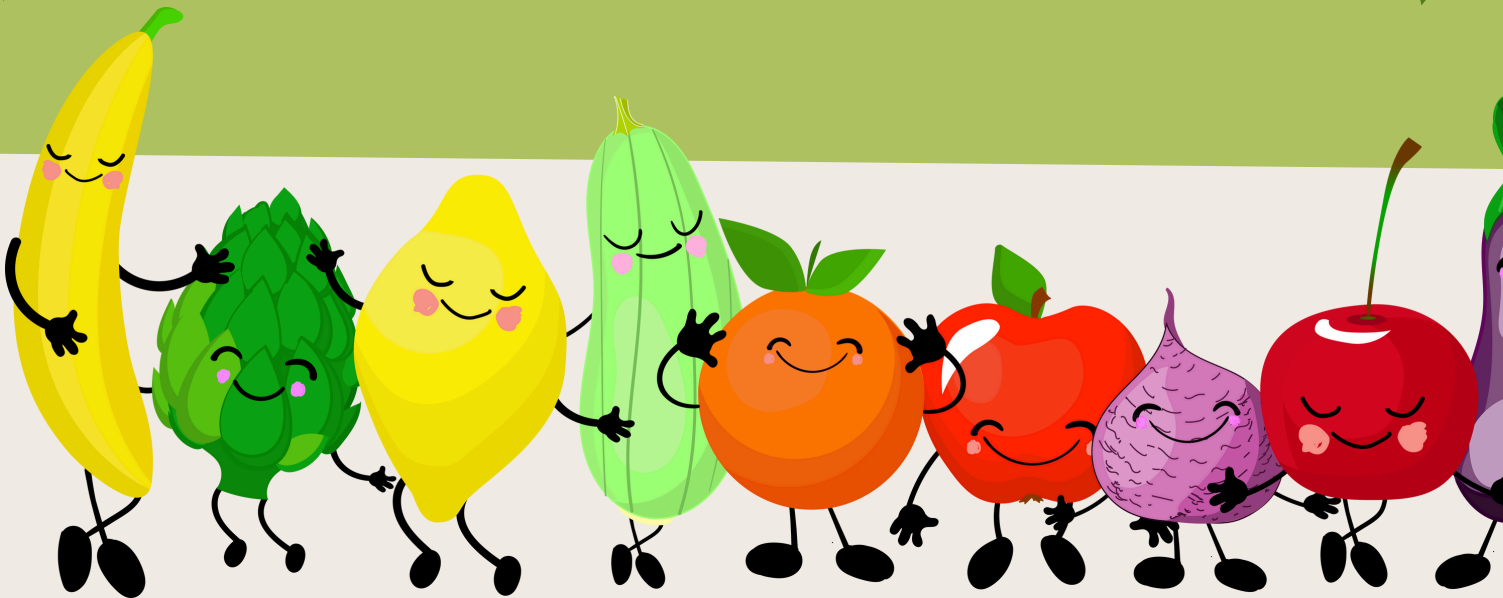
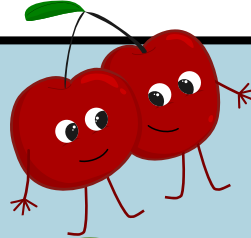
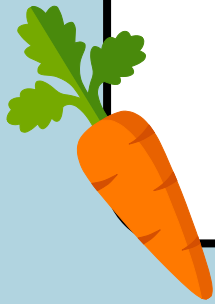


# Tayside Contracts

## Recipe Book

# 2025-26



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# An Introduction to Tayside Contracts Recipe Book 2025-2026

The Tayside Contracts Catering Team is super excited to share some of our all-time favourite recipes for you to try at home!

This year, the kids get to enjoy delicious new dishes like Sunshine Quorn Curry and Sticky Toffee Pudding and now you can make them at home too! You'll find these tasty dishes (and more!) inside.

The recipes are kid-friendly, and with the help of an adult the whole family can enjoy some of the delicious meals kids love to eat at school.

We'd love to see what you create! Share your tasty dishes and favourite recipes with us on our social media page [@TCschoolfood](#)



## Oven Temperature Conversion Chart

All oven temperatures are shown as °C  
please use the conversion chart below for all other types.

°C	°F	Gas Mark
140°C	275°F	1
150°C	300°F	2
170°C	325°F	3
180°C	350°F	4
190°C	375°F	5
200°C	400°F	6
220°C	425°F	7
230°C	450°F	8
240°C	475°F	9





# Soups



# RECIPE

## CREAM OF TOMATO SOUP

### INGREDIENTS:

• Diced Onions	60g
• Diced Carrots	70g
• Ground Black Pepper	pinch
• Tomato Paste	60g
• Chopped Tomatoes	200g
• Light Soft Brown Sugar	1.5g
• Bouillon - Vegetable	10g
• Boiling Water	320ml
• Cream	40ml

### DIRECTIONS:

1. Add all ingredients to a pot except for the cream.
2. Bring to boil, simmer for approx. 30 minutes.
3. Liquidise the soup then add the cream.



SERVES

4



PREP

5  
mins



COOK

30 - 35  
mins



### LEON'S STAR TIP:

Using double cream makes the soup extra creamy.



# RECIPE

## LENTIL SOUP

### INGREDIENTS:

- |                        |       |
|------------------------|-------|
| • Boiling Water        | 640ml |
| • Pulses - Red Lentils | 90g   |
| • Bouillon - Vegetable | 10g   |
| • Diced Carrots        | 100g  |
| • Leeks - Sliced       | 55g   |
| • Ground Black Pepper  | Pinch |

### DIRECTIONS:

1. Rinse lentils thoroughly.
2. Place boiling water and bouillon in pot, dissolve bouillon and bring to boil.
3. Add lentils, bring to the boil and then simmer gently for approx. 50-60 minutes, skim if necessary.
4. Add vegetables, pepper and continue to simmer for approx. 15 minutes or until vegetables are cooked.
5. Liquidise if desired.



SERVES

4



PREP

5  
mins



COOK

30 - 35  
mins



### LEON'S STAR TIP:

Did you know this is our most popular soup?!





