Aberlour 150 years

homemade recipes

COOK BOOK

by Aberlour Childcare Trust

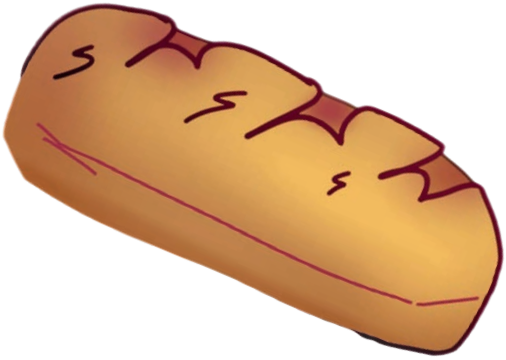
Illustrator

Kaz Milne
Age 18

Kaz was supported by Aberlour for 10 years. His support recently ended when he turned 18 and moved on to adult services. Kaz is now a full-time student at Dundee and Angus College, studying HND Computer Arts and Design.

Kaz was one of the young people who helped designed Aberlour's 150th Anniversary Logo with his description of Aberlour support being like a "mother duck" incorporated into the logo through the yellow "wings" featured.

Kaz was keen to support illustrating the book and was able to stick to timelines, despite a busy college schedule! Thanks to Kaz for providing beautiful illustrations to accompany the lovely recipes that our young people have worked so hard on.



Aberlour 150th Anniversary Cookbook

By the young people and Family Workers from the Options service in Dundee

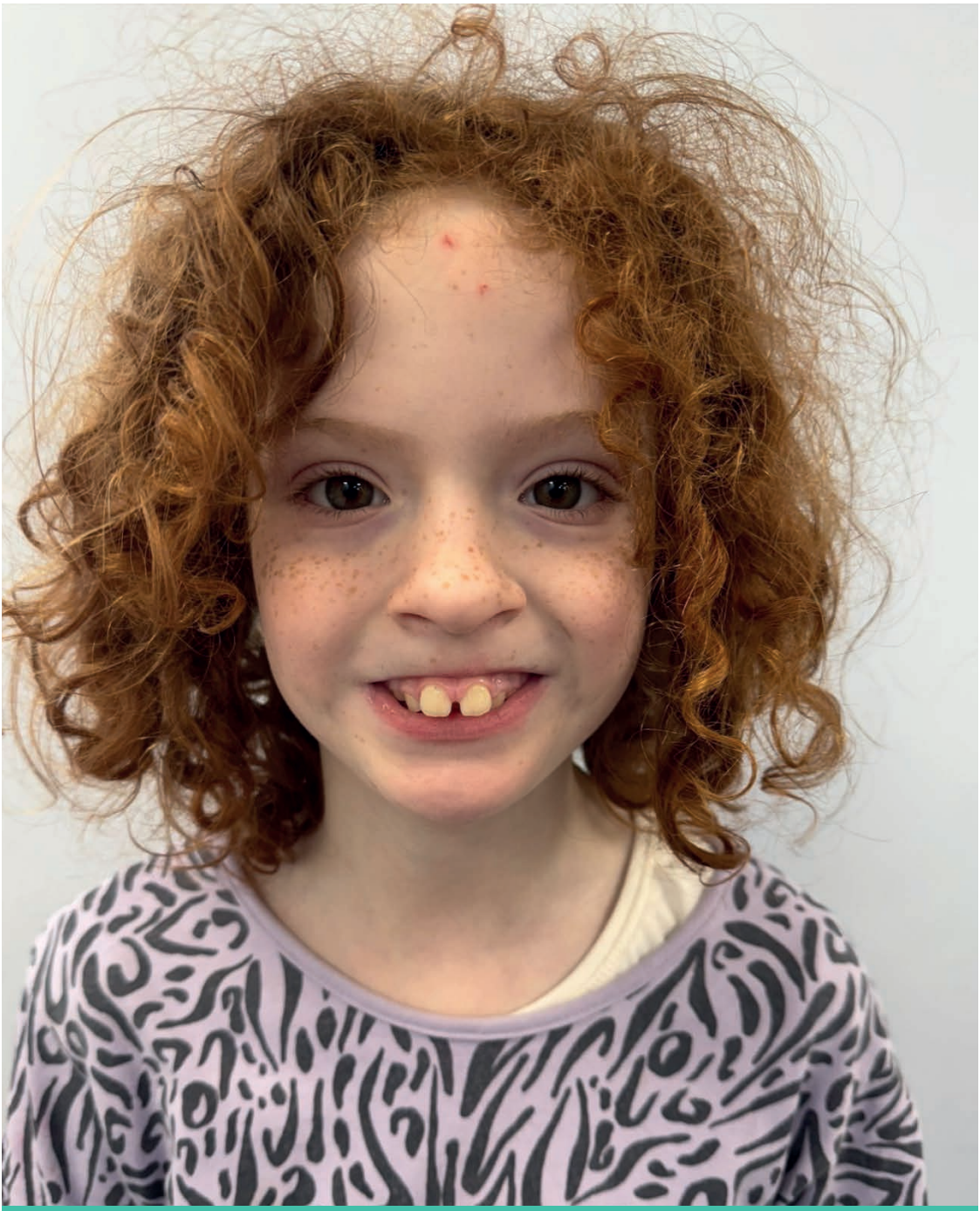
Susan Donoghue - Family worker
Katie Mew - Family Worker
Lorna Stevens - Assistant Service Manager
Chloe Cumming - Cook
Kaz Milne - Illustrator
Michael Purves - Cook
Aiva Dunlop - Cook
Mason Kelly - Cook
Lleyton Clark - Cook
Sebastian Clark - Cook
Sophie-Marie Pollock - Cook
Louie Kolarczyk - Cook

