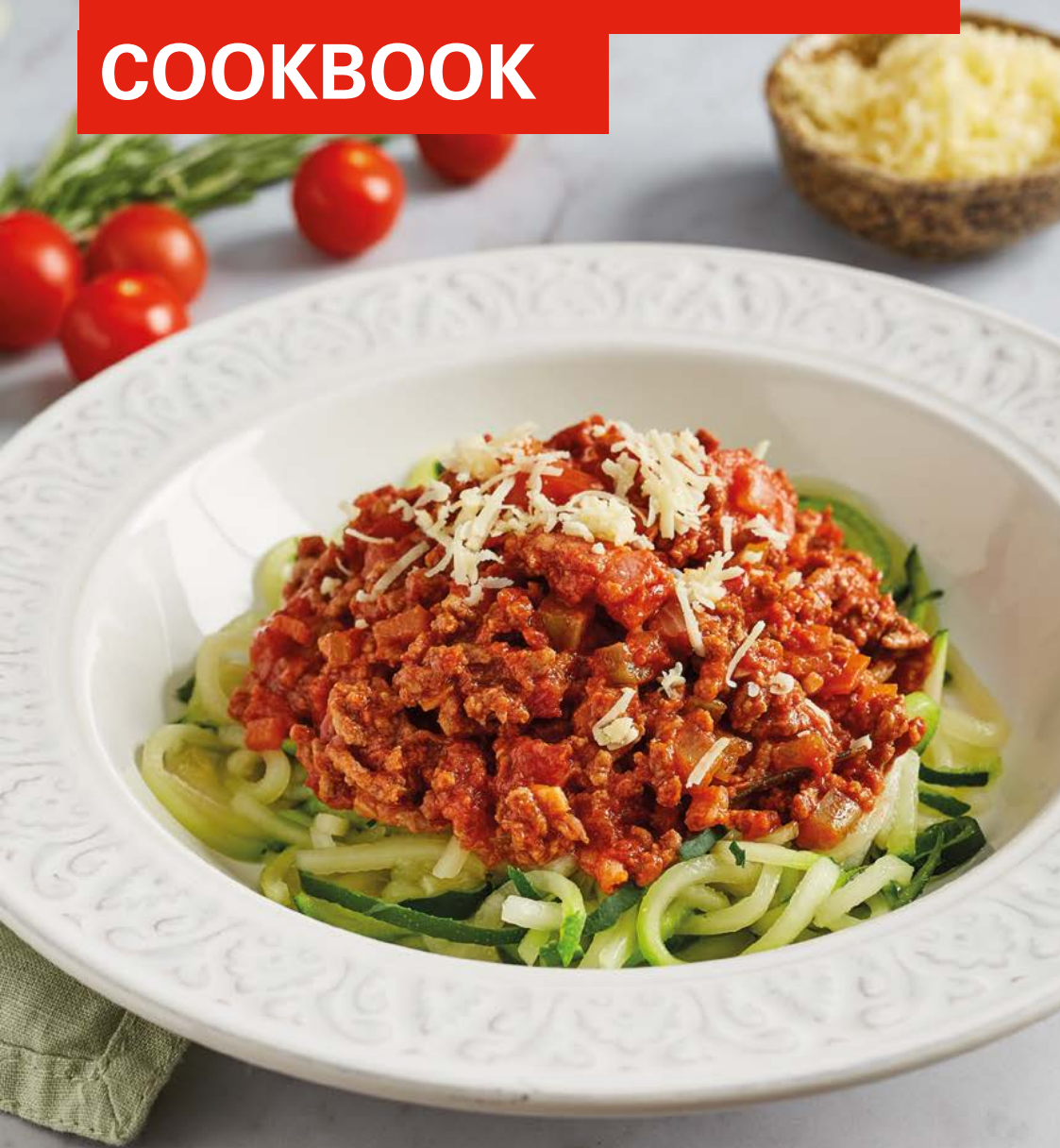


THE URBAN SURVIVAL COOKBOOK



The Urban Survival Cookbook is packed with recipes designed for easy and inexpensive cooking , and was originally created for young soldiers . It provides a varied diet (avoids repetition of 'recipes') for breakfast, lunch and dinner for individuals looking to have more control over what foods they eat.

Eating healthily, has a big impact on our ability to function, both mentally and physically. This cookbook is designed to help make the task easier for those who are not expert chefs, but who wish to cook healthy, interesting meals and take control of their diets.

The recipes are created by chef Adam Gray, of Great British Chefs, which have been endorsed by the Army, and are based on meals that can be made with appliances that are approved for cooking in Army accommodation.



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Getting your kitchen together

You don't need a big kitchen, and you certainly don't need tons of gear.
Just a few items will get you started.

There are plenty of budget shops with kitchen section where you can get everything you need.

Charity shops are also a great place to save money .

The Essentials.

- Knife. A good sharp knife will make preparation so much easier. If you can, get a small peeling knife too.
- Chopping board. Otherwise you can damage the knife as well as the work surface. It's to wash and keep clean. If you cook meat think about getting more than one.
- Non-stick pan. lots of recipes involve some frying, so you should get at least one non-stick pan.
- Selection of pans. You want to be able to cook more than one thing at once.
- Cleaning equipment. (washing liquid, surface cleaner, brushes and cloths). keep it all clean, keep yourself safe.
- Wooden spoon and spatula. Saves your pans from getting scraped, and saves you from getting burned.
- cutlery, plates and bowls etc. As well as needing something to eat off, you can use these in the kitchen
- Grater. These are really cheap from a budget shop.

Extras, but so very useful

- Kettle and toaster. you can get away without these, but they make life so much easier
- Hand/Stick blender. This can replace so many tools, from whisks to liquidizers and beyond. invest in this and you might never need to buy
- vegetable peeler, saves so much time and effort.

Food safety: Storage

- It is dangerous to eat foods after the “use-by” date. Foods with a “best before” date should be safe to eat but may not be at their best quality – if in doubt throw it out.
- Never store open metal food cans in the refrigerator. Always decant left over food into a suitable container for storing in a refrigerator.
- Never refreeze raw meat or fish once it has been defrosted.
- Defrosted foods should be stored correctly in the fridge and used within 2 days.
- When freezing meat and fish, make sure that you freeze the product before the use-by date.
- Raw meat and poultry: store in a clean, sealed container and place on the bottom shelf of the refrigerator so that the juice cannot drip onto and contaminate other foods. It is important to keep cooked meat separate from raw meat.