## RECIPE

NEW

SWEET POTATO AND BUTTERNUT  
SQUASH SOUP

## INGREDIENTS:

• Sweet Potato	100g
• Butternut Squash	100g
• Diced Carrots	75g
• Diced Onions	75g
• Bouillon - Vegetable	10g
• Boiling Water	400ml
• Cumin	1g
• Mild Chilli Powder	0.5g
• Salt - LoSalt	1g

## DIRECTIONS:

1. Prepare sweet potato and butternut squash.
2. Add all ingredients to a pot and bring to boil.
3. Simmer until vegetables are tender.
4. Blend the soup.
5. Check seasoning and consistency.



SERVES

4



PREP

5  
mins

COOK

30 - 35  
mins

## LEON'S STAR TIP:

An easy hack for peeling butternut squash and sweet potatoes is to cut them into round disks on a chopping board and use a knife pointing downward to peel.



# RECIPE

**NEW**

## TOMATO AND VEGETABLE SOUP

### INGREDIENTS:

• Diced Onions	75g
• Diced Carrots	75g
• Ground Black Pepper	0.15g
• Tomato Paste	35g
• Chopped Tomatoes	150g
• Light Soft Brown Sugar	1.25g
• Bouillon - Vegetable	10g
• Boiling Water	300ml
• Salt - LoSalt	1g
• Veg - Macedoine	150g
• Double Cream	50ml

### DIRECTIONS:

1. Hold back macedoine and cream.
2. Add remaining ingredients to a pot.
3. Simmer for 30 minutes.
4. Blitz soup.
5. Add macedoine and cream and simmer until vegetables are tender.



SERVES

4



PREP

5  
mins

COOK

30 - 35  
mins

### LEON'S STAR TIP:

Macedoine is the French word for a medley of chopped vegetables or fruits cut into small pieces. Usually consists of carrots, turnips and peas.





# Mains



## RECIPE

NEW

## BBQ CHICKEN BURRITO

## INGREDIENTS:

• Chicken Thigh Meat Mince	250g
• Diced Onions	50g
• Diced Mixed Peppers	50g
• Garlic Purée	20g
• Chopped Tomatoes	250g
• Tomato Paste	50g
• Dried Mixed Herbs	1.25g
• Ground Black Pepper	pinch
• Salt - LoSalt	1g
• Bouillon - Chicken	7.5g
• Sugar - Granulated	7.5g
• Boiling Water	15ml
• Black Treacle	20g
• Rice Vinegar	15ml
• Cornflour	7.5g
• Cold Water for Cornflour	7.5ml
• Tortilla Wraps	x 4

## DIRECTIONS:

## Preheat Oven Temp - 180°C

1. Hold back cornflour, cold water, tortilla wrap and grated cheese until required.
2. Brown mince in a pan, gently sauté for a few minutes.
3. Place remaining ingredients into pan.
4. Bring to boil.
5. Simmer until vegetables are tender.
6. Combine cornflour and cold water to form a paste.
7. Stir into sauce until thickens.
8. Place filling onto centre of tortilla wraps
9. Fold sides of wrap over and roll to ensure filling is enclosed.
10. Place in oven to bake for approx. 5 minutes.



SERVES

4



PREP

5  
mins

COOK

20 - 25  
mins

## LEON'S STAR TIP:

Why not sprinkle some cheese on top of filling before you fold!



# RECIPE

## BEEF LASAGNE

### INGREDIENTS:

• Steak Mince	240g
• Diced Onions	60g
• Diced Carrots	60g
• Diced Mixed Peppers	40g
• Chopped Tomatoes	145g
• Tomato Paste	45g
• Boiling Water	80ml
• Bouillon - Vegetable	4g
• Garlic Purée	6g
• Ground Black Pepper	0.1g
• Salt - LoSalt	1.5g
• Dried Mixed Herbs	0.5g
• Cornflour	4g
• Cold Water	4ml
• Semi Skimmed	300ml
• Ground Black Pepper	0.2g
• Cornflour	10g
• Cold Water	10ml
• Pasta - Lasagne Sheets	100g
• Grated Cheese	40g

### DIRECTIONS:

**Preheat Oven Temp - 180°C**

#### **Bolognese Sauce**

1. Dry fry the mince and skim off any fat.
2. Add the onions, carrots, ground pepper, chopped tomatoes, tomato paste, garlic purée and herbs.
3. Add boiling water with the bouillon and cook until tender.
4. Thicken with 10g cornflour blended with 10ml cold water.
5. Add peppers just before removing from heat.

#### **White Sauce**

1. Heat milk in a pot.
2. Combine 4g cornflour and 4ml cold water to form a paste.
3. Whisk into milk until the sauce thickens, add pepper.

To assemble Lasagne layer bolognese, lasagne sheets, bolognese, lasagne sheets then add white sauce topped with grated cheese. Place assembled lasagne into oven and bake at 180C, for approx. 40 minutes.



SERVES

4



PREP

10  
mins



COOK

40-45  
mins



### LEON'S STAR TIP:

Increase the ratio of mozzarella to cheddar cheese for an extra cheesy pull.



# RECIPE

## CHEESE AND TOMATO PIZZA

### INGREDIENTS:

• Tepid Water	75ml
• Pizza and Bread Mix	115g
• Non-Stick Spray Sunflower Oil	1ml
• Rapeseed Oil	1ml
• Diced Onions	7g
• Diced Carrots	6g
• Sliced Courgettes	3g
• Diced Mixed Peppers	7g
• Garlic Purée	2g
• Chopped Tomatoes	30g
• Tomato Paste	5g
• Dried Mixed Herbs	0.1g
• Ground Black Pepper	0.03g
• Sugar - Granulated	0.6g
• Fine Sea Salt	0.25g
• Boiling Water	5ml
• Cornflour	0.6g
• Cold Water	0.6ml
• Grated Cheese	75g

### DIRECTIONS:

#### Preheat Oven Temp - 200°C

#### Pizza Base

1. Mix pizza base mix with tepid water on slow speed with a dough hook for approx. 5 mins scraping down if necessary.
2. Roll out and place on a baking tray sprayed with oil, and pierce the base all over with a fork.
3. Set aside while making sauce.

#### Pizza Sauce

1. Sauté the onions, carrots, courgettes, peppers and garlic in oil.
2. Add the rest of the ingredients (except cornflour and cold water, grated cheese ) and simmer until cooked.
3. Blend sauce, taste and adjust seasoning and consistency as required.
4. Combine cornflour and cold water to form a paste and stir into sauce, and cook out for a few minutes.
5. Spread pizza sauce over the pizza base and sprinkle with cheese.
6. Bake in preheated oven for approx. 10 - 15 minutes.