The cookbook was a collaboration from 9 of the young people supported by the Options Service. This was part of the Creative Community's project that is taking place across all the services to highlight and showcase the young people's ideas and ways to celebrate the birthday of Aberlour.

As the service has so many budding chefs, they all came up with their own ideas of recipes they would like to make based on their own food preferences and abilities.

Over 6 weeks they spend their sessions cooking the delicious recipes and creating ways to highlight and showcase the food to create this amazing cookbook.

We hope you enjoy making and tasting the delicious creations yourself!



Aiva Dunlop

Age 10

Pink Vanilla No Butter Cupcakes

Ingredients:

Cake Batter

- 120g caster sugar
- 40ml vegetable/sunflower oil
- 120gms plain flour
- 1.5 tsp baking powder
- 1 large egg
- 1tsp vanilla extract
- 120ml milk

Topping

- Icing sugar
- Sprinkles
- Mini marshmallows
- Sugar flowers

Instructions:

Batter

1. Pre-heat your oven to 150c fan
2. Line a cupcake tin with 8 cupcake cases
3. In a large bowl, add the flour and baking powder and mix
4. Add the egg, vanilla extract and milk and mix
5. Ebenly distribute into the 8 cases
6. Bake for 15-20 minutes until risen and golden
7. Remove and cool before decorating

Topping

1. Mix the icing sugar and water as per instructions on the box to the consistency is thick.
2. Add evenly over the 8 cupcakes then decorate to your liking.

Purple Cupcakes

Ingredients:

For the cupcakes

- 200g/7oz unsalted butter, softened
- 200g/7oz caster sugar
- 3 free-range eggs
- 200g/7oz self-raising flour
- 1 tsp vanilla extract
- 2 tbsp milk

For the buttercream icing

- 250g/9oz icing sugar
- 125g/4½oz unsalted butter, softened
- 1½ tsp vanilla extract
- 1½ tbsp milk

Method:

1. Preheat the oven to 180C/160C Fan/Gas 4. Line a 12-hole cupcake tin with 12 paper cases.
2. In a large bowl, cream together the butter and sugar using an electric mixer until the mixture is pale and fluffy. Beat in the eggs one at a time, mixing until the egg is completely incorporated into the batter before adding the next. Add a tablespoon of flour if the mixture curdles.
3. Mix in the vanilla extract and fold in the flour using a large metal spoon until no traces of flour are visible. Gently stir in the milk to loosen the mixture.
4. Spoon the mixture equally between the cases, about 55g/2oz each. Bake for 25 minutes, or until the cakes spring back when the centre is pressed gently with a finger.
5. Remove from the oven and take the cakes out of the tin after about 5 minutes. Place them on a wire rack to cool completely.
6. To make the buttercream icing, sift half the icing sugar into a bowl with the softened butter and beat until light and fluffy. Beat in the remaining icing sugar then beat in the vanilla extract and milk.
7. Using a palette knife or spatula, spread about a tablespoon of icing onto each cake. This buttercream makes enough for a modest swirl if you want to use a piping bag.

Homemade Fish Finger Sandwich

Ingredients:

- 250g white fish (such as haddock, cod or pollock)
- 2 medium eggs, beaten
- 100g plain flour
- 200g golden breadcrumbs
- Salt and pepper to taste
- Herbs and spices of choice
- Brioche Bun
- Sauce and toppings of choice

Method:

1. Preheat the oven to 180c. Beat the eggs in a bowl. Add the flour to a shallow dish. Add the breadcrumbs to another shallow bowl. Season the eggs, flour and breadcrumbs with salt, pepper and herbs and spices of your choice.
2. Cut the fish into "finger" shapes.
3. Dip the fish into the flour, the beaten egg, then the breadcrumbs and place onto a baking sheet.
4. Whilst the fish fingers are cooking, toast the brioche bun under the grill.
5. Transfer the fish fingers into the oven for 20 minutes until golden and fully cooked.
6. Assemble the fish finger sandwich, finishing off with a sauce or garnish of your choice.

Chloe Cumming
Age 20 years

Mexican Lasagna

Portions 8 | Prep time 15 mins | Cook Time 60mins

Ingredients:

- 1tbsp coconut oil
- 3 peppers
- 1 red onion
- 2 cloves garlic or 1 tsp lazy garlic
- 750g 5% fat beef mince
- 170g tin sweetcorn
- 400g tin chopped tomatoes with garlic
- 400g tin chopped tomatoes with herbs
- 1 packet old el paso BBQ fajita seasoning
- 2tbsp tomato puree
- Block low fat cheese
- 4 tortilla wraps

Method:

Preheat the oven at 180degreec Celsius

1. Heat the coconut oil in a large pan and add the chopped peppers and red onion, garlic and cook for a few minutes.
2. Add the mince to the pan and brown it.
3. Add the sweetcorn, chopped tomatoes, fajita seasoning and tomato puree and reduce the heat to simmer for 10-15 minutes.
4. Once its all cooked in a large lasagna oven proof dish layer the meat mixture and wraps.
5. Repeat until no mince and wraps left.
6. Top with a healthy amount of cheese to create a cheesy crispy top.
7. Oven cook for around 30 minutes.
8. Enjoy!

Cherry Scones

Prepare less than 30 mins | Cook 10-30 mins | Serve 8

Ingredients:

- 225g/8oz self-raising flour, plus extra for dusting
- 1 tsp baking powder
- 2 tbsp caster sugar
- 50g/2oz cold butter, cut into cubes
- 1 free-range egg
- 75ml/3fl oz milk
- 30g/2oz glacé cherries, chopped

Method:

1. Preheat the oven to 200C/Fan 180C/Gas 6. Line a baking tray with baking paper.
2. Put the flour, baking powder and sugar in a large mixing bowl. Add the butter and rub in until the mixture resembles breadcrumbs.
3. In another bowl, beat together the egg and milk, reserving a tablespoon of the mixture to use as an egg wash. Add to the flour mixture, along with the glacé cherries, stirring to form a dough. Turn out onto a floured work surface and knead briefly until smooth.
4. Gently press the dough out to a thickness of 2.5cm/1in and cut out circles using a biscuit cutter. Arrange the scones on a baking tray, spaced slightly apart, and brush the tops with the reserved egg wash.
5. Bake for 10–12 minutes, or until golden-brown and risen. Transfer to a wire rack to cool slightly and serve.