Example of where you should store food in your refrigerator to minimise the risk of contamination.

Food Safety: Cooking

- It is important that all kitchen appliances are used as recommended by the manufacturer's instructions and remember to turn off all gas and electric after use.
- It is important to make sure that all poultry, pork, burgers and sausages are thoroughly cooked before eating. Cut into the middle to check that meat is not pink, the juices are clear and the food is piping hot.
- Allow cooked food to cool at room temperatures before you store it in the refrigerator.
- Never re-heat cooked food more than once.

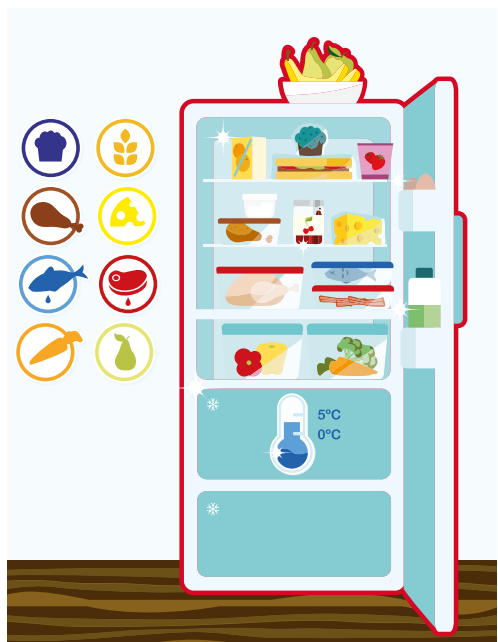


Diagram 1. Food storage

Allergy and Intolerance

Planning an allergy friendly meal:

- Cooking for someone with food allergies and intolerances can be worrying if you're not used to doing it. Plan a safe and enjoyable meal by:
 1. Asking your guest (or their parents or carers, if you're cooking for a child) what they can and can't eat
 2. Make sure you keep allergens separate from other foods
 3. Double-checking the ingredients lists on pre-packed foods for allergens
 4. Avoiding adding toppings or decorations to dishes which might otherwise appear safe
- There are often good substitutes for allergens available in food shops – don't hesitate to ask your guest (or parents/carers) for help and suggestions.
- Clean work surfaces and equipment thoroughly to remove traces of anything you might have cooked before, to avoid cross contamination.
- If someone is allergic to something, and you have served them a food they can't eat, simply taking it off their plate isn't enough. Even a tiny trace can be enough to cause an allergic reaction.
- If you feel ill or have a reaction to your meal, make sure you seek medical help immediately.

Further Information can be found here -

<https://www.food.gov.uk/food-safety>



EXAMPLE KEY

SERVES	COST PER PERSON	COOKING TIME	DIFFICULTY
	 4.43	 20 min	 Easy

EQUIPMENT

Blender

BREAKFAST JUICE

Ingredients:

2 Pink Lady apples or
a similar sweet apple
variety, cores removed

500ml unsweetened
apple juice

1 lime, juiced

30g fresh ginger,
peeled and finely
sliced

50g curly kale, washed

Method:

1. Place all the ingredients into a blender and blend until smooth.
2. Pour into a sealed airtight bottle or jar – the juice can be stored in the fridge for 2-3 days, but shake the bottle of juice before you drink it.



0.60 / 



NUTRITIONAL FACTS

Kale provides high amounts of Vitamin A, which is important for vision and the body's immune system.

The lime juice, apples and ginger are high in Vitamin C, which is used for the growth and repair of tissues in all parts of the human body.

A 200ml glass of this juice is one of your five a day!

EQUIPMENT

Bowl

CARROT & BLUEBERRY OVERNIGHT OATS

Ingredients:

300g jumbo oats
200g carrots, peeled
and finely grated
5g ground cinnamon
25g chia seeds
75g sultanas or raisins
75g maple syrup
500ml almond milk
100g low-fat natural
yoghurt
125g of blueberries

Method:

1. Mix the oats, carrots, cinnamon, chia seeds and sultanas together in a bowl.
2. Add the maple syrup and almond milk, stir again, then cover and place in the fridge for at least 2 hours or ideally overnight.
3. The overnight oat mixture can last covered in the fridge for up to 4 days. To serve, top with yoghurt and blueberries.



2.67 / 

10
min
+ overnight resting time

Easy

NUTRITIONAL FACTS

Oats contain more protein and fat than most other grains and are a good source of beta glycan, a unique, soluble fibre linked to multiple health benefits.

Carrots are full of vitamins, minerals and fibre.

Cinnamon contains anti-inflammatory properties and may cut the risk of heart disease.

Chia seeds are full of important nutrients. They are an excellent source of omega-3 fatty acids, rich in antioxidants, and they provide fibre, iron, and calcium.

Blueberries are a good source of Vitamin C and fibre.

EQUIPMENT

Bowl

Saucepan

HOT BANANA & COCONUT OATS

Ingredients:

200g rolled oats

1 pinch of salt

400ml milk of your choice, such as oat, almond, soya or skimmed

1 large overripe banana, mashed

2g ground cinnamon

60g desiccated coconut

Toppings of your choice, such as sliced banana, cinnamon or peanut butter

Method:

1. Combine all the ingredients (apart from your toppings) in a bowl, then transfer to the saucepan and bring to a boil. Once boiling, turn the temperature down to a medium heat.
2. Stir the ingredients occasionally to prevent sticking or boiling over, until it starts to thicken.
3. Serve the hot oats with your extra toppings. The cooked oats can also be refrigerated overnight and served either hot or cold the next day.



1.31/ 



NUTRITIONAL FACTS

Oats contain more protein and fat than most other grains and are a good source of beta glycan, a unique, soluble fibre linked to multiple health benefits.

Cinnamon contains anti-inflammatory properties and may cut the risk of heart disease.

