



PRIMARY SPORTS COACHING
LIMITED

*Eat well,
spend less*

PLAY MORE



HOLIDAY
Courses

Contents



Tomato and Basil Soup



Tomato and Basil Pasta



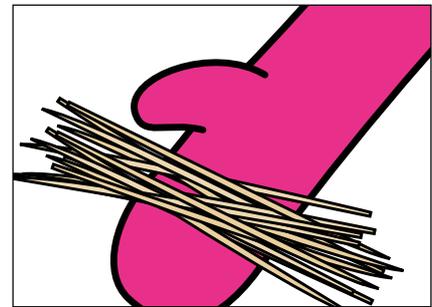
Summer Vegetable Casserole



Fish Goujons



Sweet Potato and Chickpea Tikka



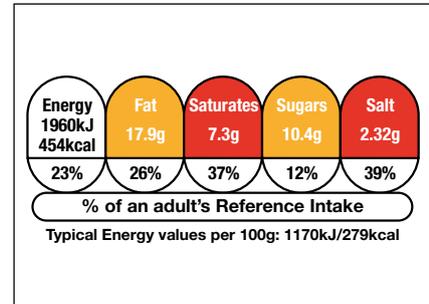
Food Portion Sizes



Leek and Potato Soup



Spanish Omelette



Food Packaging – Traffic Light System

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To find out more about Primary Sports Coaching Limited



Tomato & Basil Soup

Ingredients

- 1 tablespoon oil
- 1 large onion – finely chopped
- 2 x 400g tins of tomatoes (or 1.5kg of fresh tomatoes)
- 1 litre of hot chicken or vegetable stock
- 1 tablespoon freshly chopped basil
- Salt & pepper

Method

- In a large non-stick pan heat the oil.
- Add the onion and cook gently until soft – about 5 minutes.
- Add the tomatoes, stock and basil.
- Bring to the boil then turn down the heat and simmer gently for 10 minutes.
- Remove the pan from the heat and blend the soup until smooth.
- Season to taste.

Tomato & Basil Pasta

Ingredients

- 300g pasta cooked
- 1 tablespoons oil
- 1 onion – finely chopped
- 2 garlic gloves – crushed
- 1 carrot – finely diced
- 1 stalk of celery – finely diced
- 2 teaspoons of mixed herbs
- 1 x 400g tin of chopped tomatoes
- 2 tablespoons of tomato puree
- $\frac{3}{4}$ pint of hot vegetable stock
- 1 tablespoon of freshly chopped basil
- Salt & pepper

Method

- Heat the oil in a large non-stick pan.
- Add the onion and cook on a gentle heat until the onion is soft – about 5 minutes.
- Add the garlic, carrot, celery, mixed herbs, tomatoes, tomato puree and stock.
- Bring to the boil then reduce heat and simmer until the vegetables are soft – about 10 minutes.
- Stir in the cooked pasta – allow to warm through.
- Add the chopped basil.
- Season to taste

For a smooth sauce blend before adding the pasta.



Summer Vegetable Casserole



Ingredients

- 1 tablespoon oil
- 1 large onion – finely chopped
- 2 garlic cloves – crushed
- 1 large carrot – diced
- 2 sticks of celery – diced
- 1-2 courgettes – diced
- 1 small sweet potato – peeled and diced
- 1 small aubergine – diced
- $\frac{3}{4}$ pint hot vegetable stock
- 1 tin of chopped tomatoes
- 3 tablespoons of tomato puree
- 3 teaspoons of dried parsley
- 3 teaspoons of dried thyme
- 1 tin of kidney beans – drained and rinsed
- Salt & pepper

Method

- In a large non-stick pan heat the oil.
- Add the onion and cook gently until soft – about 5 minutes.
- Add the carrot, celery, courgette, sweet potato, aubergine, parsley, and thyme – mix well.
- Add the garlic and cook gently for a couple of minutes.
- Add the stock, tinned tomatoes and tomato puree – stir well.
- Bring to the boil – turn down the heat and simmer gently for 10-15 minutes until the vegetables are just cooked – stir from time to time.
- Add the kidney beans and simmer for a few minutes to warm through.
- Season to taste.





Fish Goujons

Ingredients

- 2 white fish fillets
- ½ cup of flour
- 2 eggs – beaten
- Cornflakes – crushed
- Zest of lemon
- Salt and pepper

Method

- Preheat oven to 180C/350F/Gas 5
- Cut fish into strips – set aside.
- Place flour in a dish – season.
- Place beaten eggs in a dish – season.
- Place the crushed cornflakes and lemon zest in a dish.
- Dip the fish strips in the flour – shake off excess.
- Dip in the egg – shake off excess.
- Dip in the crushed cornflakes – covering completely and place on a lightly greased oven tray.
- Repeat until all the fish strips are coated.
- Place the tray in the oven and bake for 15-20 minutes until the fish is cooked through.