Lleyton and Sebastian Clark

Ages 10 and 9

Rocky Road Cookies

Ingredients:

- 55g butter
- 40g dark chocolate chips
- 100g light muscovado sugar
- 1 egg
- 0.5 tsp vanilla extract (almond extract also works well)
- 100g plain flour
- 0.5 tsp baking powder
- 0.25g salt
- 25g mini marshmallows
- 40g white chocolate chips
- Optional: 60g of walnuts or sultanas

Method:

1. Preheat oven to 200c or fan 180c
2. Melt together butter and dark chocolate chips, once melted set aside to cool
3. In large bowl mix together melted chocolate mix, sugar, egg and vanilla extract
4. In a separate bowl sift together flour, baking powder and salt. Add this to chocolate mixture and combine
5. Add white chocolate chips and marshmallows (plus optional extra) and mix well
6. Line baking tray with greaseproof paper
7. Use a spoon to drop ping pong ball sized pieces onto baking tray – make sure to leave space in between for spreading
8. Bake for 8-10 mins depending on how chewy you like them
9. Whilst they are still soft push a few marshmallows into top for decoration
10. Leave to cool

Homemade Chips Recipe

Ingredients:

- 3 medium potatoes
- 1tbsp seasoning of your choice
- 1tbsp oil
- Salt and pepper to taste

Method:

1. Preheat oven to 180c. Peel the potatoes and cut them into chip shape.
2. Soak the chips into cold water to get rid of excess starch. Drain and dry the chips.
3. Place the chips onto a tray and coat them in seasoning, oil and salt pepper and mix until seasoning is evenly distrubted over the chips.
4. Transfer the chips into the oven and cook for 30 minutes, or until fully cooked, golden and crispy.

Raspberry Ripple Ice Cream

Ingredients:

Raspberry Coulis

- 300g raspberries
- 100g caster oil

Vanilla Ice Cream

- 600ml double cream
- 397g condensed milk (one tin)
- 1tsp vanilla extract

Method:

For the Coulis

1. Prep your raspberries by washing them well.
2. Add them into a pan with the sugar and heat on a medium heat.
3. Mash them slightly with a fork or spoon, and stir until the sugar has dissolved and the mixture has become quite saucy.
4. Blitz the mixture if you can with a blender, and pass through a sieve and discard the lumpy bits. If you can't blend it don't worry, just pass through a sieve anyway, you'll just get a bit less.
5. Leave to cool and refigerate until needed.

For the Ice Cream

1. In a stand mixer, or a large bowl with an electric whisk, add the double cream and vanilla and whip until you get soft peaks.
2. Add in the condensed milk, and fold to combine. Try not to be too rough otherwise it'll be runny and you want it to be thick still.
3. Spoon 1/3 of the mixture into your container/tin and dollop on some coulis. Swirly through with a cake skewer/fork to get a ripple pattern.
4. Repeat again with the 2/3 of the mixture, and then the final third of mixture.
5. Freeze in the freezer for at least 4 hours, if not more.
6. To serve, take it out 10-15 minutes before needed as its firmer than shop bought ice cream as it has no additives.

Louie Kolarczyk
Age 14 years

Garlic Bread Cheese Burgers

Ingredients:

For the burger:

- 600g lean beef mince
- Salt and pepper
- 1 egg

For burger sauce:

- 60g light mayo
- 40g reduced sugar ketchup
- 8g American mustard
- 15g chopped gherkins
- 10g chopped onion
- Pepper and paprika to taste

For garlic butter:

- 40g light butter (melted)
- 2 cloves garlic (diced)
- Chopped parsley

Other:

- Brioche buns
- Light cheese singles
- Shredded iceberg lettuce

Method:

1. Mixed together mince, salt and pepper, and egg.
2. Separate into 6 equal balls
3. Make burger sauce by mixing together mayo, ketchup, mustard, gherkins, onion, pepper and paprika
4. Make garlic butter by mixing together melted butter, garlic and parsley
5. Spread garlic butter on brioche bun
6. Toast brioche in hot pan, pushing down to flatten
7. Pan fry burgers in hot pan, pushing down to flatten
8. Place cheese single between 2 burgers
9. Add burgers, shredded lettuce and burger sauce to bun
10. Enjoy!

