

Energy efficient recipes



Table of Contents

Using a Slow Cooker.....	2
Top tips for saving on your energy bills in the kitchen.....	3
Energy cost.....	4
BANES Energy Advice.....	5
Slow Cooker Chicken Marinara.....	6
Slow Cooker Ratatouille	7
Veggie Slow Cooker Curry.....	7
Slow Cooker Sausage Casserole	9
Slow Cooker Chicken Tacos	10
Slow Cooker Banana Bread	11
Quick Fish Gratin	12
Corned Beef Chilli.....	13
Creamy Pasta with Broccoli and Sweetcorn.....	14
Hit 'n' Run Traybaked Chicken.....	15
Satay Stir fry.....	16
Chicken and Potato Traybake.....	17
Microwave Egg 'Fried' Rice	18
Microwave Jacket Potatoes	19
Bean and Rice Burrito.....	20
Microwave Spaghetti Bolognese	21
Community Wellbeing Hub.....	22
COOK IT and HENRY Courses.....	23
References/links.....	24

Using a Slow Cooker

Slow cookers are nifty appliances that do all the cooking for you, so you can whip up scrumptious meals without spending hours working away behind a stove or using lots of electric in the oven. Once you've prepared the ingredients and put them into the cooker, it will cook your food at a steady and controlled temperature over a longer period of time. There's no need to worry about this drying your food out either, as the lids lock in moisture for soft and flavourful results. Here are some benefits to using a slow cooker:

Money saving – an efficient slow cooker uses less electric to cook a meal than a hob or oven would use, saving on electric and gas. Making a meal in a slow cooker is nearly half the cost of making a meal in an oven.

Highly convenient – you don't even need to check and stir your ingredients. You can also time to complete when you're ready to eat.

Slow cookers aren't just for stews – the gentle, even temperature of your slow cooker means it can crack out some seriously perfect puddings too. Such as cheesecake or banana bread.

Saves time – all you have to do is prepare and measure ingredients.

Slow-cookers boost flavours in your food – slow-cookers use such low temperatures to cook, flavours are released into the dish very slowly, resulting in a much more robust and aromatic flavour that's evenly distributed across the entire dish.

Healthier – as the food is cooked slowly and moisture is kept in, nutrients can't escape like they do other methods of cooking e.g. boiling veg in water some nutrients lost into the water. Meals are therefore more nutrient dense.

Top tips for saving on your energy bills in the kitchen

1.

Only fill kettle to the amount needed.

2.

Use kettle to boil water
then pour into saucepan if boiling food.

3.

Put lids on saucepans
to keep the heat in the water, which will require lower temperature to boil.

4.

Keep oven door shut
as much as possible – $\frac{1}{4}$ of the heat escapes when opened.

5.

Batch cook & freeze
Defrost before reheating, and use the microwave to reheat instead of the oven or hob. It's much cheaper.

6.

Use the microwave to heat food
– microwaves heat only the food, not the air space inside.

7.

Ensure dishwasher is full
before use and use **eco mode** – this will save energy and water.

8.

Switch off at plug
to save up to £65 a year. Going away? Switch off TV, chargers, kettle, toaster, microwave, etc.

9. Use larger pans (with lids)

a small amount of liquid on a large surface area takes less time, and therefore less energy, to heat.

10. No need to pre-heat the grill

use the heat that produced as it heats up to start to grilling.
(references – Good housekeeping, smart energy GB and Money saving expert)



Energy cost

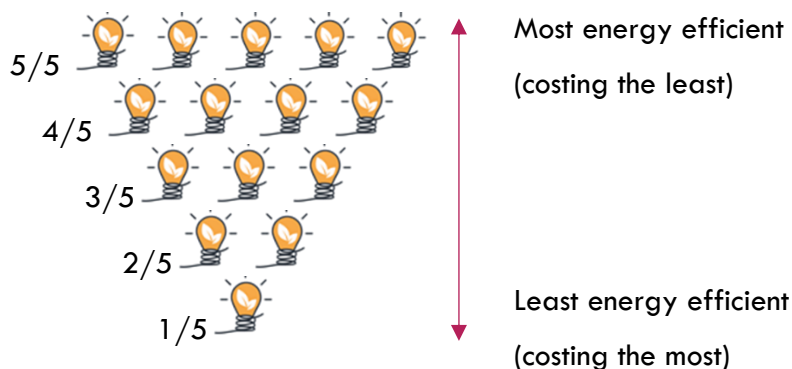
The table below shows how much on average it costs to run each kitchen appliance for differing amounts of time. This data below is based on a unit price for electricity of 34p per kWh (average direct debit rate) which is the most recent price cap by the government, from October 2022. This was used to give each recipe an energy efficiency score, depending on how many appliances are used and the length they are used for.