SERVES

4



PREP

5  
mins



COOK

15-20  
mins



### LEON'S STAR TIP:

Lining your baking tray with parchment paper ensures a crispier base and prevents sticking.

# RECIPE

**NEW**

## CHICKEN AND GRAVY PIE

### INGREDIENTS:

- |                               |         |
|-------------------------------|---------|
| • Stew Pack                   | 120g    |
| • Boiling Water               | 350ml   |
| • Gravy - Granules            | 30g     |
| • Chicken - Diced 12mm Cooked | 200g    |
| • Puff Pastry Squares         | 2 x 55g |

### DIRECTIONS:

1. If using frozen cooked chicken defrost in the refrigerator overnight.
2. Place Boiling Water, and vegetables into pot and cook for 5-10 minutes.
3. Stir in gravy granules until thickened.
4. Combine chicken and gravy.

### Pastry

1. Prepare the puff pastry, cut it in half and glaze with a little milk.
2. Bake in a preheated oven following the manufacturer's instructions.
3. Serve with the pie filling.



SERVES

4



PREP

5  
mins

COOK

10-15  
mins

### LEON'S STAR TIP:

Cut puff pastry vertically to avoid them sticking together.



# RECIPE

## CHICKEN FAJITA PASTA

### INGREDIENTS:

• Diced Onions	90g
• Diced Mixed Peppers	90g
• Garlic Purée	10g
• Mild Chilli Powder	0.8g
• Cayenne Pepper	0.4g
• Fat Reduced Cocoa Powder	0.4g
• Tomato Paste	32g
• Boiling Water	60ml
• Chopped Tomatoes	80g
• Cornflour	8g
• Cold Water	8ml
• Chicken Thigh Meat Mince	260g
• Salt - LoSalt	pinch
• Bouillon - Chicken	4g
• Pasta	140g

### DIRECTIONS:

#### Fajita Mince

1. Brown mince in a pot.
2. Place the remaining ingredients into the pot except cornflour, and cold water.
3. Simmer for approx. 45 minutes.
4. Combine cornflour and cold water to form a paste.
5. Stir into sauce until thickens

#### Pasta

1. Cook pasta as per manufacturer's instructions.
2. Drain pasta and refresh using boiling water and drain again.
3. Serve pasta with Chicken Fajita Mince.



SERVES

4



PREP

5  
mins



COOK

45-50  
mins



### LEON'S STAR TIP:

Substitute chicken thigh mince with chicken breast mince for a leaner recipe.



# RECIPE

## CHICKEN FILLET IN GRAVY WITH YORKSHIRE PUDDING

### INGREDIENTS:

- Frozen Chicken Breast Fillet 4 x 57g
- Water 360ml
- Gravy - Granules 30g
- Bake - Yorkshire Puddings 4

### DIRECTIONS:

#### Preheat Oven Temp - 180°C

1. To oven bake chicken, cook from frozen on a lined baking tray. Cover and bake for 15-18 minutes or until cooked through.
2. Pour off excess any liquid.
3. Bring water to the boil.
4. Whisk the gravy granules into the boiling water until thickened.
5. Place Yorkshire pudding on a baking tray in the oven approx. 4 minutes.
6. Place chicken in a suitable warmed serving dish, cover with gravy and serve with a Yorkshire pudding.



SERVES

4



PREP

5  
mins



COOK

15-20  
mins



### LEON'S STAR TIP:

Excess liquid from the baked chicken can be added to the gravy mix for an extra rich gravy.

# RECIPE

## CHICKEN TIKKA CURRY

### INGREDIENTS:

• Garlic Purée	5g
• Diced Onions	50g
• Diced Mixed Peppers	50g
• Diced Carrots	50g
• Ginger	1g
• Cumin	2.5g
• Garam Masala	3g
• Turmeric	1.75g
• Mild Chill Powder	1.25g
• Ground Black Pepper	0.25g
• Chopped Tomatoes	185g
• Tomato Paste	8g
• Boiling Water	50ml
• Semi Skimmed Milk	60ml
• Coriander	1.5g
• Bouillon - Chicken	7.5g
• Natural Low Fat Yoghurt	100g
• Cornflour	5g
• Cold Water	5ml
• Frozen Diced Cooked Chicken	200g

### DIRECTIONS:

#### Preheat Oven Temp - 180°C

1. Heat oil in a pot, gently sauté onion and garlic for 5-10 mins.
2. Add spices and gently cook for a few minutes on a low heat.
3. Add tomato paste and gently cook for a few minutes on a low heat.
4. Add the boiling water, peppers and chopped tomatoes, simmer for 20 mins.
5. Add milk and yoghurt, stir well .
6. Combine cornflour and cold water to form paste and stir into sauce.
7. Heat diced chicken from frozen by placing on a lined baking tray, cover and bake for 18-22 mins.
8. Add drained chicken and fresh chopped coriander to Curry Sauce.



SERVES

4



PREP

5  
mins



COOK

20 - 25  
mins



### LEON'S STAR TIP:

Add yoghurt slowly on low heat to prevent curdling.



## RECIPE

NEW

## CHILLI CHICKEN PIZZA SLICE

## INGREDIENTS:

• Tepid Water	75ml
• Pizza and Bread Mix	115g
• Non-Stick Spray Sunflower	1.5ml
• Chicken Thigh Meat Mince	50g
• Diced Onions	10g
• Mixed Diced Peppers	10g
• Garlic Purée	4g
• Mild Chilli Powder	0.7g
• Cumin	0.4g
• Paprika	0.4g
• Chopped Tomatoes	40g
• Tomato Paste	10g
• Dried Mixed Herbs	0.25g
• Ground Black Pepper	pinch
• Sugar - Granulated	0.5g
• Bouillon - Chicken	1.5g
• Salt - Lo	pinch
• Boiling Water	3ml
• Cornflour	1.5g
• Cold Water	1.5ml
• Grated Cheese	100g



SERVES

4



PREP

5  
mins

COOK

10-15  
mins

## DIRECTIONS:

**Preheat Oven Temp - 200°C****Pizza Base**

1. Mix pizza base mix with tepid water on slow speed with a dough hook for approx. 5 mins scraping down if necessary.
2. Roll out and place on a baking tray sprayed with oil, and pierce the base all over with a fork.
3. Set aside while making sauce.