EQUIPMENT

Blender

Fridge

Saucepan

WHOLEMEAL BREAKFAST PANCAKES

SUMMER BERRIES & LEMON YOGHURT

Ingredients:

230g wholemeal flour
3g salt
50g caster sugar
3g bicarbonate of soda
25g baking powder
530ml semi-skimmed milk
2 eggs
100ml British rapeseed oil
1 lemon
200g low-fat natural yoghurt
1 punnet of strawberries, washed, hulled & cut into quarters
1 punnet of raspberries, washed
1 punnet of blueberries

Method:

1. Place the flour, salt, sugar, bicarbonate of soda, baking powder, milk and eggs in a blender and blitz until smooth. Pour into a bowl, cover with cling film and place in the fridge to rest for 10 minutes.
2. Heat the suacepan to a medium heat and add a little rapeseed oil. Spoon the batter into the centre of the suacepan, so the mixture is approximately 1cm high and 5cm wide. Cook the pancake until golden brown on one side, then flip over to cook the other side.
3. Once golden brown on both sides, remove the pancake from the saucepan and place onto a plate. Repeat this process until the batter is finished.
4. Zest the lemon with a grater and mix with the natural yoghurt. If you would like the yoghurt very lemony then add the juice of the lemon too.
5. To serve, place the wholemeal pancakes in the middle of a serving plate with a selection of the berries on top and the lemon yoghurt on the side.



1.97/ 

15-20
min



NUTRITIONAL FACTS

Wholemeal flour provides a good source of fibre, iron and calcium.

Strawberries are an excellent source of Vitamin C and are very rich in antioxidants.

Raspberries are low in calories but high in fibre, vitamins, minerals and antioxidants.

EQUIPMENT

Saucepan (none stick)

Blender (optional)

ADAM'S DETOX SOUP

Ingredients:

50ml rapeseed oil or vegetable oil

1 red onion, peeled and cut into 2cm pieces

1 red chilli, finely sliced

4 red peppers, deseeded and cut into 2cm pieces

4 plum tomatoes, cut into 2cm pieces

500ml vegetable stock

250ml passata

Salt

Pepper

40g pesto

Method:

1. Turn the saucepan up to a medium heat and add the oil.
2. Add the onion and chilli to the pan and cook for 5 minutes, stirring with a spatula until they start to soften.
3. Add the red peppers and continue to cook for a further 5 minutes, stirring occasionally.
4. Add the plum tomatoes and cook until the tomatoes start to soften, then add the vegetable stock and passata, and bring to the boil.
5. Simmer the soup gently for 15 minutes and then season with salt and pepper. The soup can be served chunky or blitzed in a blender until smooth.
6. The soup can be served hot in the winter or chilled in the summer with a spoon of pesto on top.



1.06/ 



NUTRITIONAL FACTS

Red peppers are a good source of iron and high in Vitamin C.

Red chillies are great for weight loss, help clear congestion and fight inflammation.

The tomatoes help reduce the risk of heart disease and cancer, are a good source of fibre and help reduce blood pressure.

EQUIPMENT

saucepan (non stick)

LEMON CHILLI CHICKEN RICE SOUP

Ingredients:

10ml British rapeseed oil

400g chicken breast,
cut into 2cm pieces

Salt

Pepper

1 lemon, juiced and
zested

5g garlic paste

1 pinch of dried chilli
flakes, or more if you
like heat

2 chicken stock cubes,
mixed with 500ml
boiling water

300g cooked brown
rice

4 spring onions, finely
sliced

Method:

1. Heat the saucepan to a medium-high heat and add the rapeseed oil. Add the diced chicken pieces and season with salt, pepper and half of the lemon zest. Brown the chicken on all sides.
2. Add the garlic paste and dried chilli flakes and continue cooking for a further 2-3 minutes. Pour in the chicken stock, lemon juice and cooked rice and simmer for 5 minutes.
3. Taste and season, then add the sliced spring onions and remaining lemon zest. Serve immediately.



2.62/ 



NUTRITIONAL FACTS

Chilli flakes contain a good dose of Vitamin A, a nutrient that helps keep your immune system healthy and strong.

Brown rice is packed with nutrients like magnesium, phosphorus and potassium.

EQUIPMENT

low-fat electric grill

THE ULTIMATE WARRIOR TOASTIE

Ingredients:

6 slices of wholemeal bread

10ml British rapeseed oil

200g sliced pastrami

120g Lancashire cheese, grated

2 pickled dill cucumbers, or gherkins, sliced lengthways

100g chipotle ketchup

Method:

1. Lay the six slices of wholemeal bread out on a clean work surface, then drizzle with the rapeseed oil. On the first two slices of bread, place roughly 50g of sliced pastrami on each piece. Top with half of the grated Lancashire cheese and the sliced gherkins.
2. Repeat the process again with the next two slices of bread, but spread the chipotle ketchup over the bread before adding the pastrami and cheese.
3. Place the first completed slice of bread and the second completed slice of bread on top of each other and then finally add the last piece of bread, creating a triple decker sandwich.
4. Place the triple decker sandwich into the pre-heated electric grill and close the lid. Cook until the bread is a golden toasted colour and the cheese has started to melt (around 4-5 minutes). Remove from the grill and cut in half.



2.98/ 

15
min



NUTRITIONAL FACTS

Wholemeal bread is made from flour containing all the goodness of wheat grains. The outer husk has not been removed, so the resulting bread is much richer in fibre and protein.

Pastrami is a lean protein source, low in calories and fat.

Gherkins can be a good source of antioxidants and help improve digestion.

EQUIPMENT

Low fat electric grill

THE ULTIMATE WARRIOR VEGGIE TOASTIE

Ingredients:

6 slices of wholemeal bread

10ml British rapeseed oil

2 small avocados, halved, pits removed, skinned and sliced

200g Lancashire cheese, grated

2 pickled dill cucumbers, or gherkins, sliced lengthways

100g chipotle ketchup

Method:

1. Lay the six slices of wholemeal bread out on a clean work surface, then drizzle with the rapeseed oil. On the first two slices of bread, place half of the sliced avocado on each piece. Top with half of the grated Lancashire cheese and the sliced gherkins.
2. Repeat the process again with the next two slices of bread, but spread the chipotle ketchup over the bread before adding the avocado and cheese.
3. Place the first completed slice of bread and the second completed slice of bread on top of each other and then finally add the last piece of bread, creating a triple decker sandwich.
4. Place the triple decker sandwich into the pre-heated electric grill and close the lid. Cook until the bread is a golden toasted colour and the cheese has started to melt (around 4-5 minutes). Remove from the grill and cut in half.



2.66/

15
min



NUTRITIONAL FACTS

Wholemeal bread is made from flour containing all the goodness of wheat grains. The outer husk has not been removed, so the resulting bread is much richer in fibre and protein.

Avocados are a great source of Vitamins C, E, K, and B-6, as well as riboflavin and omega-3 fatty acids.

Lancashire cheese contains good amounts of calcium which is essential for your bones and teeth.