Kitchen appliance	Cost of use
Slow cooker (200 watt)	6 hrs - 41p 8 hrs - 44p
Kettle	10mins – 17p
Oven	1hr – 71p
Hob	10mins – 10p 1hr – 61p
Grill	10mins – 9p
Toaster	10mins – 6p
Microwave	10 mins – 6p

Data sourced from *Centre for sustainable energy and household money saving*

Energy efficiency scoring

Each recipe in this booklet has an energy efficiency rating out of 5: 5 given when the recipe requires very little energy (electric and gas) and 1 being when the recipe requires a lot of energy. This scoring is shown using light bulb image, as shown below.



B&NES Energy Advice

If you live in Bath & North East Somerset, you can access help and advice on lowering gas & electricity bills, and making your home safe, secure and warm.

Call the Home Energy Team at the Centre for Sustainable Energy on **0800 082 2234** for free & impartial advice on...

- How to use less energy, cutting your bills and switching supplier.
- Help with budgeting and getting out of debt.
- Ways to make your home warmer and less damp.
- Benefit advice.
- Access to grants and discounts.

You may be eligible for a grant to help with the cost of energy bills, check on the following website for guidance - <https://www.energyathome.org.uk/> or phone 0800 038 5680.

The Home Energy Team recommends the following steps if you're struggling to pay your bills or have an energy debt.

1. Engage with your supplier and pay what you can. Call or email them to explain your situation. If you pay what you can, the supplier is less likely to pursue debt recovery procedures.
2. If you can't speak to your supplier, or can't come to an agreement with them, seek professional energy advice (e.g. from the Home Energy Team below) or debt advice. They can help you negotiate a hold or more flexible energy payment plan.
3. Alternatively, contact a national debt service like StepChange or National Debtline, to help you access 'Breathing space', a scheme that pauses action on debt or enforcement against you for 60 days.

Slow Cooker Chicken Marinara

Recipe from the slow cooker club

INGREDIENTS

Serves 4

- 500 g (1 lb) chicken thighs skinless and boneless
- 1 onion diced
- 3 garlic cloves crushed
- 75 g (2.5 oz) black olives pitted and finely sliced (optional)
- 4 tbsp dried herbs – basil, oregano, mixed herbs
- 2 tsp sugar
- 400 g (14 oz) can of chopped tomatoes
- 350 g (2.5 cups) tomato passata
- 1 chicken/vegetable stock cube dissolved in 50ml hot water
- 4 tbsp tomato paste
- 200 g (7 oz) pasta
- 2 tbsp fresh basil chopped
- 100 g (3.5 oz) Parmesan or cheddar cheese to serve

INSTRUCTIONS

1. Place the chicken thighs in the slow cooker and sprinkle over salt and pepper.
2. Dice the onion and crush the garlic and add to the cooker along with the sliced, pitted olives.
3. Sprinkle over the dried basil, oregano and sugar and pour over the chopped tomatoes, passata, and the stock cube dissolved in the hot water. Then add the tomato paste.
4. Stir everything through well and set the slow cooker to **low** and leave for 8 hours or **high** for 4 hours.
5. Approximately 15 minutes before cooking time has ended, cook the pasta in a pan of boiling water on the hob with a little salt.
6. Once the chicken marinara sauce has cooked, take two forks and roughly shred the softened chicken into the sauce. Then add the roughly chopped fresh basil and stir through well.
7. Add the cooked pasta to the slow cooker pot and mix well with the sauce to ensure the pasta is fully coated.
8. Serve with cheese.