**Pizza Sauce**

1. Set aside cornflour, cold water for the cornflour and grated cheese.
2. Sauté chicken mince gently for 5 minutes and add remaining ingredients.
3. Combine cornflour with cold water, mix to form a paste.
4. Add to sauce and stir until thickened.

To assemble pizza spread pizza sauce over the pizza base and sprinkle with cheese. Place in in preheated oven and bake for approx. 10-15 mins or until golden.

**LEON'S STAR TIP:**

**Pierce the pizza base all over with a fork to avoid big air bubbles forming in the dough.**



# RECIPE

## CLASSIC MACARONI CHEESE

### INGREDIENTS:

• Semi-Skimmed Milk	440ml
• Sunflower Spread	16g
• Colman's English Mustard	3g
• Ground Black Pepper	0.1g
• Cornflour	20g
• Cold Water	20ml
• Mature Grated Cheddar	140g
• Fine Sea Salt	0.2g
• Macaroni	120g

### DIRECTIONS:

#### Preheat Oven Temp - 180°C

1. Add milk, ground pepper and sunflower spread into a pan and heat until boiling.
2. Mix the cornflour with cold water to form a paste.
3. Add the cornflour paste, whisking until the milk mixture thickens into a sauce.
4. Stir in the mustard and cheese retaining some cheese for topping.
5. Cook pasta as per manufacturer's instructions.
6. Combine sauce with macaroni and place into ovenproof dish.
7. Sprinkle with remaining cheese.
8. Place in oven until cheese topping turns golden brown.



SERVES

4



PREP

5  
mins



COOK

10 - 15  
mins



### LEON'S STAR TIP:

Why not serve with crusty or garlic bread.



# RECIPE

**NEW**

## COSY QUORN SAUSAGES IN GRAVY

### INGREDIENTS:

- Non-Stick Spray Sunflower Oil 10ml
- Quorn - Sausages x 8
- Water 400ml
- Gravy - Granules 30g

### DIRECTIONS:

#### Preheat Oven Temp - 200°C

1. Preheat oven.
2. Lightly spray sausages with oil.
3. Cook from frozen following manufacturer's guidelines.
4. Drain off any excess fat.
5. Bring water to the boil.
6. Whisk the gravy granules in to the boiling water.
7. Place sausages in a suitable warmed serving dish and pour over gravy.



SERVES

4



PREP

5  
mins

COOK

15-20  
mins

### LEON'S STAR TIP:

Spraying the Quorn sausages with oil gives them a crispier exterior.



## RECIPE

NEW

## GOLDEN VEGETABLE BURGER

• Carrots - Shredded	90g
• Diced Onions 10mm	50g
• Chives	2g
• Sweetcorn in Water	65g
• Grated Cheese	60g
• Garlic Purée	4g
• Paprika	1g
• Ground Black Pepper	Pinch
• Baking Powder	1g
• Breadcrumbs - Golden	70g
• Cold Water	15ml
• Rapeseed Oil	5ml

## DIRECTIONS:

## Preheat Oven Temp - 180°C

1. Open and drain all vegetables.
2. Combine all dry ingredients, hold back a third of breadcrumbs.
3. Cut or chop chives into small pieces (can use dried chives).
4. Combine all ingredients, except remaining breadcrumbs.
5. Allow sufficient time for breadcrumbs to soak up liquid.
6. Shape mixture into 4 equal burgers.
7. Sprinkle burgers with cold water and pass through remaining breadcrumbs.
8. Place burgers onto tray and spray the top of with oil.
9. Bake for approx. 20-25 minutes.



SERVES

4



PREP

10  
mins

COOK

20 - 25  
mins

## LEON'S STAR TIP:

**Turmeric gives golden breadcrumbs their beautiful colour and adds a mild, earthy flavour.**



# RECIPE

## HEARTY QUORN SAUSAGE CASSEROLE

### INGREDIENTS:

- Quorn Sausages x 8
- Rapeseed Oil 2.5ml
- Diced Onions 50g
- Stew Pack 100g
- Boiling Water 350ml
- Gluten Free Gravy Granules 30g

### DIRECTIONS:

#### Preheat Oven Temp - 180°C

1. Preheat Oven.
2. Place sausages on a lightly oiled baking tray.
3. Cook from frozen following manufacturer's guidelines.
4. Add Boiling Water, onions and vegetables to pot.
5. Bring to boil, then simmer until vegetables are nearly tender.
6. Whisk in gravy granules, stir until thickened and smooth.
7. Add sausages to gravy and vegetables.



SERVES

4



PREP

5  
mins



COOK

15-20  
mins



### LEON'S STAR TIP:

This is a warm dish that pairs well with mashed potatoes.



# RECIPE

**NEW**

## CHICKEN MEATBALL MARINARA PASTA

### INGREDIENTS:

• Rapeseed Oil	10ml
• Garlic Purée	10g
• Diced Onions	40g
• Diced Mixed Peppers	40g
• Diced Carrots	40g
• Chopped Tomatoes	150g
• Tomato Paste	50g
• Dried Mixed Herbs	0.5g
• Boiling Water	125ml
• Ground Black Pepper	0.2g
• Sugar - Granulated	2.5g
• Bouillon - Chicken	5g
• Cornflour	7.5g
• Cold Water	7.5ml
• Chicken Meatballs	16 x 12g
• Pasta	120g

### DIRECTIONS:

1. Set aside meatballs, cornflour and cold water.
2. Sauté onions and carrots in oil until they are soft.
3. Add all of the ingredients to a pot (except meatballs).
4. Cook until the vegetables are tender.
5. Blend the sauce until it is smooth.
6. Combine cornflour and cold water to form a paste and stir into sauce until thickened.
7. Combine sauce and meatballs.
8. Simmer until meatballs are cooked.
9. Cook pasta as per manufacturer's instructions.
10. Serve pasta with meatballs in sauce.



SERVES

4



PREP

5  
mins

COOK

20 - 25  
mins

### LEON'S STAR TIP:

Why not try this recipe but with a vegetarian or vegan meatball.





