

# Healthy Start Vouchers

Helping you eat well

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HEALTHY  
START

Start right, eat right,  
be healthy, stay well



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# Baked bean and sausage/veggie sausage hotpot



Vegetarian



Vegan if  
vegetarian  
sausages are  
vegan



Gluten free



Dairy free



## Ingredients

1 ½ tablespoons vegetable oil



**1 small onion, peeled and diced**



1 teaspoon garlic paste  
**or 1 clove garlic, crushed**



**1 large potato, washed and cubed**



**3 carrots, peeled and diced**

4 meat/vegetarian or vegan sausages,  
each cut into 4 pieces

1 large can (400g) chopped tomatoes

1 large can (400g) reduced salt, reduced sugar

baked beans



**200g frozen peas**

350ml water



**Can be purchased with  
Healthy Start Vouchers**

## Method

1. Heat the oil in a large pan and fry the onion and garlic until the onion starts to soften

2. Add all the other ingredients to the pan and stir well. Bring to the boil and simmer gently for about 15 minutes until the vegetables are cooked.

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# Leek, potato and pea soup



Vegetarian



Gluten free



Egg free



## Ingredients

1 ½ tablespoons vegetable oil

 **2-3 large leeks, washed and sliced (about 250g prepared weight)**

 **2 large potatoes, washed and diced, skin on (about 400g prepared weight)**

1 teaspoon bouillon powder

1 teaspoon dried mixed herbs or 1 tablespoon fresh parsley, finely chopped

 **600ml semi-skimmed or plant milk**

 **200g frozen peas**

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 **Can be purchased with Healthy Start Vouchers**

## Method

1. Heat the oil in a large pan, add leeks and potatoes, and cook for about 5 minutes.
2. Add water, bouillon powder and herbs and simmer until vegetables are soft
3. Add the milk and peas and heat through until peas are cooked
4. Sieve, mash or blend the soup (or leave it as it is)

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# Mediterranean pie



Vegetarian



Gluten free



Egg free



## Ingredients



**1.4kg (1400g) potatoes, washed and diced or peeled and diced**



**100 ml semi-skimmed or plant milk**



**1 small onion, peeled and diced**



1 teaspoon garlic paste  
**or 1 glove garlic, crushed**

1 teaspoon bouillon powder



**1 courgette, washed, topped, tailed and cut into cubes**

1 large can (400g) chickpeas, drained and rinsed (drained weight 240g)

1 large can (400g) chopped tomatoes

1 teaspoon dried mixed herbs



**Can be purchased with Healthy Start Vouchers**

## Method

1. Boil the potatoes in water for about 15 minutes until soft. Drain and mix with the milk, mashing to a desired consistency
2. In a large pan, heat the vegetable oil and add onion, garlic and bouillon powder. Fry gently, stirring until the onion softens.
3. Add the red pepper, courgette, chickpeas, tomatoes and dried mixed herbs. Simmer until all vegetables are soft
4. Put the vegetable mixture in an ovenproof bowl and top with the mashed potatoes.
5. If the potato and filling are both still hot you can just grill the top of the pie before serving. Otherwise heat the pie through in a hot oven (180 degree/ 350F /Gas mark 4) for 10-15 minutes.

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# Vegetable biryani



Vegetarian



Vegan if  
bouillon is  
vegan



Gluten free



Dairy free



## Ingredients

2 tablespoons vegetable oil  
2 tablespoons medium curry powder  
1 teaspoon bouillon powder



**1 onion, peeled and diced**



**1 large carrot, peeled and diced**



**1 large potato, washed and cubed**



**100g frozen peas**



**½ cauliflower, broken into pieces**

1 large can (400g) chickpeas, drained  
and rinsed (240g drained weight)

200g rice

400ml water



**Can be purchased with  
Healthy Start Vouchers**

## Method

1. Heat the oil in a large pan and add the curry powder, bouillon powder and onion and cook for a few minutes until the onion softens.
2. Add the carrot, potato, peas, cauliflower, chickpeas and rice. Stir for 1 minute
3. Pour over the water and simmer gently with the lid on the pan for about 20 minutes until the rice is tender and the vegetables are cooked



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# Apple crumble



Vegetarian



Vegan if vegetable fat spread is vegan




Dairy free if vegetable fat spread is dairy free



Egg free



## Ingredients

- 65g flour
- 50g vegetable fat or vegan spread
- 65g porridge oats
- 40g sugar
-  **5 eating apples**
- 1 teaspoon mixed spice or cinnamon powder



Can be purchased with  
Healthy Start Vouchers

## Method

1. Heat the oven to 180 degrees/ 350F/Gas mark 4
2. Put the flour in a bowl and add the fat spread to it. Rub the fat spread into the flour with your fingertips until it resembles breadcrumbs. Add the porridge oats and sugar and mix together
3. Peel and slice the apples. Put the apples into a heatproof baking dish, add the spice or cinnamon and mix together
4. Place the crumble mix over the apples and put the crumble in the oven for 30-35 minutes until the fruit is soft and the crumble browned

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# Banana Custard



Vegetarian



Gluten free



Egg free



## Ingredients

30g custard powder



**500ml semi-skimmed or plant milk**

30g sugar



**4 large bananas**



**Can be purchased with  
Healthy Start Vouchers**

## Method

1. Blend 1 or 2 tablespoons of the milk with the custard powder to make it a paste
2. Put the remaining in a saucepan to heat. Before it comes to the boil, add the custard mixture slowly, stirring all the time so that it blends and doesn't go lumpy, and then add the sugar
3. Stir the custard well as it comes to the boil and then simmer for a few minutes until it thickens
4. Peel the bananas and cut them into chunks. Place in a bowl add the custard and stir