Cost per serving – £1.07

Energy efficiency 

Slow Cooker Ratatouille

Recipe from BBC Good Food

INGREDIENTS

Serves 6

- 5 tbsp oil
- 1 medium aubergine, cut into roughly 3cm/1 1/4in chunks
- 2 medium red onions, thinly sliced
- 4 garlic cloves, very thinly sliced
- 2 medium courgettes, halved lengthways and cut into roughly 2cm/3/4in slices
- 2 large bell peppers, cut into roughly 3cm/1 1/4in chunks
- 400g tin chopped tomatoes
- 2 tbsp tomato purée
- 2 tsp caster sugar
- 1 tsp dried oregano/mixed herbs
- 2 dried bay leaves, or 1 fresh bay leaf (optional)

INSTRUCTIONS

1. Heat 3 tbsp of the oil in a large non-stick frying pan and fry the aubergine and onion for 3–5 minutes over a high heat, or until lightly browned on all sides. Tip onto a plate and return the pan to the heat.
2. Add another 2 tbsp of the oil and fry the onions for 3 minutes or until lightly browned, stirring constantly. Add the sliced garlic over and fry together for a few seconds more.
3. Tip the onions and garlic into the slow cooker and add the courgettes, peppers, tomatoes, tomato purée, oregano, sugar and bay leaves. Drizzle with the remaining oil and season with salt and lots of freshly ground black pepper. Stir well.
4. Scatter the aubergine pieces on top of the vegetables, but don't stir in. Cover the slow cooker with its lid and cook on high for 3 1/2–4 1/2 hours, or low for 5 1/2–7 1/2 hours. Stir lightly and adjust seasoning to taste before serving.

Cost per serving – £0.69p

Energy efficiency – 

Veggie Slow Cooker Curry

Recipe from BBC Good Food

INGREDIENTS

Serves 4

- 1 tbsp oil
- 1 onion, thinly sliced
- 2 garlic cloves, very thinly sliced
- 3 tbsp Indian medium curry paste, such as tikka masala or rogan josh
- 2 tbsp plain flour
- 500g/1lb 2oz butternut squash, peeled and cut into roughly 2cm/³/₄in chunks
- 1 carrot, peeled, halved lengthways and cut into roughly 1cm/¹/₂in slices
- 400g/14oz can chopped tomatoes
- 400g/14oz can chickpeas, drained and rinsed
- 200g/7oz frozen spinach
- 400ml/14fl oz hot vegetable stock (made with 1 stock cube)
- Serve with basmati rice or flatbreads.
- Optional addition being plain or soya yoghurt and assorted chutneys or pickles

INSTRUCTIONS

1. Heat the oil in a large frying pan and gently fry the onion for 5 minutes, or until lightly browned, stirring frequently. Add the garlic and curry paste and cook for 30 seconds more, stirring constantly.
2. Transfer to the slow cooker and add the butternut squash and carrot. Sprinkle over the flour and toss together. Add the tomatoes, chickpeas, frozen spinach, sugar and stock.
3. Stir well, cover with the lid and cook on low for 9–11 hours, or until the vegetables are tender and the spices have mellowed. Stir well before serving with basmati rice and optional yoghurt, assorted chutneys or pickles.

Cost of ingredients per serving – £1.50

Energy Efficiency – 

Slow Cooker Sausage Casserole

Recipe from BBC Good Food

INGREDIENTS

Serves 4

- 2 tbsp vegetable or sunflower oil
- 1 medium onion, thinly sliced
- 12 chipolatas sausages/veggie sausages
- 3–4 medium carrots, around 300g/10½oz, peeled and cut into 2cm/¾in slices
- 600g/1lb 5oz medium floury potatoes, peeled and cut into 3–4cm/1½in chunks
- 400g tin chopped tomatoes
- 200ml/7fl oz hot chicken or vegetable stock, made with 1 stock cube
- 3 tbsp tomato purée
- 1 tsp dried mixed herbs

INSTRUCTIONS

1. Heat 1 tablespoon of the oil in a large non-stick frying pan and fry the onion over a high heat for 3–4 minutes, until lightly browned, stirring often. Tip into the slow cooker.
2. Add the remaining oil to the frying pan and fry the sausages over a medium-high heat for 4-5 minutes, or until browned on all sides.
3. While the sausages are frying, add the carrots, potatoes and chopped tomatoes to the slow cooker.
4. Mix the hot stock with the tomato purée and herbs. Pour into the slow cooker and season with salt and pepper; stir well. Place the sausages on the tomato and vegetable mixture without stirring in – this will help them retain their colour and texture.
5. Cover the slow cooker with its lid and cook on high for 5–6 hours, or low for 7–9 hours.