# RECIPE

## MEXICAN BURRITO

### INGREDIENTS:

• Meat Free Mince	180g
• Diced Onions	100g
• Chopped Tomatoes	150g
• Tomato Paste	30g
• Mild Chilli Powder	3g
• Diced Mixed Peppers	60g
• Red Kidney Beans	40g
• Garlic Purée	8g
• Bouillon - Vegetable	4g
• Salt - LoSalt	0.2g
• Ground Black Pepper	0.1g
• Boiling Water	100ml
• Cornflour	5g
• Cold Water	5ml
• Tortilla Wrap	x 4

### DIRECTIONS:

#### Preheat Oven Temp - 180°C

1. Set aside cornflour, cold water & kidney beans and tortilla wraps.
2. Add all remaining ingredients to the pan.
3. Bring to boil.
4. Combine cornflour with cold water to form a paste.
5. Stir into mince until thickens.
6. Drain and add kidney beans.
7. Place filling onto centre of the tortilla wrap, fold sides over and roll to ensure filling is enclosed.
8. Place in the oven to bake for approx. 5 minutes.



SERVES

4



PREP

5  
mins



COOK

15-20  
mins



### LEON'S STAR TIP:

Why not sprinkle some cheese on top of filling before you fold!



# RECIPE

**NEW**

## MIGHTY MINCE

### INGREDIENTS:

- |                       |       |
|-----------------------|-------|
| • Meat Free Mince     | 175g  |
| • Diced Onions        | 100g  |
| • Diced Carrots       | 100g  |
| • Gravy Granules      | 35g   |
| • Boiling Water       | 350ml |
| • Ground Black Pepper | pinch |

### DIRECTIONS:

1. Add all ingredients to a pot except for gravy granules.
2. Bring to boil and simmer approx. 20 minutes.
3. Add gravy granules and stir to avoid lumps.
4. Simmer for a further 5 minutes



SERVES

4



PREP

5  
mins

COOK

20 - 25  
mins

### LEON'S STAR TIP:

Simmer below boiling point to develop a richer and more flavourful dish.

# RECIPE

## MILD CHICKEN CURRY

### INGREDIENTS:

• Rapeseed Oil	2ml
• Garlic Purée	5g
• Diced Onions	60g
• Diced Carrots	60g
• Diced Mixed Peppers	60g
• Tomato Paste	6g
• Turmeric	0.8g
• Madras Curry Powder	2g
• Garam Masala	1g
• Bouillon - Chicken	8g
• Boiling Water	320ml
• Cornflour	5g
• Cold Water	5ml
• Salt - LoSalt	0.2g
• Ground Black Pepper	0.1g
• Fresh Coriander	1.2g
• Frozen Cooked Diced Chicken	200g

### DIRECTIONS:

#### Preheat Oven Temp - 180°C

1. Sauté the onion, carrots, peppers and garlic in the oil.
2. Add curry powder, garam masala and turmeric, cook gently over a low heat.
3. Add tomato paste and cook gently over a low heat.
4. Add the 320ml water, chopped coriander, seasoning and bouillon and cook for 20 minutes.
5. Blitz until smooth.
6. Combine cornflour and cold water to form paste, and stir into sauce until thickened.
7. Heat chicken from frozen, place on a lined baking tray, cover and bake for 18 - 22 minutes.
8. Add hot sauce when ready to the hot chicken.
9. Place in a suitably warmed serving dish.



SERVES

4



PREP

10  
mins



COOK

20 - 25  
mins



### LEON'S STAR TIP:

**Sauté the onion first to enhance its aroma and deepen the flavour before adding the other ingredients to the pan.**

# RECIPE

## MILD QUORN KORMA

### INGREDIENTS:

• Diced Onions	100g
• Diced Carrots	100g
• Diced Mixed Peppers	100g
• Garlic Purée	20g
• Turmeric	3g
• Ground Cumin	6.5g
• Coriander	6g
• Mild Chilli Powder	4g
• Ground Ginger	2g
• Coconut Milk	800ml
• Bouillon - Vegetable	15g
• Cornflour	15g
• Cold Water	15ml
• Quorn pieces	500g

### DIRECTIONS:

1. Sauté onions, carrots, peppers and garlic in oil for 10 -15 minutes.
2. Add spices, continue sautéing very gently for a few minutes.
3. Add Coconut Milk and bouillon to the pot.
4. Simmer until vegetables are soft, add fresh coriander.
5. Blitz until smooth.
6. Combine cornflour and cold water to form paste, and stir into sauce until thickened.
7. Combine Quorn pieces with sauce, and simmer until piping hot.



SERVES

4



PREP

10  
mins



COOK

15-20  
mins



### LEON'S STAR TIP:

Coconut milk not only adds extra richness and creaminess to the dish but also offsets the heat from the spices.

# RECIPE

## PASTA BOLOGNESE

### INGREDIENTS:

• Steak Mince	240g
• Diced Onions	60g
• Diced Carrots	60g
• Diced Mixed Peppers	40g
• Chopped Tomatoes	150g
• Tomato Paste	45g
• Boiling Water	80ml
• Bouillon - Vegetable	4g
• Garlic Purée	6g
• Ground Black Pepper	0.1g
• Salt - LoSalt	1g
• Dried Mixed Herbs	0.5g
• Cornflour	4g
• Cold Water	4ml
• Pasta	120g

### DIRECTIONS:

1. Dry fry the mince and skim off any fat.
2. Add the onions, carrots, ground pepper, chopped tomatoes, tomato paste, garlic Purée and herbs.
3. Add boiling water with the bouillon and cook until tender.
4. Combine cornflour with cold water to form a paste.
5. Stir into Bolognese until thickened.
6. Add diced mixed peppers near the end of cooking.
7. Cook pasta as per manufacturer's instructions.
8. Serve Bolognese with pasta.



SERVES

4



PREP

5  
mins



COOK

30 - 40  
mins



### LEON'S STAR TIP:

Sprinkle some cheese on the top for extra colour and flavour.



## RECIPE

NEW

## SUNSHINE QUORN CURRY

## INGREDIENTS:

• Rapeseed Oil	10ml
• Garlic Purée	10g
• Diced Onions	75g
• Diced Carrots	75g
• Diced Mixed Peppers	75g
• Turmeric	1.5g
• Cumin	3g
• Fresh Coriander	3g
• Mild Chilli Powder	2g
• Ginger	1g
• Coconut Milk	400ml
• Mango Chutney	75g
• Bouillon - Vegetable	10g
• Cornflour	8g
• Cold Water	8ml
• Quorn - Pieces	200g

## DIRECTIONS:

1. Heat oil, sauté onions, carrots, peppers, garlic and spices gently for 10 minutes.
2. Add coconut milk, mango chutney and bouillon, stir until dissolved.
3. Simmer until vegetables are soft,
4. Add fresh coriander.
5. Blitz until smooth.
6. Combine cornflour and cold water to form paste.
7. Stir into sauce until thickened.
8. Combine Quorn pieces with sauce, and simmer until piping hot.