Chicken Teriyaki Fried Rice

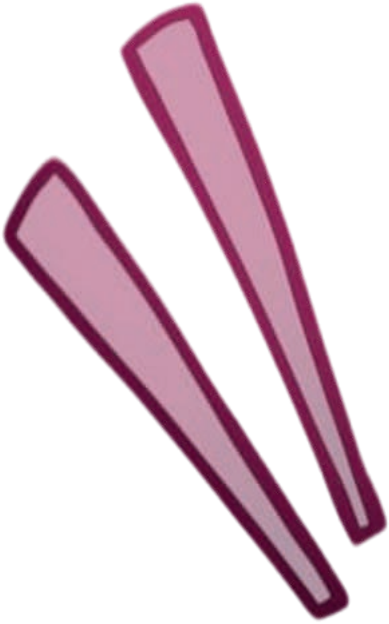
Ingredients:

For chicken:

- 3 skinless and boneless chicken legs/thighs
- 4 tbsp cornflour
- 1 tsp pepper
- 2 tsp dark soy sauce
- 2 tsp light soy sauce
- 1 tbsp sesame oil
- 2 tbsp honey
- 2 tsp mirin
- 1 tbsp ginger minced
- 2 large garlic gloves minced (1 tbsp)

For Teriyaki Glaze:

- 1 tsp light soy sauce
- 1 tsp dark soy sauce
- 1 tsp mirin
- ½ tbsp sesame oil
- ½ tbsp honey
- 2 tsp hot water
- 2 tsp ginger minced
- 2 small cloves of garlic (2 tsp)



For Fried Rice:

- 600g cooked rice
- 2 eggs beaten
- 1 red pepper diced
- 2 spring onions

To garnish:

- 1 tbsp toasted sesame seeds

Method:

1. Dice chicken legs and add to bowl with cornflour, soy sauce, sesame oil, honey, mirin, garlic, ginger and pepper. Mix well and leave to marinate for at least 30 minutes.
2. In a bowl add soy sauce, mirin, ginger, garlic, sesame oil, honey, cornflour and some hot water. Mix well.
3. Add a few tbsps of oil to a pan and once hot, cook chicken in portions until browned and crispy.
4. In a clean pan, add peppers and spring onions and cook for a few minutes before adding rice.
5. Cook the rice for a few minutes before adding teriyaki glaze. Stir thoroughly to prevent sticking.
6. Return cooked chicken to the pan and mix through.
7. Move rice and chicken mixture to one side and add beaten egg to pan. Scramble egg and then mix through with the rice and chicken mixture.
8. Serve the teriyaki chicken fried rice, garnishing with some toasted sesame seeds.

Garlic Parmesan Chicken Tenders

Ingredients:

- 400g chicken breast
- Tsp salt
- Tsp pepper
- Tsp garlic powder
- Flour
- Egg
- Breadcrumbs (crushed cornflakes are a great alternative)
- 30g unsalted butter
- 4 cloves garlic (diced)
- 30g parmesan
- Chopped parsley

Method:

1. Cut chicken breasts into long strips
2. Season chicken strips with salt, pepper and garlic powder
3. Coat chicken strips in flour, dip in egg then cover with breadcrumbs (or cornflakes!)
4. Oven bake at 190 for 18-20mins (or Air Fry at 180 for 12-15mins)
5. In a pan melt butter and fry garlic
6. Place cooked chicken tenders in pan and coat in garlic butter
7. Sprinkle parmesan and parsley over tenders and serve

S’mores Overnight Oats

Ingredients:

- 40g rolled oats
- 90ml milk
- 150g 0% Greek yoghurt
- Tsp cocoa powder
- Tsp sweetener
- 20g mini marshmallows
- 10g dark chocolate (splash of milk to melt)
- Rich tea biscuits