Cost of ingredients per serving - £1.51

Energy Efficiency –



Slow Cooker Chicken Tacos

Recipe from BBC Good Food

INGREDIENTS

Serves 4-6

- 100g/3½oz tomato ketchup
- 4 tbsp runny honey
- 3 tbsp Worcestershire sauce
- 75ml/2½fl oz orange juice (see tip)
- 1 tsp hot smoked paprika/chilli powder
- 2 garlic cloves, thinly sliced, or 1 tsp garlic granules
- 6–8 boneless, skinless chicken thighs

INSTRUCTIONS

1. Put the ketchup, honey, Worcestershire sauce, orange juice, paprika and garlic in the slow cooker. Sprinkle with a generous pinch of salt and plenty of freshly ground black pepper and mix well.
2. Add the chicken thighs and turn to coat in the sauce. Move the thighs away from the sides of the pot so they don't stick when the sauce reduces as it simmers.
3. Cover and cook on low for 5–7 hours, or until the chicken is very tender.
4. Remove the lid and use two forks to break up and shred the chicken while mixing with the sweet, smoked sauce. The sauce will thicken the longer the chicken is cooked, so ladle a little out before shredding the chicken if cooking for the shorter time.
5. To serve, spoon the chicken into warmed mini tortillas along with soured cream, fresh coriander and lime wedges for squeezing.

Swap – you could try swapping chicken for tinned jackfruit to make it veggie

Cost of ingredients per serving - £1.34

Energy Efficiency –



Slow Cooker Banana Bread

Recipe from Taste of Home

INGREDIENTS

Serves 16

- 5 medium ripe bananas
- 2-1/2 cups self-raising flour
- 1 can (400 grams) sweetened condensed milk
- 1 teaspoon ground cinnamon
- Cinnamon sugar, optional

INSTRUCTIONS

1. Place a piece of parchment in a 5-quart slow cooker, letting ends extend up sides. Grease paper with cooking spray. Combine the first 4 ingredients in a large bowl. Pour batter into prepared slow cooker. If desired, sprinkle cinnamon sugar over the top of batter. Cover slow cooker with a double layer of white paper towels; place lid securely over towels.
2. Cook, covered, on high until bread is lightly browned, 2-1/2 to 3 hours. To avoid scorching, rotate slow cooker insert a half turn midway through cooking, lifting carefully with oven mitts. Remove bread from slow cooker using parchment to lift; cool slightly before slicing.

Cost of ingredients - £2.61

Energy Efficiency –



Quick Fish Gratin

Recipe from BBC Good Food

INGREDIENTS

Serves 2

- 20g/ $\frac{3}{4}$ oz cornflour
- 300ml/10fl oz semi-skimmed milk
- 300g/10 $\frac{1}{2}$ oz mixed fish, including smoked haddock, cod and salmon, thawed if frozen
- 50g/1 $\frac{3}{4}$ oz baby spinach / handful of frozen vegetable
- $\frac{1}{2}$ small lemon, finely grated zest only (optional)
- 1 thin slice white or brown bread
- 15g/ $\frac{1}{2}$ oz Parmesan, finely grated
- 100g/3 $\frac{1}{2}$ oz frozen peas, to serve