EQUIPMENT

Low fat electric grill

BANGERS & CRUSHED NEW POTATOES

Ingredients:

12 Cumberland free-range sausages

1kg new potatoes

Salt

100ml rapeseed oil or vegetable oil

50g low-fat natural yoghurt

1 bunch of spring onions, finely sliced

300g baby spinach, washed twice to remove any grit and drained

Pepper

Method:

1. Turn the electric grill on to a medium heat and place the sausages in. Cook the sausages until golden brown on all sides and fully cooked. Do not prick with a fork, as this releases all the flavoursome juices.
2. Rinse the peeled potato chunks and put them in a large, microwave safe bowl. Cover the dish or bowl with plastic wrap and cut a small vent in the top for steam to escape, microwave on high for 8 to 11 minutes, or until the potatoes are tender and can be gently poked through with a fork. Crush the potatoes with a fork or potato masher.
3. Add three-quarters of the oil, natural yoghurt and the sliced spring onions to the crushed potatoes and mix thoroughly.
4. In a separate bowl, add the remaining quarter of the oil to the baby spinach leaves and mix thoroughly.
5. To serve, spoon a pile of the crushed new potatoes into the middle of the serving bowl and place the dressed baby spinach leaves on top. Add the cooked, hot sausages on top of the baby spinach leaves and the heat from the sausages will start to wilt the leaves slightly. You may wish to serve this with gravy or mustard on the side.



1.63 /

15-25
min



NUTRITIONAL FACTS

Baby spinach is an excellent source of Vitamin K, Vitamin A, Vitamin C. Vitamin K is important for maintaining bone health and it is difficult to find vegetables richer in Vitamin K than spinach.

New potatoes are low in fat and they are a good source of vitamins and minerals. They contain Vitamin B1 (thiamin), which the body needs to help release energy from carbohydrates and is required for a healthy heart function.

EQUIPMENT

*saucepan (non stick)
with lid*

BEEF STROGANOFF

Ingredients:

100ml British rapeseed oil or vegetable oil

400g lean braising steak, cut into thin strips

1 large onion, peeled and finely sliced

15g paprika

25g Dijon mustard

2 beef stock cubes mixed with 300ml boiling water

250ml low-fat natural yoghurt

250g microwaveable brown rice

Method:

1. Heat half of the oil in the saucepan and add the thin strips of braising steak. Fry for 2-3 minutes, turning once or twice, until the meat has browned all over, then remove the meat from the pan and set aside on a plate.
2. Add a little more oil if necessary to the saucepan and fry the sliced onion for 3-4 minutes until it just starts to soften. Sprinkle in the paprika and stir to coat the onions, then add the Dijon mustard, beef stock and natural yoghurt and reduce the heat.
3. Stir in the strips of beef and any resting juices from the plate. Cover the saucepan with a lid and simmer gently for 20 minutes until the meat is tender and the sauce has thickened.
4. To serve, heat a packet of steamed brown rice in the microwave and spoon into the middle of the plate. Place the beef stroganoff on top of the rice



3.34 / 

20-30 
min



NUTRITIONAL FACTS

Low-fat natural yoghurt provides calcium and promotes healthy intestine bacteria.

The paprika is a good source of Vitamin A, which aids night vision and healthy cell development and is a good source of Vitamin E, which promotes healthy blood cell function.

The lean braising steak adds a high concentration of protein and zinc.

EQUIPMENT

saucepan (non stick)

CHILLI CON CARNE

Ingredients:

100ml British rapeseed oil or vegetable oil

1 large onion, finely chopped

10g garlic paste

1 red chilli, deseeded and finely chopped (or keep half with seeds to increase the spice level)

1 tsp hot smoked paprika

300g lean beef mince

400g tinned chopped tomatoes

1 beef stock cube, mixed with 150ml boiling water

25g tomato puree

400g tinned kidney beans, drained & rinsed

Salt

Pepper

250g microwaveable brown rice

100ml low-fat natural yoghurt

Method:

1. Heat the saucepan to a medium heat and add the oil. Add the chopped onion, garlic paste and chilli and cook for 5 minutes.
2. Add the hot smoked paprika to the onion mixture and cook for a further 5 minutes.
3. Add the lean minced beef to the softened onion mixture and break the mince down with a spatula or spoon so that it does not form clumps. Once the meat has browned, add the tinned tomatoes and leave to cook for 5 minutes.
4. Pour in the beef stock and stir in tomato puree, then bring to the boil and leave to simmer for another 5 minutes.
5. Once the sauce is beginning to thicken, add the kidney beans and leave to cook for another 10 minutes to allow the beans to soak up the flavours.
6. Season the chilli con carne with salt and pepper, then serve with the microwaved steamed brown rice and a large spoon of yoghurt.



2.91 / 

20-30 
min


Medium

NUTRITIONAL FACTS

Hot smoked paprika is high in Vitamin A, Vitamin C and a good source of dietary fibre.

Lean minced beef contains Vitamin B12 which contributes to your mental health, red blood cell formation, healthy cell division and also reduces tiredness and fatigue.

Low-fat yoghurt is low-calorie, high in nutrients and full of protein.

EQUIPMENT

*Low fat electric grill
saucepan (non stick)*

CHORIZO CHICKEN BREAST WITH NEW POTATOES, GREEN BEANS & ROCKET

Ingredients:

2 chicken breasts, with skin on

40g sliced chorizo

100ml British rapeseed oil or vegetable oil

Salt

Pepper

200g new potatoes, cut into wedges

100g green beans, tips removed

50g rocket leaves, washed

80g low-fat natural yoghurt

Method:

1. Push your fingers under the skin of the chicken breasts to create a cavity between the breast meat and the skin. Slide 4 or 5 slices of the sliced chorizo into the cavity between the chicken breast and the skin and then pull the skin tightly back over to form an enclosed pillow. Brush the chicken breasts all over with half the oil and season with salt and pepper.
2. Heat the electric grill to a medium heat, then place the chicken breasts in the grill and close the lid. Grill for around 15 minutes.
3. Heat the saucepan to a medium heat and pour in the remaining oil. Add the new potato wedges and fry for 6-8 minutes, turning them over in the saucepan every few minutes.
4. Add the raw green beans and continue to fry for a further 5-6 minutes. When the potato wedges and green beans are cooked, season with salt and pepper and remove the saucepan.
5. Once the chicken breasts are cooked transfer them to a large plate and leave to rest for 2 minutes, as this helps retain the moisture.
6. Meanwhile, add the rocket leaves to the saucepan and mix thoroughly with the potato wedges and green beans. Add the natural yoghurt to the new potato mixture and mix so that the yoghurt coats the green beans and new potatoes.
7. Serve the chicken breast with the new potatoes, green beans and rocket.