SERVES

4



PREP

5  
mins

COOK

15-20  
mins

## LEON'S STAR TIP:

Garnish with fresh coriander leaves to add more colour to your presentation.



## RECIPE

NEW

## SWEET AND SOUR CHICKEN MEATBALLS

## INGREDIENTS:

• Rapeseed Oil	10ml
• Garlic Purée	10g
• Diced Onions	40g
• Diced Carrots	40g
• Chopped Tomatoes	150g
• Tomato Paste	50g
• Dried Mixed Herbs	0.5g
• Boiling Water	125ml
• Ground Black Pepper	0.2g
• Sugar - Granulated	2.5g
• Bouillon - Vegetable	5g
• Cornflour	7.5g
• Cold Water for Cornflour	7.5ml
• Diced Mixed Peppers	40g
• Chicken Meatballs	x 16
• Pineapple Pieces in Juice	50g

## DIRECTIONS:

1. Set aside Meatballs, pineapple, peppers.
2. Sauté onions and carrots in oil until they are soft.
3. Add remaining ingredients to pot.
4. Cook until the vegetables are tender.
5. Blend the sauce until it is smooth.
6. Combine cornflour and cold water to form a paste, stir into sauce until thickened.
7. Combine sauce and meatballs.
8. Add meatballs, pineapple chunks and peppers to the sauce.
9. Simmer until meatballs are cooked.



SERVES

4



PREP

10  
mins

COOK

20 - 25  
mins

## LEON'S STAR TIP:

Why not serve with rice like we do on the menu.

# RECIPE

## SWEET POTATO AND COCONUT CURRY

### INGREDIENTS:

• Diced Onions	40g
• Diced Carrots	40g
• Garlic Purée	8g
• Ginger	0.8g
• Turmeric	1.2g
• Cinnamon	1.6g
• Madras Curry Powder	3.2g
• Coconut Milk	60ml
• Boiling Water	120ml
• Bouillon - Vegetable	6g
• Diced Sweet Potatoes	100g
• Sliced Green Beans	80g
• Diced Mixed Peppers	80g
• Chickpeas in Water (drained)	120g
• Cornflour	16g
• Cold Water	16ml

### DIRECTIONS:

1. Dissolve bouillon in boiling water, stir until dissolved in a pan.
2. Add coconut milk, onions, carrots, garlic purée and spices.
3. Simmer gently until vegetables are soft.
4. Blitz until smooth.
5. Add drained chickpeas, peppers, green beans and sweet potato.
6. Simmer until vegetables are just cooked.
7. Combine cornflour and cold water to form a paste, add to pot and stir in until sauce thickened.



SERVES

4



PREP

10  
mins



COOK

15-20  
mins



### LEON'S STAR TIP:

Go for sweet potatoes with a reddish-purple skin and a bright orange interior (Garnet) for extra depth and sweetness.





## RECIPE

NEW

## TANGY BBQ PIZZA SLICE

## INGREDIENTS:

• Tepid Water	75ml
• Pizza & Bread Mix	115g
• Non-Stick Sunflower Spray Oil	1.5ml
• Meat Free Mince	25g
• Diced Onions	10g
• Mixed Diced Peppers	10g
• Garlic Purée	4g
• Crushed Tomatoes	50g
• Tomato Paste	10g
• Dried Mixed Herbs	0.25g
• Ground Black Pepper	pinch
• Sugar - Granulated	1.5g
• Bouillon - Chicken	1.5g
• Salt - LoSalt	pinch
• Boiling Water	35ml
• Black Treacle	4g
• Rice Vinegar	3ml
• Cornflour	1.5g
• Cold Water	1.5ml
• Grated Cheese	100g

## DIRECTIONS:

## Preheat Oven Temp - 200°C

## Pizza Base

1. Mix pizza base mix with tepid water on slow speed with dough hook for approx. 5 mins.
2. Scrape down if necessary.
3. Roll out. Place on a baking tray sprayed with oil, and pierce the base all over with a fork.
4. Set aside while making sauce.

## Sauce

1. Set aside cornflour and cold water.
2. Add the remaining ingredients to the pot.
3. Bring to a boil, then simmer gently until vegetables are cooked.
4. Combine cornflour with cold water to form a paste.
5. Stir into sauce until thickens.

## Assembly

1. Spread pizza sauce over the pizza base and sprinkle with cheese.
2. Bake in preheated oven for 10-15 mins or until golden.



SERVES

4



PREP

10  
mins

COOK

10-15  
mins

## LEON'S STAR TIP:

Kitchen Scissors provide a quick and easy way to slice pizza. Be sure to clean them right after use!



# RECIPE

## TRADITIONAL MINCE AND YORKSHIRE PUDDING

### INGREDIENTS:

• Steak Mince	260g
• Diced Onions	60g
• Carrots Roundels	60g
• Gravy Granules	24g
• Boiling Water	320ml
• Yorkshire Puddings	x 4

### DIRECTIONS:

1. Brown the mince.
2. Drain off the excess fat. Add the diced carrots.
3. Add the water and bring to a boil, simmer approx. 45 minutes.
4. Add gravy granules to the meat and stir to avoid lumps.
5. Cook out for a further 5 minutes.
6. Place Yorkshire Pudding on a baking tray and place in the oven for approx. 4 minutes.



SERVES

4



PREP

5  
mins



COOK

45 - 50  
mins



### LEON'S STAR TIP:

Why not put your mince in the yorkie!



# RECIPE

## TRADITIONAL STEAK PIE

### INGREDIENTS:

- Diced Beef 280g
- Diced Onions 100g
- Carrots Roundels 60g
- Boiling Water 300ml
- Gravy Granules 23g
- Puff Pastry squares 2 x 55g
- Semi-Skimmed Milk 10ml

### DIRECTIONS:

#### Preheat Oven Temp - 200°C

1. Brown the diced steak and onion.
2. Slowly add boiling water and stir. Cover and simmer until tender for approx. 2.5 - 3 hours.
3. Add carrots after 2 hours, simmer until meat is tender.
4. Add gravy granules to the meat and stir to avoid lumps.
5. Place in warm serving tin.