INSTRUCTIONS

1. Place the cornflour into a small bowl and stir in 3 tablespoons of the milk until it forms a smooth paste.
2. Pour the remaining milk into a non-stick saucepan. Add the fish, spinach and lemon zest, if using, to the pan and season with a little salt and pepper. Bring the milk to a gentle simmer and cook for 3–4 minutes, or until the fish is beginning to flake, stirring occasionally.
3. Stir in the cornflour mixture and cook for 1 minute, or until the sauce has thickened. Stir constantly, taking care not to break up the fish pieces too much. Taste and adjust seasoning, if necessary. Spoon into a warmed, shallow flameproof dish or two individual pie dishes.
4. Preheat the grill to high. Tear the bread into small pieces and toss in a small bowl with the Parmesan. Scatter over the fish.
5. Place the dish or dishes onto a baking tray and place under the hot grill for about 2 minutes, or until the topping is crisp and lightly browned – watch carefully so it doesn't burn.
6. Place the peas into a saucepan of boiling water and cook for 2–3 minutes, or according to packet instructions. Drain well and serve immediately with the pie.

Cost of ingredients per serving - £2.81

Energy Efficiency –



Corned Beef Chilli

Recipe from Jack Monroe

INGREDIENTS

Serves 6-8

- 2 tbsp vegetable or olive oil
- 1 small onion, chopped (or 100g/3½oz sliced frozen onions)
- 6 large garlic cloves, crushed (or equivalent frozen garlic or 3 tbsp garlic paste)
- 350g tin corned beef (or any other tinned meat), grated
- 400g tin kidney beans (or any other beans or frozen peas), drained and rinsed
- 400g tin cannellini beans (or any other beans), drained and rinsed
- 2 x 400g tins chopped tomatoes (or 1 tbsp tomato purée and 400ml/14fl oz beef stock)
- 2 tbsp paprika, sweet or smoked (or chilli powder, to taste)
- 2 tbsp ground cumin (or chilli powder, to taste)
- 200ml/7fl oz red wine or strong black tea
- 20g/¾oz dark chocolate (optional)
- Cooked basmati rice, to serve (alternatively serve with bread, mashed potatoes or pasta)


INSTRUCTIONS

1. Heat the oil in a large saucepan over a low heat and add the onion and garlic. Cook for a few minutes until slightly softened and then add the corned beef and both tins of beans. Pour in the tomatoes and add the paprika and cumin. Season with salt and pepper, stir and increase to a medium heat. Cook, stirring gently, for 7–8 minutes and then reduce the heat.
2. Add the wine/tea and chocolate, if using, and continue cooking for 16–18 minutes, until glossy, dark and smelling fantastic. Serve hot with the rice.

Swap – You could swap corned beef for Quorn mince to make it a just as delicious veggie dish.

Slow cooker – you could also adapt the instructions for a slow cooker by simply frying the onion and garlic first then putting everything in the slow cooker and stir. Put on a high heat for 6 hours or low heat for 8 hours.

Cost of ingredients per serving - **£1.37**

Energy Efficiency – 

Creamy Pasta with Broccoli and Sweetcorn

Recipe from BBC Good Food

INGREDIENTS

Serves 4

- 300g/10½oz dried penne pasta, or other pasta shapes
- 1 head of broccoli (about 350g/12oz), cut into small florets
- 200g/7oz frozen sweetcorn
- 200g tub full-fat soft cheese
- ½ lemon, finely grated zest only
- 100g/7oz cheddar, grated
- ground black pepper

INSTRUCTIONS

1. Simmer pasta for 10–12 minutes, or until the pasta is tender but retains just a little ‘bite’. Stir occasionally as the pasta cooks, so it doesn’t stick.
2. Meanwhile, cut the broccoli florets in half or quarters depending on size. After the pasta has been cooking for 8–10 minutes, add the broccoli and sweetcorn to the saucepan, cover and return to the boil. Cook for 2–3 minutes more, or until the broccoli is tender and the pasta cooked. Reserve a couple of ladles of the water (around 150ml/¼ pint) and put to one side in a bowl. Drain the pasta and vegetables in a colander then return to the pan.
3. Pour the reserved water over the pasta, add the soft cheese and lemon zest and stir well until the cheese melts and coats the pasta. Sprinkle with half the cheddar and season with freshly ground black pepper. Toss together over a low heat until the cheddar melts into the sauce, adding a splash of water if needed. Sprinkle with the remaining cheese to serve.