Sweet Potato & Chickpea Tikka

Ingredients

- 1 tablespoon oil
- 1 red onion – finely chopped
- 2/3 tablespoons tikka paste
- 2 tablespoons chopped coriander stalks
- 1 tin tomatoes
- 1 tin chickpeas – drained but save the juice!
- 2 sweet potatoes – peeled and diced
- 300g Quorn pieces
- 200g Greek yoghurt
- 3 garlic cloves – crushed
- Juice of 1 lime
- 2 tablespoons chopped coriander leaves.

Method

- Heat the oil in a large frying non-stick frying pan – add the onion and cook until starting to brown.
- Add the tikka paste, tomatoes, coriander stalks, juice from the chickpeas, sweet potato and one and a half pints of water – mix well.
- Bring to the boil – turn down the heat and simmer for 15 minutes.
- Meanwhile – mix the yoghurt, garlic, lime juice and coriander leaves together.
- Once the 15 minutes are up – add the Quorn and chickpeas to the pan and simmer for a further 12 minutes
- Stir in the yoghurt mixture and gently warm through.

Can serve with basmati rice and pitta bread.
Once chilled this will freeze well.





Leek and Potato Soup

Ingredients

- 40g butter
- 500g leeks, finely chopped.
- 2 onions finely chopped.
- 600g floury potatoes such as Maris Piper or King Edward, finely diced.
- 2 garlic cloves, crushed.
- 1 litre vegetable stock.
- 1 tsp Dijon mustard.
- Small bunch fresh chives finely chopped.
- Crusty bread to serve

Method

- Melt the butter in a large, lidded pan/casserole set over a medium heat.
- When the butter foams, add the leeks, onions, and potatoes with plenty of salt and pepper, then cook gently, with the lid on, for 15-20 minutes.
- Stir every now and again to make sure the veg doesn't catch on the bottom.
- Add the garlic and cook, stirring, for 1 minute.
- Add the stock with the Dijon mustard, bring to the boil, then turn down the heat to low and simmer for 15 minutes more until the veg are tender.
- Taste and season with salt and pepper.
- Serve half the soup spooned into warm bowls, sprinkled with the chives, and freshly ground black pepper, with crusty bread to dip in.
- Freeze the rest of the soup to use again later.

Spanish Omelette (Serves 4)

Ingredients

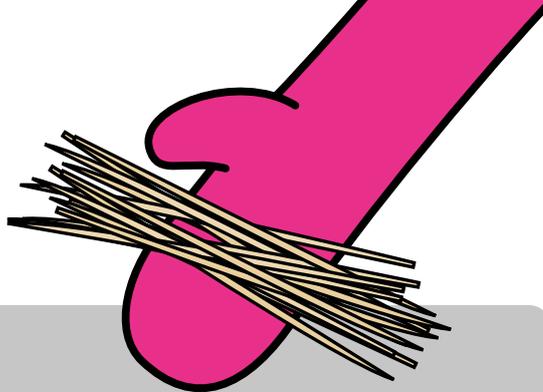
- 500g waxy potato, such as Charlotte
- Knob of butter
- 2 small onions, finely sliced
- 1 red pepper, finely chopped
- 8-9 eggs
- 1 x 25 pack of chives

Method

- Finely slice the onions and chop the red pepper, removing the seeds.
- Cut the potatoes into roughly ½ cm slices.
- Heat a knob of butter in a medium (about 24cm) frying pan over a low heat and cook gently for 10 – 15 until starting to go brown, add the peppers and cook for a further 5 mins.
- Put the potatoes in a steamer over boiling water for 10 - 12 mins to soften. If you don't have a steamer, put in a saucepan, cover with boiling water and simmer gently for around 8 - 10 mins until just cooked through and drain well.
- Break the eggs into a jug and beat with a fork, season with a generous grind of pepper and a pinch of salt.
- Use scissors to snip the chives into small pieces and stir in.
- Heat the grill. Add a little more butter to the frying pan and add the potatoes. Pour over the egg mixture. Cook for 15 mins until almost set and golden brown underneath - you can use a fish slice to lift the omelette up and check.
- Put the frying pan under the grill. Make sure the handle is outside the oven as it will become very hot and can burn. Cook for a further minute or two and serve



Portion sizes and food groups



Starchy foods

This includes all breads, potatoes, rice, couscous, bulgur wheat, semolina, tapioca, maize, cornmeal, noodles and pasta, oats, millet, barley, buckwheat, rye, spelt, plantain, yam, sweet potato, and cassava.