#### Pastry

1. Prepare the puff pastry, cut in half and glaze with a little milk.
2. Bake in a pre-heated oven following manufacturer's instructions.
3. Serve with the pie filling.



SERVES

4



PREP

5  
mins



COOK

2 - 3  
hrs



### LEON'S STAR TIP:

Short crust pastry can be used as a substitute for puff pastry.

# RECIPE

## VEGEBALLS IN GRAVY

### INGREDIENTS:

- Meat Free Meatballs x 16
- Boiling Water 360ml
- Vegetable Gravy Granules 36g

### DIRECTIONS:

#### Preheat Oven Temp - 200°C

1. Place vegan meatballs onto a preheated baking tray in the centre of the oven and cook for 12-14 mins, turning once half-way through cooking.
2. Bring water to boil.
3. Stir in gravy granules, stirring until thickened and smooth.
4. Place Vegeballs into a suitable dish.
5. Pour over gravy.



SERVES

4



PREP

5  
mins



COOK

15-20  
mins



### LEON'S STAR TIP:

Pairs well with diced or mashed potatoes.

# RECIPE

## WARMING CHILLI NON-CARNE

### INGREDIENTS:

• Meat Free Mince	180g
• Diced Onions	100g
• Chopped Tomatoes	150g
• Tomato Paste	30g
• Mild Chilli Powder	2.75g
• Diced Mixed Peppers	60g
• Red Kidney Beans in Water	100g
• Garlic Purée	8g
• Bouillon - Vegetable	4g
• Salt - LoSalt	pinch
• Ground Black Pepper	pinch
• Boiling Water	100ml
• Cornflour	5g
• Cold Water	5ml

### DIRECTIONS:

1. Hold back kidney beans, cornflour and cold water.
2. Add all remaining ingredients to a pot.
3. Bring to boil then simmer for approx. 30 minutes.
4. Combine cornflour with cold water to form paste, and stir into mince until thickens.
5. Drain and add beans.



SERVES

4



PREP

5  
mins



COOK

20 - 25  
mins



### LEON'S STAR TIP:

This makes the perfect filling for a baked potato or to make loaded wedges.



# RECIPE

## ZINGY TOMATO PASTA

### INGREDIENTS:

• Rapeseed Oil	4ml
• Diced Onions	35g
• Greens Garlic Herbs	4g
• Ground Black Pepper	0.1g
• Diced Carrots	35g
• Diced Mixed Peppers	35g
• Chopped Tomatoes	130g
• Tomato Paste	30g
• Dried Mixed Herbs	0.5g
• Boiling Water	190ml
• Sugar - Granulated	2g
• Bouillon - Vegetable	4g
• Diced Mixed Peppers	90g
• Sweetcorn	80g
• Pasta	120g

### DIRECTIONS:

1. Sauté onions, garlic, carrot and diced peppers (35g) gently for approx. 5 minutes.
2. Add chopped tomatoes, tomato paste, mixed herbs, water, ground pepper and sugar.
3. Simmer until vegetables are tender.
4. Blend until sauce is a smooth consistency.
5. Add sweetcorn and remaining diced peppers (90g), simmer until cooked.
6. Cook pasta as per manufacturer's guidelines.
7. Combine sauce with cooked pasta.



SERVES

4



PREP

5  
mins



COOK

15-20  
mins



### LEON'S STAR TIP:

Serve with warm crusty or garlic bread.



# Accompaniments



# RECIPE

## COLESLAW

### INGREDIENTS:

- White Cabbage 100g
- Carrots 55g
- Red Onions 30g
- Light Mayo 55ml
- Ground Black Pepper pinch

### DIRECTIONS:

1. Shred cabbage and grate carrots.
2. Finely slice onions.
3. Mix all ingredients together with mayonnaise and chill.



SERVES

4



PREP

2  
mins



COOK

5-10  
mins



### LEON'S STAR TIP:

Adding thinly sliced apples to the mix will add a hint of sweetness.





# RECIPE

## MIXED SALAD

### INGREDIENTS:

- Iceberg Lettuce 80g
- Cherry Tomatoes 80g
- Cucumber 80g

### DIRECTIONS:

1. Finely shred iceberg.
2. Dice cucumber, (approx. 1-1.5cm dice).
3. 1/4 or 1/2 cherry tomatoes depending on size.
4. Mix together, and serve chilled.



SERVES

4



PREP

2  
mins



COOK

5-10  
mins



### LEON'S STAR TIP:

This recipe makes the perfect match with one of our pizza recipes.



# RECIPE

**NEW**

## PASTA SALAD

### INGREDIENTS:

- Pasta 45g
- Mixed Salad Peppers 30g
- Red Onion 20g
- Sweetcorn in Water 20g
- Ground Black Pepper pinch
- Parsley - Flat 1g

### DIRECTIONS:

1. Cook pasta as per manufacturer's guidelines and refresh in cold water.
2. Deseed peppers, and chop into small diced pieces.
3. Finely dice red onion.
4. Open and drain sweetcorn.
5. Finely chop fresh parsley.
6. Mix all ingredients together and chill.



SERVES

4



PREP

5  
mins

COOK

15-20  
mins

### LEON'S STAR TIP:

Red onions adds a vibrant pop of colour to this recipe.





# Bakery Items



# RECIPE

**NEW**

## CHEESE AND TOMATO OATIE

### INGREDIENTS:

• Plain Flour	20g
• Baking Powder	1g
• Spread - Stork	40g
• Oats	60g
• Salt - LoSalt	pinch
• Dried Mixed Herbs	0.75g
• Garlic Purée	2.5g
• Grated Cheese	50g
• Cold Water	30ml
• Tomato Paste	12.5g

### DIRECTIONS:

#### Preheat Oven Temp - 160°C

1. Sift flour and baking powder together.
2. Place all ingredients into bowl (except grated cheese).
3. Mix until dough is formed.
4. Add cheese, mix until cheese is mixed in.
5. Roll out to approx. 1.5-2 cm thick.
6. Cut out biscuits.
7. Place biscuits onto baking tray and bake for approx. 10-15 minutes or until baked.



SERVES

4



PREP

5  
mins

COOK

10-15  
mins

### LEON'S STAR TIP:

This would make a perfect snack alternative.