4.38 / 

20-25
min



NUTRITIONAL FACTS

Chicken breasts are a good source of lean protein.

Green beans are a good source of Vitamin C, dietary fibre, folate, Vitamin K and silicon, which is needed for healthy bones, skin, and hair.

Rocket leaves contain calcium, which helps the blood to clot normally, and potassium, which is vital for heart and nerve function.

EQUIPMENT

Saucepan (non stick)

COURGETTE & FETA CHEESE PANCAKES

Ingredients:

40g feta cheese,
crumbled

1 large courgette,
coarsely grated

50g wholemeal flour

1 pinch smoked
paprika

2 eggs, beaten
together

Salt

Ground white pepper

2 tbsp British
rapeseed oil

2 ripe avocados, cut in
half, stone removed,
peeled and sliced

40g tinned piquillo
peppers, chopped

100g rocket leaf salad,
washed

Method:

1. Place the crumbled feta cheese in a large mixing bowl and mix in the coarsely grated courgette. Add the wholemeal flour and smoked paprika and mix together thoroughly with a spatula.
2. Add the beaten eggs to the mixture and combine thoroughly again, so the mixture is fully incorporated. Season the mixture with salt and ground white pepper.
3. Cover the bowl with cling film and place in the fridge for 15-20 minutes before making the pancakes.
4. Turn the saucepan on to a medium heat, but not too hot. Add a teaspoon of the rapeseed oil and spoon a large heaped tablespoon of the courgette-cheese mixture into the middle of the saucepan. The pancake mixture will start to set and rise a little as it cooks.
5. After 2-3 minutes flip the pancake over, and cook on the other side to a light golden colour for a further 1 minute.
6. Once the pancake is cooked, remove from the saucepan and place on a tray or plate. Repeat the process until all the mixture is used.
7. Serve the courgette pancakes with the sliced avocado on top. Sprinkle the piquillo peppers on top of the avocado, then place a pile of the rocket leaves alongside with a drizzle of rapeseed oil.



1.32/



NUTRITIONAL FACTS

Feta cheese is low in calories and fat. It also contains a high amount of B vitamins, phosphorus and calcium, which can benefit bone health.

Wholemeal flour is also again high in B vitamins.

Courgettes are a great source of Vitamin C and potassium, which helps to keep muscles working properly.

Smoked paprika is anti-inflammatory, helps in healing wounds and supports healthy digestion.

EQUIPMENT

Saucepan (non Stick)

COURGETTE SPAGHETTI BOLOGNESE

Ingredients:

20ml of rapeseed oil
4 rashers of smoked streaky bacon, finely diced
2 red onions, peeled & finely diced
2 carrots, peeled & finely diced
4 sticks of celery, trimmed & finely diced
2 garlic cloves, peeled & finely chopped
1 sprig of fresh rosemary
800g lean minced beef
2 x 400g tins of chopped tomatoes
50g tomato puree
10 cherry tomatoes, cut in half
1 red chilli, deseeded & finely sliced (optional)
4 dashes of Worcestershire sauce
8 medium courgettes, cut into strips or spiralized
Salt & Freshly ground black pepper
100g grated Lancashire cheese, plus extra if required

Method:

1. Turn the saucepan on to a medium heat. Add half of the rapeseed oil and gently fry the diced bacon until golden brown.
2. Reduce the heat slightly and add the onions, carrots, celery and garlic. Remove the leaves from the rosemary sprig and add them to the saucepan. Stir the ingredients in the saucepan and cook gently for 6-8 minutes until the vegetables have softened.
3. Increase the heat slightly, add the minced beef and stir until the meat has lightly browned all over.
4. Stir in the tins of chopped tomatoes, tomato puree, cherry tomatoes and chopped chilli, if using. Simmer the sauce over a low heat for 30-40 minutes, stirring occasionally.
5. When the sauce is nearly ready, add the Worcestershire sauce, to taste, and bring a full kettle of water to the boil.
6. Place the courgette spaghetti in a bowl and pour the boiling water from the kettle over the courgettes. Leave to stand for one minute, then drain the courgette spaghetti into a colander.
7. Season the courgette spaghetti with pepper, salt and drizzle with the remaining rapeseed oil. Spoon the spaghetti into serving bowls and pour over the Bolognese sauce. Sprinkle the grated Lancashire cheese over and serve.



3.28/ 

30-40 
min


Medium

NUTRITIONAL FACTS

The obvious change is replacing the usual white pasta with courgettes, creating a very low-carb meal.

The courgettes benefit from nutrients including Vitamins C and A, potassium, folate, and fibre. These all contribute to a healthy heart by decreasing the risk of stroke, reducing high blood pressure, and lowering cholesterol.

The addition of red chillies helps protect the stomach lining. They are also high in nutrients such as calcium and Vitamins A and C.

EQUIPMENT

Saucepan (non stick)

FISH CASSEROLE

Ingredients:

100ml British rapeseed oil or vegetable oil

1 onion, peeled and roughly diced

5g smoked paprika

10g garlic paste

400g chopped tinned tomatoes

400ml chicken or fish stock

250g white fish such as coley, cod, or haddock, bones removed and cut into chunks (a fish pie mix can also be used)

100g raw tiger prawns or shrimps (optional)

Salt

Pepper

10g curly parsley, finely chopped

Method:

1. Heat the oil in the saucepan. Add the diced onions and fry gently for 5 minutes until softened, then stir in the smoked paprika and garlic paste.
2. Add the chopped tomatoes and stock and bring to the boil. Simmer gently for 10 minutes.
3. Turn down the heat and add the fish. Simmer for 4 minutes until the fish is just cooked, then if using, add the prawns and cook until they turn pink. Taste and season with salt and pepper.
4. Spoon the fish casserole into bowls, scatter with the chopped parsley, you could serve this with slices of toasted granary bread rubbed with a little more garlic paste.



3.81 / 

20-25
min



NUTRITIONAL FACTS

Sustainable white fish such as cod, haddock, plaice, pollock and coley are low in fat and a good source of omega-3.

Tiger prawns are one of the healthiest foods to add to your daily diet. They are rich in omega-3 fatty acids, which are integral to keeping your heart healthy.