Typical portion sizes (grams/mls/household measures) raw and cooked food

Food		Primary 4-10 year olds	Secondary 11-18 year olds
Bread: includes white, wholemeal, granary, brown, wheatgerm, multigrain, potato bread, chapattis, plain baked naan, rotis, rolls, bagels, pitta, wraps.		(50-70g) 1-2 slices of medium bread 1 small roll 1 small or large bagel 1 small pitta 2 6" wraps 1 10" wrap	(80-100g) 2 thick slices of bread 1 large roll or sub roll 1 large bagel 1 large pitta 1 12" wrap
Potatoes or sweet potato: includes boiled mashed.	Raw	120-170g	200-250g
Jacket and baked potatoes.	Raw	200-280g	330-410g
Other starchy root vegetables: includes yam, plantain, cocoyam and cassava.	Raw	100-150g	150-200g
Pasta and noodles: includes white and wholemeal spaghetti, noodles and pasta shapes.	Dried ¹	45-65g	65-80g
Rice: includes white and brown rice.	Dried ¹	35-55g	55-65g
Other grains: includes couscous, bulgur wheat, maize (polenta) and cornmeal.	Dried ¹	40-60g	60-70g
Starchy foods where fat or oil has been added before or during the cooking process: include roast or sauted potatoes, chips, potato wedges, pre-prepared potato products, fried rice, bread, or noodles, hash browns, garlic bread, Yorkshire pudding, chapattis and naan made with fat, pancakes and waffles cooked in oil.			
Potatoes cooked in oil or fat: includes roast or sauted potatoes, chips, potato wedges, other processed potato products such as waffles.	Raw	70-100g	120-150g
Garlic bread (as an accompaniment).	Dried	20g 1 slice	40g 2 slices
Bread with no added fat or oil must be available every day. All types of plain bread with no added fat or oil, including brown, wholemeal, granary, white, mixtures of white and wholemeal, pitta, rolls, chapattis, naan, ciabatta, and herb bread.			

Note: Wholegrain (i.e. made with, or containing whole grain): starchy wholegrains include wholemeal, granary flour, bread and bread products, wholewheat pasta, brown rice and oats. Higher-fibre white bread, 50/50 bread, half/half wholegrain and white mixes, such as 50/50 mix of brown and white rice, 50/50 whole wheat and white pasta.

¹ Based on average weight change of wholemeal and white spaghetti, pasta shapes and noodles



NHS Food Portion Sizes

Additional information on portion sizes, including different food groups

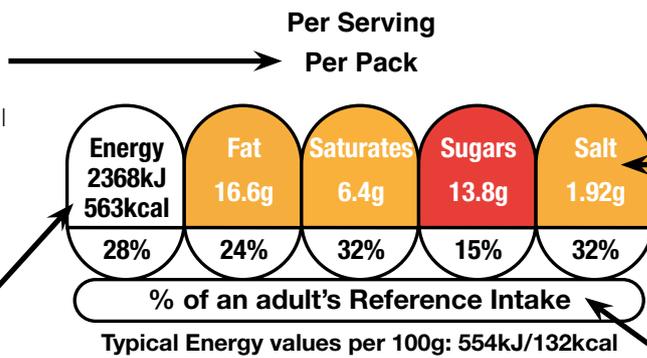
Food Packaging Traffic Light System

KNOW YOUR LABEL

Checking the nutrition label is a good way to compare products, make healthier choices and eat a balanced diet.

KNOW YOUR PORTIONS

Check the pack for the portion size, this is what the numbers on the nutrition label are based on.



KNOW YOUR CALORIES

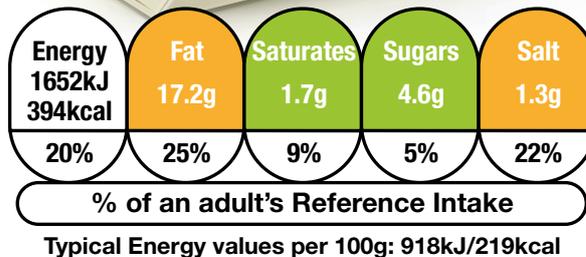
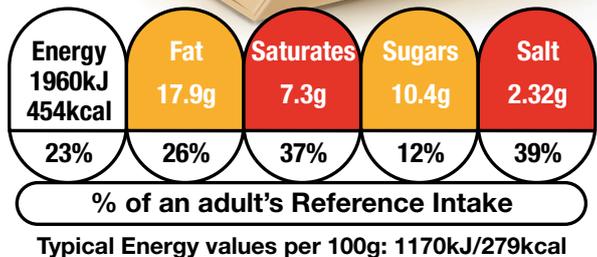
To make the choice that is right for you, use the calorie information to compare products.

KNOW YOUR CALORIES

To make the choice that is right for you, use the calorie information to compare products.

KNOW YOUR COLOURS

The red, amber and green colours show at a glance whether a product is high, medium or low for fat, saturates, sugars and salt.



Aim to buy foods with the yellow and green labels and try to avoid red.