Cost of ingredients per serving - **£1.35**

Energy Efficiency – 

Jamie Oliver Traybaked Chicken

Recipes from Jamie Oliver

INGREDIENTS

Serves 4

- 4 large ripe tomatoes
- 2 red onions
- 2 bell peppers
- 6 free-range chicken thighs , skin off, bone out
- 4 cloves of garlic
- ½ a bunch of fresh thyme
- 1 teaspoon smoked paprika
- olive oil
- 2 tablespoons balsamic vinegar

INSTRUCTIONS

1. Preheat the oven to 180°C/350°F/gas 4.
2. Quarter the tomatoes and place them in a large baking dish or roasting tray (roughly 25cm x 30cm). Peel the onions and cut into large wedges, then deseed and roughly chop the peppers. Add all these to the tray along with the chicken thighs.
3. Squash the unpeeled garlic cloves with the back of your knife and add to the tray, then pick over the thyme leaves and sprinkle over the paprika.
4. Add 2 tablespoons of oil, the balsamic and a pinch of salt and black pepper. Toss everything together really well to coat, then spread across the tray, making sure the chicken isn't covered by the vegetables.
5. Roast for around 1 hour, or until the chicken is golden and cooked through, turning and basting it a couple of times during cooking with the juices from the tray.
6. Serve the traybake with a lovely green salad on the side. You could also buddy it up with a little rice, polenta or a loaf of crusty bread to mop up the juices.

Swap – For a veggie option swap the chicken for chickpeas

Cost of ingredients per serving - £1.78

Energy Efficiency – 

Satay Stir fry

Recipe from Joe Wick

INGREDIENTS

Serves 4

- 2 tbsp soy sauce
- 60g peanut butter
- 15g/1 tablespoon honey
- 2 garlic cloves, peeled and crushed
- 300g frozen/fresh mixed vegetables
- 400g pork chops/chicken fillets, fat removed and sliced
- 1 red onion, peeled and cut into wedges
- 300g dried medium egg noodles
- Coriander leaves, chopped (optional)

INSTRUCTIONS

1. Mix the soy sauce, peanut butter, honey, and garlic together in a bowl along with a splash of hot water to make sauce.
2. Pour a kettle of boiling water over the frozen veg in a bowl and set to one side. Skip this step if using fresh veg.
3. Heat the oil in a large frying pan over a medium to high heat and fry the pork/chicken and onion for 3-4 minutes. Meanwhile, cook the egg noodles in a pan of boiling water.
4. Drain the veg, add to the frying pan and cook for a few minutes before pouring in the sauce. Add the cooked noodles and toss everything together well for 3-4 minutes until the veg is just cooked through but still retains a little bite.
5. Serve with a sprinkle of coriander.

Swap – you could also have chickpeas instead of chicken here or replace with tofu pieces

Cost of ingredients per serving - £0.82p

Energy Efficiency – 

Chicken and Potato Traybake

Recipe from BBC Good Food

INGREDIENTS

Serves 4

- 500g/1lb 2oz new potatoes/sweet potatoes, thinly sliced or into cubes
- 8 chicken thighs
- 2 tbsp oil
- 2 tsp smoked paprika/chilli powder
- 4 garlic cloves
- 150g/5½oz cherry tomatoes, halved
- ½ broccoli/cauliflower, cut into florets
- Additional veg cut into strips – bell peppers, onion

INSTRUCTIONS

1. Preheat the oven to 190C/170C Fan/Gas 5.
2. Place the sliced potatoes in a large roasting tray. Top with the chicken thighs and sprinkle over the oil and paprika. Place the garlic and tomatoes around the roasting tray. Bake for 40-45 minutes until cooked through and juicy.
3. Meanwhile, stir-fry the broccoli in a little oil in a wok over a high heat. Serve with the chicken and potato tray bake.

Cost of ingredients per serving - £1.66

Energy Efficiency –



Microwave Egg 'Fried' Rice

Recipe from BBC Food

INGREDIENTS

Serves 1

- 125g/4½oz cold cooked rice
- 1 spring onion, finely chopped
- 80g/3oz frozen peas
- 1 tsp reduced salt soy sauce
- 1 egg
- 1 tbsp roughly chopped fresh coriander

INSTRUCTIONS

1. Tip the rice, spring onions, peas and soy sauce into a microwave-proof bowl and mix well.
2. Crack the egg into the bowl and stir through, breaking up the yolk and mixing through the rice.
3. Cover with a piece of kitchen paper and cook on high for 2 minutes, until heated through and the egg is cooked.
4. Stir half the coriander through the rice, season with salt and pepper and serve with the remaining coriander sprinkled on top.