Method:

- Mix together oats, milk Greek yoghurt, cocoa powder, sweetener and marshmallows
- Melt dark chocolate with a splash of milk and add to mixture
- Layer mixture and crushed rich tea biscuits
- Top with marshmallows and dusting of cocoa powder
- Refrigerate for at least 6hours

Mason Kelly
Age 9 years

BBQ Veggie Pizza

Ingredients:

- Pizza base
- 500g plain flour
- 1 tsp salt
- ½ tsp dried yeast (not fast action)
- 300-350ml water
- Oil (for greasing)

Toppings

- BBQ sauce
- Sweetcorn
- Pepper
- Red onion

Method:

1. Put the flour and salt in the bowl and the yeast into the water. Wait 5 minutes to make sur e the yeast is working.
2. Pour the liquid into the flour and mix into a dough. If the flour mixture gets too sticky add a little more flour. Knead the dough for 5mins until springy.
3. Add a little bit of oil to another bowl and transfer the mixture o9ver with greased hands. Turn it around in the greased bowl until its covered. Remove and cover with clingfilm then a tea towel. Leave it to rise for 2-3hours.
4. Divide the dough into 2-4 balls (depending how many pizzas you want and size you want) and dust the surface with flour. Use a place for size reference and stretch the ball out into a round shape. Place on an oven tray and into a pre heated oven (180 degrees - fan assisted) and cook for 3-4minutes then take it out.
5. Flip the pizza over and add your toppings then place back in the oven for around 10minutes until golden and cooked.

Nutella Tiffin

Ingredients:

- 200 g Digestive biscuits
- 450 g Milk chocolate
- 350 g Nutella

Instructions:

1. Line an 8x8-inch tin with baking paper.
2. In a large bowl, crush the Digestive biscuits into small chunks with a few crumbs. Set the bowl aside.
3. Break the milk chocolate into pieces and melt over low heat in a double boiler or microwave. If you're melting it in the microwave, take it out and stir it every 20 seconds or so to prevent burning.
4. Add all of the Nutella into the bowl with the melted chocolate and mix well until smooth.
5. Spoon the melted Nutella mixture into the bowl with the crushed Digestives and mix well. Once all the biscuits are coated in chocolate, press everything into your lined tin. A rubber spatula is useful for pressing it in.
6. Refrigerate the whole thing for 30-60 minutes until firm. Then just cut into slices and enjoy!

Omelette

Ingredients:

- 1 red pepper
- Smoked ham
- Packed of grated 4 cheeses
- 2 large eggs
- Salt & pepper

Method:

1. Dice the red pepper and smoked ham and fry in a pan with a little olive oil.
2. In a jug beat the 2 eggs and add a little salt & pepper. (Can also add a splash of milk)
3. Pour the egg mix into the pan with the pepper and ham.
4. Once the omlette is cooked underneath. Transfer to a pre heated grill and cook untill the egg is nearly cooked.
5. Take the omelette out the grill and add on top the required amount of cheese.
6. Return to the oven and cook until the cheese is melted, and the egg is cooked through.
7. Remove from the oven and serve.
8. Enjoy!

White Choc Chip Cookies

Prepare: overnight | Cook: 10 to 30 mins | Serve: makes 14 large cookies

Ingredients:

- 130g unsalted butter, softened
- 150g caster sugar
- 100g light soft brown sugar
- 1 tsp vanilla essence
- 1 large free-range egg, plus 1 free-range egg yolk
- 275g plain flour
- 1 tsp baking powder
- ½ tsp bicarbonate of soda
- ½ tsp fine sea salt
- 220g white chocolate, roughly chopped

Method:

1. Cream the butter, both sugars and vanilla together for 3–4 minutes until pale and creamy. Add the egg and yolk and beat for another minute until smooth. Add the flour, baking powder, bicarbonate of soda and salt. Mix on a low speed until just combined before stirring in the white chocolate.
2. Line a large baking tray with baking paper. Use an ice-cream scoop or spoon to portion out 14 dough balls and place them on the tray. Leave the dough to chill in the fridge for 3 hours or ideally overnight (alternatively, place in the freezer for 15 minutes).
3. Preheat the oven to 180C/160C Fan/Gas 4. Bake the cookies in batches of 5 or 6, leaving plenty of space between them as they will spread. Bake for 12–14 minutes until the edges are set but the middle is still a bit soft as they will firm up as they cool. Leave to cool on the trays slightly before serving.