# RECIPE

## CHOCOLATE SPONGE

### INGREDIENTS:

- Chocolate Cake Mix 100g
- Free Range Whole Liquid Egg 36g
- Rapeseed Oil 36ml
- Cold Water 22ml

### DIRECTIONS:

#### Preheat Oven Temp - 190°C

1. Place dry cake mix in a bowl fitted with a beater.
2. Add egg and approx. half of the water, mix at slow speed over 1 minute, and scrape down.
3. Beat for 3 minutes on middle speed.
4. Add oil and remaining water, mix at slow speed for 1 minute, and scrape down.
5. Beat for 3 minutes on middle speed, and mix well.
6. Transfer into muffin cases or a baking tin.
7. Bake for approx. 30-35 minutes or until baked.



SERVES

4



PREP

5  
mins



COOK

30 -35  
mins



### LEON'S STAR TIP:

We use reduced sugar cake mix to lower the sugar content of this tasty treat.



# RECIPE

## GINGERBREAD SPONGE

### INGREDIENTS:

• Plain Cake Mix	100g
• Free Range Whole Liquid Egg	36g
• Rapeseed Oil	36ml
• Cold Water	10ml
• Mixed Spice	0.4g
• Ginger	0.8g
• Black Treacle	15g
• Apples	20g

### DIRECTIONS:

#### Preheat Oven Temp - 180°C

1. Finely chop or Purée apple, set aside.
2. Place dry cake mix, spices and treacle in bowl fitted with a beater.
3. Add egg and water, mix at slow speed for 1 minute, and scrape down.
4. Beat for 3 minutes on middle speed.
5. Add oil and apple, mix at slow speed for 1 minute, and scrape down.
6. Beat for 3 minutes on middle speed.
7. Transfer into muffin cases or a baking tin.
8. Bake in oven for approx. 25 minutes or until baked.



SERVES

4



PREP

5  
mins



COOK

25 - 30  
mins



### LEON'S STAR TIP:

This sponge pairs nicely with pears!



# RECIPE

## MARBLE SPONGE

### INGREDIENTS:

• Plain Cake Mix	50g
• Free Range Whole Liquid Egg	18g
• Rapeseed Oil	18ml
• Cold Water	11ml
• Chocolate Cake Mix	50g
• Free Range Whole Liquid Egg	18g
• Rapeseed Oil	18ml
• Cold Water	11ml

### DIRECTIONS:

#### Preheat Oven Temp - 180°C

1. Mix plain and chocolate cake mixes separately using steps 2-6.
2. Place dry cake mix in bowl fitted with a beater.
3. Add egg and approx. half water, mix at slow speed for 1 minute, and scrape down.
4. Beat for 3 minutes on middle speed.
5. Add oil and remaining water, mix at slow speed for 1 minute, and scrape down.
6. Beat for 3 minutes on middle speed.
7. Place into tins. Swirl in both mixes gently to give a marble effect.
8. Bake in an oven for approx. 25 minutes or until baked.



SERVES

4



PREP

5  
mins



COOK

25 - 30  
mins



### LEON'S STAR TIP:

Be careful not to swirl the mixes too much to avoid losing the swirl effect.



# RECIPE

## OATIE BISCUIT

### INGREDIENTS:

• Oats	32g
• Desiccated Coconut	23g
• Plain Flour	42g
• Caster Sugar	16g
• Sunflower Spread	42g
• Golden Syrup	23g
• Bicarbonate of Soda	1.5g
• Boiling Water	10ml

### DIRECTIONS:

#### Preheat Oven Temp - 160°C

1. Melt sunflower spread and syrup together.
2. Combine oats, sugar, coconut and flour.
3. Dissolve bicarbonate of soda with boiling water, then add to mixture.
4. Mix wet ingredients into the dry ingredients.
5. Portion into required size, and place onto lightly oiled tray.
6. Slightly flatten each biscuit.
7. Bake for approx. 10-12 mins or until baked.



SERVES

4



PREP

5  
mins



COOK

10-15  
mins



### LEON'S STAR TIP:

Why not serve with some fruit to add some colour.





# RECIPE

## SHORTBREAD

### INGREDIENTS:

- Icing Sugar 32g
- Stork Spread 64g
- Plain Flour 64g
- Cornflour 32g

### DIRECTIONS:

#### Preheat Oven Temp - 180°C

1. Sift all dry ingredients and add stork.
2. Carefully mix until pastry dough is formed.
3. Advisable to chill for approx. 30 minutes. before rolling.
4. Roll out approx. 1 cm thick - cut with 68mm cutter.
5. Bake for 18-20 minutes.
6. Leave to cool.



SERVES

4



PREP

5  
mins



COOK

20 - 25  
mins



### LEON'S STAR TIP:

Chilling dough before baking helps the shortbread retain its shape while baking.



## RECIPE

NEW

## STICKY TOFFEE PUDDING

## INGREDIENTS:

• Plain Cake Mix	125g
• Whole Liquid Egg	45g
• Rapeseed Oil	45ml
• Cold Water	35ml
• Black Treacle	18g
• Evaporated Milk	8g
• Spread - Stork	2.5g
• Light Soft Brown Sugar	3g

## DIRECTIONS:

## Preheat Oven Temp - 180°C

1. Place cake mix in a bowl fitted with a beater.
2. Add the oil, treacle and water and mix over 1 minute on first speed.
3. Scrape down and mix for 6 minutes on middle speed.
4. Spread evenly into tray and bake for approx. 30 minutes.
5. Place brown sugar, stork, and evaporated milk in a pot.
6. Bring to boil, allow to simmer for approx. 3-4 minutes.
7. Allow the sponge to cool.
8. Brush sauce evenly onto sponge.



SERVES

4



PREP

5  
mins

COOK

30 - 35  
mins

## LEON'S STAR TIP:

Add vanilla extract to sauce for an enhanced flavour.



# RECIPE

## TIFFIN

### INGREDIENTS:

- Stork Spread 25g
- Milk Condensed 68g
- Digestive Biscuits 118g
- Fat Reduced Cocoa Powder 6g

### DIRECTIONS:

1. Melt stork.
2. Crush digestive biscuits leaving some larger pieces.
3. Place biscuits, cocoa powder, condensed milk and melted stork in a mixer and gently mix.
4. Spread into a baking tin and chill for approx. 30 minutes.



SERVES

4



PREP

5  
mins



COOK

30 - 35  
mins



### LEON'S STAR TIP:

Did you know this is our most popular dessert?!