Swap – can be made vegan with Oggs vegan scrambled egg alternative

Cost of ingredients per serving - £1.42

Energy Efficiency –



Microwave Jacket Potatoes

Recipe from BBC Food

INGREDIENTS

Serves 1

For the jacket potato

- 1 medium baking potato (about 180g/6oz)

INSTRUCTIONS

1. Wash the potato and prick with a sharp knife several times on all sides. Dry the potato well with kitchen paper and place on a microwave-safe plate. Place in the microwave and cook on full power for 4 minutes.
2. Remove the plate using oven gloves and turn the potato over. Dry the potato and the plate and put back into the microwave. Heat on full power for a further 4 minutes.
3. Remove the plate and leave the potato to stand for 1 minute, as it will continue to cook. Check that the potato is soft by pushing a sharp knife into the centre. Return to the microwave for another 30 seconds if it is still hard in any part.

FILLING IDEAS

1. Cheese and beans – Super simple and what can only be described as the “classic” topping for the potatoes! (heat beans up in the microwave)
2. Tuna – Another popular choice, you can adapt this to your taste such as with mayo, salad cream and sweetcorn or spring onions.
3. Chilli Con Carne – This is a great option and perfect for using up any leftovers you may have for the night before. Try it topped with cheese or sour cream (reheat in the microwave)
4. Chicken mayo and sweetcorn – Again, this is a great dish for using up leftovers from Sunday roast or even a pot of premade mix for sandwiches.
5. Ham & cheese – For a topping with minimal fuss, try out a jacket potato with ham and cheese. With a little side salad, it is the perfect easy dish.

Energy Efficiency –



Bean and Rice Burrito

Recipe from BBC Food

INGREDIENTS

Serves 4

For the tomato relish

- ½ small onion, finely diced
- 200g/7oz tomatoes, diced
- 1 tbsp white wine vinegar
- 1 lime, zest only (juice used below)
- salt and pepper

For the bean and rice burrito

- 400g tin Mexican-style bean mix or mixed beans in mild chilli sauce
- 200g/7oz frozen sweetcorn, defrosted
- 8 tortilla wraps
- 150g/5½oz long-grain rice, cooked according to the packet instructions or in a microwave (see tip)
- 1 lime, juice only
- 200g/7oz plain yoghurt/dairy free alternative

INSTRUCTIONS

1. To make the tomato relish, mix together all the ingredients in a bowl and season with salt and pepper. Set aside.
2. To make the burritos, heat a small frying pan over a medium heat and warm the beans through for 3-5 minutes, or cook for 1 minute in the microwave. Add the sweetcorn and mix well. Taste and add salt and pepper if necessary.
3. Warm the tortilla wraps for 10 seconds in a microwave or in a dry pan over a medium heat until warm and softened
4. To assemble, divide the cooked rice and beans between the eight tortilla wraps. Squeeze a little lime juice over each of them. Spoon over the tomato relish and the yoghurt and roll up to enclose each burrito. Serve warm.

Cost of ingredients per serving - £1.19

Energy Efficiency –



Microwave Spaghetti Bolognese

Recipe from BBC Food

INGREDIENTS

Serves 4

- 1 onion, chopped
- 1 garlic clove, chopped
- 1 carrot, chopped into pea-sized pieces
- 300g/10½oz beef mince
- 1 x 400g/14oz can chopped tomatoes
- 50ml/2fl oz boiling water
- 1 beef stock cube
- 1 tsp dried oregano (optional)
- black pepper (optional)
- 300g/10½oz uncooked spaghetti
- 1 tbsp vegetable oil