Fluffy American Pancakes

Prepare: less than 30 mins | Cook: less than 10 mins | Serves: 4

Ingredients:

- 135g plain flour
- 1 tsp baking powder
- ½ tsp salt
- 2 tbsp caster sugar
- 130ml milk
- 1 large egg, lightly beaten
- 2 tbsp melted butter (allowed to cool slightly), plus extra for cooking

Method:

1. Sift the flour, baking powder, salt and caster sugar into a large bowl. In a separate bowl or jug, lightly whisk together the milk and egg, then whisk in the melted butter.
2. Pour the milk mixture into the flour mixture and, using a fork, beat until you have a smooth batter. Any lumps will soon disappear with a little mixing. Let the batter stand for a few minutes.
3. Heat a non-stick frying pan over a medium heat and add a knob of butter. When it's melted, add a ladle of batter (or two if your frying pan is big enough to cook two pancakes at the same time). It will seem very thick, but this is how it should be.
4. Wait for about 3 minutes until the top of the pancake begins to bubble, and the edges begin to set. Flip it over and cook for another two minutes until both sides are golden brown and the pancake has risen to about 1cm thick. If the pancake is too dark, reduce the heat slightly for the next round.
5. Repeat until all the batter is used up. You can keep the pancakes warm in a low oven, but they taste best fresh out the pan.
6. Serve with lashings of real maple syrup, butter or my favourite, Nutella!

Michael Purves

Age: 13

40min Quick Bread

Prep Time: 10mins | Cook Time: 20 mins | Rise time: 10mins

Ingredients:

- 2 1/4 Teaspoons Active Dry Yeast or instant yeast
- 1 Cup Warm Water about 110°F
- 2 Tablespoons Olive Oil
- 1 Teaspoon Salt
- 2 1/2 – 3 Cups Bread Flour or a mix of whole wheat flour and all-purpose flour
- 1 Teaspoon Sugar optional, helps with yeast activation
- 1 Large Egg for egg wash, optional

Instructions:

1. In a large mixing bowl, combine the warm water and yeast. Add a teaspoon of sugar and stir gently. Let sit for 5 minutes until the yeast mixture is foamy.
2. Add the olive oil, salt, and 2 1/2 cups of bread flour to the bowl. Stir with a wooden spoon until a dough forms. If using a stand mixer, attach the dough hook and mix on low speed.
3. Turn the dough onto a floured surface and knead for 5-7 minutes until you get a smooth ball. If the dough is sticky, add a little more flour, but avoid using too much flour, which can make the bread dense.
4. First Rise (Optional for Extra Soft Bread). If you have a bit of time, cover the dough with a tea towel and let it rest for 10 minutes.
5. Shape and Second Rise. Form the dough into a loaf or divide it into minute rolls. Place on a parchment paper-lined baking sheet or a cookie sheet. Cover with plastic wrap or a tea towel and let the dough rise for 10-15minutes.
6. Preheat the oven to 400°F. If making a loaf, brush with an egg wash for a glossy finish. Bake for 20-25 minutes or until the bread is golden brown.
7. Transfer to a wire rack and let cool before slicing.
8. This bread is ready to enjoy with garlic butter, fresh herbs, or even as garlic bread.

