegetable stock cube
- 2 ½ litres of water.
- Salt and pepper.
- 1 tiger loaf

**Suggested: 4 servings**  
**736Kcal per serving**

## METHOD

Add cooking bacon to a large pot and fry until crispy and brown.

Add chopped onion, carrots and lentils to the pot and crumble in stock cubes.

Add the water and stir through, add salt and pepper to taste.

Cover and bring to a boil, then reduce heat and simmer for an hour.

Keep an eye on the soup as the lentils will thicken. Add more water to prevent soup from sticking and if gets too thick.

Cool and blend. If too thick add some more water to your liking.

**Serve and enjoy with crusty bread.**

## NUTRITIONAL INFORMATION

	per serving
Energy (Kcal)	736kcal
Fat	27g
<i>of which saturates</i>	10g
Carbohydrates	77g
<i>of which sugars</i>	6g
Fibre	8g
Protein	50g
Salt	5.4g





# Easy fish pie

## INGREDIENTS

- 1kg white potatoes, peeled and cut into chunks
- 1 large onion, chopped
- 1 x 250g tub Garlic & Herbs Extra-Light Soft Cheese
- 1 x pack of Cod or any chunky fish
- handful of fresh flat-leaf parsley, chopped
- milk (optional)
- 1 tbsp oil
- 100ml (3 1/2 fl oz) fish or vegetable stock

## METHOD

Preheat the oven to Gas Mark 5, 190°C, fan oven 170°C. Put the potatoes in a large pan and cover them with water. Bring to the boil and cook for 10–15 minutes until cooked through. Drain and mash, adding a little milk if you wish. Season with salt and pepper.

Meanwhile, heat the oil in a large saucepan and gently cook the onion for 5–10 minutes, until softened. Add the soft cheese and the stock and combine well then cut the fish into cubes.

Add the cubed fish mix and cook for 2 minutes before stirring in the veg and the parsley.

Pour into an oven dish and top with the mash. Cook for 25–30 minutes until piping hot.

**Serve with vegetables or salad and enjoy!**

## NUTRITIONAL INFORMATION

	per serving
Energy (Kcal)	392kcal
Fat	10g
<i>of which saturates</i>	3g
Carbohydrates	51g
<i>of which sugars</i>	5g
Fibre	5g
Protein	27g
Salt	1.6g







# Crispy chicken bites

Crispy cornflake-coated chicken serve with salad and chips or sweet potato wedges

## INGREDIENTS

- 4 skinless boneless chicken breasts (about 500g/1lb), cut into bite-sized pieces
- 125g (4oz) cornflakes
- 3 tbsp. plain flour
- 2 medium eggs, beaten

Suggested: 4 servings





## METHOD

Preheat the oven to 200°C, fan 180°C, gas 6. Put the cornflakes in a food processor and whizz until finely ground. Alternatively, tip into a plastic food bag, wrap the bag in a tea towel and crush finely with a rolling pin.

Put the cornflakes in a shallow bowl, the flour in a second and the beaten eggs in a third. Season the flour and eggs generously with salt and pepper. Line a large baking tray with non-stick baking paper.

Working with a handful of chicken pieces at a time, coat first in the seasoned flour, shaking off the excess, then the beaten egg, turning to coat thinly, but thoroughly. Last, dip the chicken in the crushed cornflakes, making sure each piece is completely covered. Space the coated pieces out on the baking tray and repeat until all the chicken is done.

Cook for 20 minutes, turning halfway through, until golden, crisp and cooked through. Serve with salad and oven chips or sweet potato wedges.

## NUTRITIONAL INFORMATION

AS A GUIDE FOR ADULTS FOR THE CHICKEN ONLY

	per serving
Energy (Kcal)	276kcal
Fat	4g
<i>of which saturates</i>	1g
Carbohydrates	28g
<i>of which sugars</i>	0g
Fibre	1g
Protein	32g
Salt	0.75g



**WE HOPE YOU  
ENJOYED THESE  
RECIPES FOLLOW US  
ON FACEBOOK AND  
SHARE YOUR  
PHOTOS**



# footprints

**Food Services**

Nutritional information sourced from [nutritics.com](https://www.nutritics.com), nutrient app or Myfitnesspal to be used as a guideline only nutritional content may differ dependent on brands or other additives/ingredients used.