EQUIPMENT

saucepan (non-stick)

Low fat electric grill

GARLIC HERB CRUSTED STEAKS

Ingredients:

100ml British rapeseed oil or vegetable oil

5g garlic paste

100g fresh white breadcrumbs

10g curly parsley, finely chopped

10g tarragon, finely chopped

2 x 220g rump or sirloin steaks

Salt

Freshly ground pepper

50g Parmesan cheese, finely grated

Method:

1. Heat the saucepan to a medium heat and add half of the oil. Add the garlic paste and cook for 1 minute, then add the white breadcrumbs and fry gently for 5 minutes until the breadcrumbs are golden brown.
2. Remove the golden breadcrumbs from the saucepan and place on some kitchen paper to absorb any excess oil. Leave to cool to room temperature.
3. When the breadcrumbs have cooled to room temperature, place in a bowl, add all the finely chopped herbs and mix thoroughly. Set aside until required (these will last for 2-3 days).
4. Heat an electric grill and rub the steaks with the remaining oil, then season both sides with salt and pepper. Cook for 3-5 minutes on each side, depending on how well-done you like your steak, then set aside to rest for 5 minutes.
5. Sprinkle the herb crust liberally on each steak and serve immediately with greens or vegetables on the side. You could sprinkle this with Parmesan cheese.



4.82/

15
min



NUTRITIONAL FACTS

Rump or sirloin steaks are one of the leanest cuts of beefsteaks, making them a great option in a health-conscious diet.

Fresh herbs are very nutritious and gram for gram fresh herbs are among the most nutritious greens to eat.

EQUIPMENT

Low fat electric grill

GRILLED CHICKEN WITH CAULIFLOWER & POMEGRANATE SALAD

Ingredients:

4 chicken breasts, with skin on, sliced in half lengthways but not all the way through, 'butterfly' style

30ml British rapeseed oil or vegetable oil

1 lemon, zested

Salt

Freshly ground pepper

2 pomegranates

50ml red wine vinegar

1 medium-sized cauliflower

1 bunch flat-leaf parsley

200g toasted pine nuts

Method:

1. Place the chicken breasts in a large bowl, rub all over with 10ml of the oil, the lemon zest, salt and freshly milled pepper and then cover with cling film. Leave out of the fridge while you prepare the rest of the dish.
2. Cut the pomegranates in half and over a bowl, hold a pomegranate half in one hand and with the other hand smack the outer shell with a large spoon. All the seeds will fall out into the bowl. Repeat the process with all the pomegranate halves until all the seeds are out of the shell. Ensure there are no pieces of white pith in the bowl with the seeds.
3. Add the red wine vinegar and the rest of the oil to the pomegranate seeds, then season with salt and pepper. Set aside.
4. Cut the cauliflower into quarters and then slice very thinly with a sharp knife.
5. Pick the leaves from the stalks of flat leaf parsley and finely chop. Discard the stalks.
6. Mix the finely chopped parsley with the sliced cauliflower and then pour in the pomegranate dressing and thoroughly mix together.
7. Place the marinated chicken breasts on an electric grill. Rotate the chicken breasts every 5-10 minutes so that they cook evenly.



5.39 /

20-30
min

Medium

8. To serve, scatter the cauliflower salad over the serving plate. Remove the chicken breast from the grill and slice in half. Place the sliced chicken breast on the cauliflower salad and sprinkle over the toasted pine nuts, then drizzle any remaining pomegranate dressing over and around the chicken.

NUTRITIONAL FACTS

Cauliflower contains a sulphur compound that has been shown to kill cancer stem cells and slow tumour growth.

Cauliflower is an important source of dietary fibre, is high in Vitamin C, improves blood pressure and kidney function.

Pomegranates when included in a diet will reduce weight and control cholesterol, boost immunity and improve blood circulation.

EQUIPMENT

Low fat electric grill

GRILLED JERK TURKEY STEAKS WITH CELERIAC & APPLE SLAW

Ingredients:

¼ bunch fresh thyme
2 tbsp maple syrup or clear honey
4 tsp ground cinnamon
1 Scotch bonnet chilli, finely chopped
2 tbsp ground allspice
2 tbsp smoked paprika
2 tbsp water
1 small boneless turkey breast, sliced into 8 steaks (or 8 turkey escalopes)
1 celeriac
3 Braeburn apples, or a similar variety
2 tbsp English mustard
150g natural yoghurt
½ bunch chives
Salt
Ground pepper

Method:

1. Pick the leaves from the fresh thyme and finely chop. Mix the chopped thyme leaves with the maple syrup, ground cinnamon, chopped chilli, allspice, paprika and water.
2. Place the turkey steaks in a shallow tray and rub the jerk seasoning mix thoroughly into them. Cover with cling film and leave out of the fridge for 10 minutes to marinate.
3. Peel and finely shred the celeriac. Slice the apples into discs about ½ cm in width and then cut into thin matchsticks. Mix the apple with the celeriac.
4. Mix the mustard and the natural yoghurt together in a separate bowl, then gradually add the mixture to the celeriac and apple, ensuring that final mix is not too wet.
5. Finely chop the chives and add them to the celeriac and apple coleslaw, then season the mixture with salt and pepper.
6. Once the turkey has marinated, turn the electric grill on to a medium to high heat and place the steaks in, rotating every 4–5 minutes until cooked all the way through, (about 10 minutes).



1.76 / 

30-40 min

Medium

7. Once cooked, remove from the electric grill and leave to rest on a serving tray for 3–4 minutes, to ensure they are moist and tender.
8. To serve, place a pile of the celeriac and apple coleslaw in the middle of the serving plate. Slice the jerk turkey steaks and place on top.

NUTRITIONAL FACTS

Smoked paprika is high in Vitamin A, Vitamin C (good for the immune system and helping your organs work properly) and a good source of dietary fibre.

The celeriac, when eaten raw, is high in Vitamin C and antioxidants.

The maple syrup has a lower GI (Glycemic Index) than honey.

Turkey breast meat is lean and high protein.