Lamb Rogan Josh

Ingredients:

For the rogan josh paste

- 1 bunch fresh coriander, stalks and leaves separated
- 1 red chilli, seeded and roughly chopped
- 2 tsp coriander seeds, toasted and ground
- 2 tsp cumin seeds, toasted and ground
- 1 tsp black peppercorns, roughly ground
- 2 tsp paprika
- 1 tsp turmeric
- 2 tsp garam masala
- pinch salt
- 2 tbsp tomato purée

For the lamb

- 1 tbsp groundnut oil
- 2 cinnamon sticks
- 5 cardamom pods, lightly crushed
- 3 dried bay leaves
- 4 cloves
- 1 onion, roughly chopped
- 600g/1lb 5oz lamb fillet, all visible fat removed, cut into 3cm/1in chunks
- 2 garlic cloves, peeled and crushed
- 1 thumb-sized piece fresh root ginger, peeled and finely grated
- 100g/3½oz fat-free natural yoghurt

Method:

1. To make the paste, in a mixer, blend together the coriander stalks, red chilli, ground spices and salt. Mix in the tomato purée.
2. To cook the lamb, heat the oil in a large heavy-based casserole. Fry the cinnamon stick, cardamom pods, bay leaves and cloves for 2 minutes. Add the onion and lamb and fry for 4-5 minutes, stirring. Add the garlic and ginger and fry for 2 minutes.
3. Add the spice paste and fry for another 2 minutes, stirring
4. Add 400ml/14fl oz water, then cover with a lid and simmer for 40-50 minutes, until cooked.
5. Stir in the yoghurt and cook for 10 minutes. Serve garnished with the fresh coriander leaves.

Sweet Potatoes, Carrot & Coconut soup

Ingredients:

- Olive oil
- 2 cloves garlic
- 1 medium onion, thinly sliced
- 2 carrots, thinly sliced
- 2 sweet potatoes
- 500ml vegetable stock
- 400ml tin of coconut milk
- Pinch of salt and pepper
- single cream or crème fraiche

Method:

1. In a large deep based pot, fry garlic, onion and carrots until golden, add the sweet potatoes and cover with vegetable stock. Bring to the boil on low until the vegetables are soft. This usually takes 20 minutes.
2. Add the coconut milk and simmer for a few minutes.
3. Season and blend to preferred thickness.
4. Garnished with a little single cream or crème fraiche.
5. Serve and enjoy!

Sophie-Marie Pollock

Age 12

Potato Wedge Recipe

Ingredients:

- 2 medium potatoes, wedged
- 1tbsp seasoning of choice
- 1tbsp of oil
- Salt and pepper to taste
- Ziploc bag

Method:

1. Preheat oven to 180c. Slice the potatoes into wedge shapes.
2. Rinse the wedges in cold water to get rid of excess starch. Drain and dry the wedges.
3. Place the wedges into a Ziploc bag, adding your pil, seasoning, salt and pepper. Shake the bag until the seasoning is evenly distrubted over the wedges.
4. Places the wedges onto the baking try and transfer them to the opven for 30 minutes or until fully cooked, golden and crispy.

Fruity Coconut Smoothie Recipe

Ingredients:

- 180g strawberries
- 2 bananas
- 150g frozen cherries
- 250g coconut flavour yoghurt
- 150ml semi-skimmed milk
- Blender

Method:

1. Rinse your strawberries. Place your strawberries and cherries into the bowl. Break up your banaas and add to the bowl.
2. Add the yoghurt into the bowl.
3. Add the milk and blend the mixture until it is to your desired consistency.
4. Enjoy!

Stir Fry Noodles

Ingredients:

- 300g chicken drumstick fillets diced
- ½ tsp Chinese five spice
- 175g chow mein sauce
- 1 stock cube (chicken, beef or veg)
- 150ml boiling water
- 150g peas
- 300g fresh egg noodles
- Salt and pepper to taste
- 1 tbsp oil

Method:

1. Dice the chicken drumstick fillets into even chunks.
2. Heat 1 tbsp of oil in a pan, when hot add the chicken.
3. Add some Chinese five spice and salt and pepper to taste
4. Brown the chicken and then add fresh egg noodles
5. Add the chow mein sauce, a stock cube and 150ml of boiling water to make a sauce.
6. Stir frequently to prevent sticking.
7. Add in frozen peas and cook for a few more minutes until everything is heated through.