INSTRUCTIONS

1. Put the chopped onion, garlic and carrot into a large microwave safe bowl. Add the mince and mix together with a fork, breaking up the meat until it is well combined. Cover the bowl with a microwaveable lid or cling film, leaving a small area open, and microwave on full power for 3mins. Stir with the fork, breaking up the mince again, cover and return to the microwave for another 3mins. Take care when removing the bowl as it will be very hot. Break up any clumps of mince again.
2. Stir in the chopped tomatoes with 50ml/2fl oz of boiling water, and crumble over the stock cube, oregano and black pepper (if using). Cover again and cook in the microwave on full power for 7mins. Remove the bowl, stir well, cover and return to the microwave for another 10mins on full power, stirring halfway through. Remove the bowl and leave to stand.
3. Break the spaghetti into thirds and put into a separate microwave safe bowl. Add the oil and mix well to coat the spaghetti. Pour over boiling water until just covered and stir well. Put into the microwave and cook on full power for 4mins. Remove the bowl and stir the spaghetti. Cover and return to the microwave and cook on full power for another 4mins.
4. Remove bowl and leave to stand for 2mins. Check that the spaghetti is cooked and is al dente (still has a little bite). Cook for another couple of minutes if it's not soft enough. Drain the cooked spaghetti and serve with the bolognese sauce.

Swap – can use turkey mince or Quorn mince instead of beef

Cost of ingredients per serving - £1.12

Energy Efficiency –





Community Wellbeing Hub

Bath and North East Somerset

The Community Wellbeing Hub offers one number that residents can call to access a range of services and advice that will help you to stay well and support your health and wellbeing. We offer support for :-



Housing



Stopping smoking



Feeling isolated, lonely or anxious



Money advice & benefits support



Keeping active & healthy



Achieving a healthy weight



Accessing food support



Employment issues & advice

Please give us a call and we will be happy to help you



Call 0300 247 0050

Monday to Friday from 9 am until 5 pm



BATHNES.thehub@hcrhcaregroup.com



communitywellbeinghub.co.uk

The Hub is a collaboration between Bath & North East Somerset Council, HCRG Care Group, and many third sector organisation representatives including Age UK, Bath Mind, Citizens Advice, Curo, DHI, 3SG & Village Agents

Version 2: Aug 2022

Cook it

FREE five week cookery course for parents/carers and children

Make easy, healthy budget friendly recipes alongside other families, in person or online

- Ingredients provided or cost covered with £30 for voucher
- FREE recipe book and NEW video recipe links
- Support with meal planning and budgeting
- Encouraging children to eat balanced meals

Range of dates available, contact the Community Wellbeing Hub to find out more:
Tel: 0300 247 0050

Email: BATHNES.thehub@hcrgrcaregroup.com

Bath & North East
Somerset Council

Improving People's Lives



HENRY Healthy Families programme

Even during this uncertain time, we're still here to help you give your little ones a great start in life.

The HENRY programme is completely FREE to join for parents and carers of children aged 0 to 5 years old.



The programme provides everything you need to help your little one get off to a great start.

We cover the 5 following themes across 8 weeks:

- Feeling more confident as a parent
- Physical activities for the little ones
- What children and the whole family eats
- Family lifestyle habits
- Enjoying life as a family

Each week there is either an online or in-person session. See below for dates.

You'll also receive a free toolkit with lots of fantastic resources.

The programme is an opportunity to share ideas and experiences with other families in a safe environment!

Programme details

Contact us for next course dates or to be put on the waiting list.



Get in touch to sign up now!

Contact Us

Bookings on HENRY courses are essential. Contact the Wellbeing Service Hub on 0300 247 0050 or email BATHNES.thehub@hcrgrcaregroup.com



References/links

<https://www.cse.org.uk/advice/advice-and-support/how-much-electricity-am-i-using>

<https://www.householdmoneysaving.com/how-much-does-a-slow-cooker-cost-to-run/>

BBC Good Food | Recipes and cooking tips - BBC Good Food

<https://www.bbc.co.uk/food>

<https://www.slowcookerclub.com/>

<https://www.jamieoliver.com/>

<https://www.thebodycoach.com/>

<https://www.tasteofhome.com/>

<https://cookingonabootstrap.com/>

<https://communitywellbeinghub.co.uk/>

<https://bathneshealthandcare.nhs.uk/>

<https://www.energyathome.org.uk/>

Date Produced: November 2022