EQUIPMENT

Low fat electric grill

GRILLED TUNA STEAKS RED CABBAGE SLAW & SOY HONEY DRESSING

Ingredients:

1 small or half a large red cabbage
2 medium carrots
1 medium red onion
½ bunch of fresh coriander, finely chopped
100ml light soy sauce
1 lime, zested & juiced
25g clear honey
100ml British rapeseed oil
4 x 150g fresh tuna steaks
Sea salt
Freshly ground pepper
12 spears of Tenderstem broccoli
20g toasted sesame seeds

Method:

1. Remove the white core from the red cabbage with a sharp knife and discard. Finely shred the red cabbage with a sharp knife and place in a mixing bowl.
2. Peel and grate the carrots on a cheese grater and add to the shredded red cabbage. Peel the red onion, cut in half and then finely slice. Add to the carrot and red cabbage mix along with the finely chopped coriander.
3. Mix the soy sauce, lime juice and zest, honey and rapeseed oil together to form a dressing. You can store the dressing in a sealed bottle until needed.
4. Pour the mixed dressing onto the red cabbage slaw and mix thoroughly, then set aside.
5. Turn the electric grill on to a high heat. Season the tuna steaks with salt and pepper on both sides and place on the electric grill, along with the Tenderstem broccoli spears if there is enough space.
6. Grill the tuna steaks on both sides to the desired cooking stage (1 minute on each side if you like them medium-rare in the middle, or a few minutes longer to fully cook them). Rotate the broccoli spears so they are cooked evenly on both sides as well.



4.43/ 



7. To serve, place a pile of the Asian-style slaw in the middle of a serving plate. Place the grilled tuna steak on top, then scatter the grilled broccoli spears around the tuna steak. Finely drizzle any remaining soy dressing around the plate and finally sprinkle the toasted sesame seeds all over.

NUTRITIONAL FACTS

Tuna is high in protein and omega-3, and low in fat.

Tenderstem broccoli is high in Vitamin A and C, which is good for healthy skin, and potassium, which helps maintain blood pressure.

The red cabbage is also very high in Vitamin C.

The sesame seeds provide a good source of fibre and helps reduce cholesterol.

EQUIPMENT

*Low fat electric grill
4 bamboo skewers
soaked in water for
20-30 minutes*

LAMB KOFTAS WITH MINTED CUCUMBER

Ingredients:

For the kofta:

400g minced lamb
1 red onion, peeled
and finely chopped
1 garlic clove, peeled
and finely chopped
10g curly parsley,
finely chopped
1 red chilli, deseeded
and finely chopped
1 tsp ground cinnamon
1 tsp ground mixed
spice
3g ground nutmeg
3g salt
3g ground black
pepper

*For the minted
cucumber yoghurt:*

1 cucumber
1/4 bunch fresh mint,
leaves removed from
the stems and stems
discarded
50g low-fat natural
yoghurt
50ml British rapeseed
oil
150g microwaveable
brown rice, to serve

Method:

1. Place all the ingredients for the kofta in a large bowl and thoroughly mix with your hands. Divide the lamb mixture into four equal portions and shape into torpedo shapes in the palm of your hand. Skewer each lamb torpedo with a bamboo stick or metal skewer and chill until needed.
2. Peel the cucumber into fine strips with a peeler and place in a bowl. Discard the core of the cucumber, as these seeds are full of water. Finely chop the mint leaves and mix with the natural yoghurt and the rapeseed oil.
3. Season the yoghurt mixture with salt and pepper, then coat the cucumber strips in the minted yoghurt.
4. Turn the electric grill on to a high heat and cook the koftas for 10 minutes, until browned all over and cooked through.
5. To serve, heat a packet of steamed brown rice in the microwave and spoon into the middle of the plate. Place the grilled lamb kofta on top of the rice and serve with the cucumber alongside.



1.78/

20-30
min



NUTRITIONAL FACTS

Minced lamb contains Vitamin B12, which is important for blood formation and brain function.

Red chillies are great for weight loss, help clear congestion and fight inflammation.

Ground cinnamon can lower blood sugar levels, reduce heart disease risk factors.

EQUIPMENT

saucepan (non stick)

PASTA CARBONARA

Ingredients:

50ml British rapeseed oil

200g wholewheat spaghetti

80g smoked pancetta or smoked bacon lardons

100g low-fat natural yoghurt

Freshly ground pepper

80g Lancashire cheese, or cheddar, finely grated

2 eggs, hard-boiled & finely grated

¼ bunch flat-leaf parsley, leaves picked & finely chopped

Method:

1. Add 4 cups of water in a microwave safe bowl and microwave on high for 5 minutes or alternatively boil a kettle. Add the pasta and oil boiling the water and mix well, cook for 10 minutes on high (stir after 5 minutes), drain pasta.
2. Meanwhile, heat the saucepan and fry the pancetta without any extra oil until it is crisp and golden. Drain the cooked pancetta onto some kitchen paper to remove any excess oil.
3. Whisk the natural yoghurt in a bowl and season generously with freshly ground pepper, then add in half of the grated Lancashire cheese.
4. Mix the grated hard-boiled eggs, chopped parsley and remaining grated cheese together and set aside.
5. When the wholewheat pasta is cooked, drain it quickly into a colander, leaving a little of the moisture still clinging to the pasta. Quickly return the cooked, hot pasta to the saucepan, then add the pancetta and yoghurt mixture. Stir very thoroughly, so that all the pasta gets a good coating of the yoghurt mixture.
6. Spoon equal quantities of the pasta mixture into the serving bowls. Sprinkle the hard-boiled egg mixture liberally over the top of each bowl of pasta and serve.



1.58/



NUTRITIONAL FACTS

Wholewheat pasta has a lower GI value and contains more protein, vitamins, minerals and fibre than regular white pasta.

Replacing the double cream – which is often used in carbonara sauce – with natural yoghurt, makes the dish lower in fat and adds a good source of calcium, potassium and Vitamin B12.

EQUIPMENT

Saucepan (non Stick)

SHREDDED CHICKEN & SPINACH RISOTTO

Ingredients:

10ml British rapeseed oil

1 large onion, peeled & finely diced

250g Arborio risotto rice

2 chicken stock cubes, dissolved in 600ml boiling water

300g cooked chicken, shredded

100g grated cheese of your choice, such as Parmesan, Lancashire or cheddar

½ packet of baby spinach, washed

Salt

Ground pepper

Method:

1. Heat the rapeseed oil in the saucepan and add the finely diced onions. Cook for 2-3 minutes until soft. Add the risotto rice to the onions and continue to cook for a further 3-5 minutes.
2. Add the hot chicken stock to the saucepan so it covers all the rice. Place the lid on the saucepan. Turn the heat down on the saucepan and leave to cook for 15-20 minutes.
3. After 20 minutes, the risotto rice should be tender but not overcooked, and the consistency should be like a thick soup.
4. Stir in the cooked shredded chicken meat and the grated cheese into the hot risotto rice, then add the washed baby spinach leaves and mix in thoroughly. Season with salt and pepper and serve.



4.17/

20-25
min



NUTRITIONAL FACTS

*Baby spinach is full of Vitamins A and C plus folate, iron and calcium.
Chicken and Arborio rice are a great source of lean protein.*

EQUIPMENT

Electric vegetable steamer

Bowl

SPICY DEVILLED SALMON STEAKS

Ingredients:

For the marinade:

10ml British rapeseed oil

25g maple syrup

5g English mustard

2-3 drops of Tabasco

10g hot smoked paprika

Salt

Pepper

2 x 150g salmon steaks, with skin on

1 cup wholewheat spaghetti

1 tsp British rapeseed oil

Method:

1. Place all the ingredients apart from the salmon and pasta into a bowl and thoroughly mix together with a spatula or whisk until a paste is formed. Add the salmon steaks and thoroughly coat with the marinade.
2. Tear off two pieces of kitchen foil, roughly about 30x30cm each. Place the coated salmon steaks skin-side down on the foil and place another piece of foil on top. Seal the edges of the foil together to create a sealed parcel.
3. Place the sealed foil salmon parcels into a hot vegetable steamer for 15 minutes.
4. Add 4 cups of water in a microwave safe bowl and microwave on high for 5 minutes or alternatively boil a kettle. Add the pasta and oil boiling the water and mix well, cook for 10 minutes on high (stir after 5 minutes), drain pasta.
5. Cut the foil salmon parcels open with a pair of scissors or a sharp knife and lift off the cooked salmon steak without the skin, as this will stick to the foil. Serve the salmon with hot spaghetti and pour the spicy cooking juices over the salmon and the pasta from the foil parcel.



2.53/

20-25
min



NUTRITIONAL FACTS

Hot smoked paprika is high in Vitamin A, Vitamin C and a good source of dietary fibre.

Maple syrup has a lower GI index and calories than honey and has a higher concentration of minerals and antioxidants.

Salmon is rich in heart-healthy omega-3s and a good source of protein.

EQUIPMENT

Saucepan (non stick)

TIGER PRAWNS & GLASS NOODLES WITH CHILLI DRESSING

Ingredients:

For the dressing:

2 tbsp light brown sugar

2 tbsp fish sauce

60ml lime juice

1 large red chilli, deseeded & finely chopped

1 garlic clove, peeled & finely chopped

200g glass noodles

10ml sesame oil

400g large raw tiger prawns, without shells

1 carrot, peeled & cut into fine strips

100g beansprouts

¼ bunch fresh coriander, roughly chopped

¼ bunch fresh Thai basil, roughly chopped

1 cucumber, peeled, seeds removed & cut into fine strips

Method:

1. Begin by making the dressing. Mix together the sugar, fish sauce and lime juice in a bowl to dissolve the sugar, then stir in the chopped chilli and garlic.
2. Cook the glass noodles as instructed on the packet, then drain well.
3. Heat the saucepan to a high heat, then add the sesame oil and the raw tiger prawns. Cook the tiger prawns for 2-3 minutes on each side until they start to turn a bright pink colour.
4. Add the chilli dressing to the saucepan and cook until it starts to coat the prawns and becomes a little sticky. Add the carrot strips, beansprouts, chopped coriander and Thai basil, then cook for a further minute, ensuring all the ingredients are mixed together and covered in the dressing.
5. To serve, place the glass noodles into the serving bowls and spoon the prawns and dressing over the top. Garnish the bowls with the strips of cucumber and a little more chopped coriander and Thai basil.



2.93 /

20
min

Easy

NUTRITIONAL FACTS

Tiger prawns are one of the healthiest foods to add to your daily diet. They are rich in omega-3 fatty acids, which are integral to keeping your heart healthy.

Sesame oil has strong anti-inflammatory properties, is good for your heart, helps treat arthritis and helps heal wounds or burns.

Glass noodles are sugar and fat-free and a low-blood sugar carbohydrate, which means it is a safer carb to eat if you are diabetic or must watch your blood sugar levels.

EQUIPMENT

Saucepan (non stick)

VEGETABLE JUNGLE CURRY

Ingredients:

50ml British rapeseed oil

1 red onion, peeled & roughly cut into 2cm pieces

1 red pepper, deseeded & roughly cut into 2cm pieces

1 sweet potato, peeled & roughly cut into 2cm pieces

10g ground turmeric

15g garlic paste

15g ginger paste

250ml tinned coconut milk

Tabasco, to taste

150g Tenderstem broccoli

80g sugar snap peas

30g fresh coriander, roughly chopped

1 lime, juiced

150g rice noodles

Method:

1. Heat the saucepan to a medium heat and pour in the rapeseed oil. Add the red onions, red peppers and sweet potatoes, then cook for 5 minutes.
2. Add the turmeric powder, garlic paste and ginger paste, then continue to cook for another 8-10 minutes.
3. Add the coconut milk, a few splashes of Tabasco, the Tenderstem broccoli and simmer gently until all the vegetables are cooked, (around 10 minutes).
4. Add the sugar snap peas, chopped coriander and lime juice, making sure everything is mixed together.
5. Cook the rice noodles as per the packet instructions, then serve in bowls with the rice noodles on the bottom and the jungle curry over the top.



2.90/ 

20-25
min



NUTRITIONAL FACTS

Turmeric powder has the potential to prevent heart disease, Alzheimer's and cancer. It's a potent anti-inflammatory and antioxidant and may also help improve symptoms of depression and arthritis.

Sweet potatoes are a rich source of fibre as well as containing an array of vitamins and minerals including iron, calcium and they are a good source of Vitamin C.

Red peppers are packed with vitamins and low in calories. They are an excellent source of Vitamin A, Vitamin C and potassium.



Adam Gray

"I have the utmost admiration and respect for the Armed Forces, so I was honoured to be asked to contribute to this fantastic project through my knowledge of food and cooking techniques. I do hope that you enjoy the selection of simple, seasonal and tasty recipes that I have compiled for this cookbook"

Adam's career has spanned over 35 years and he has held a Michelin Star for over a decade, working world-wide and managing kitchens in a number of esteemed restaurants, hotels and private members clubs. Adam has a passion for keeping fit, through cycling, open water swimming, rugby coaching, martial arts and he has also written numerous articles about healthy eating for various fitness magazines. Adam describes his food as modern British, simple, seasonal and honest.

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