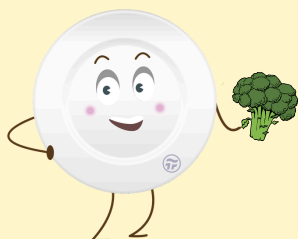
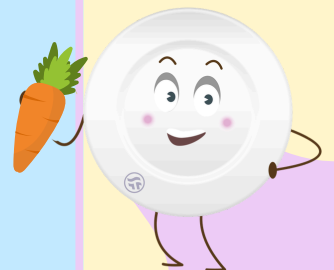
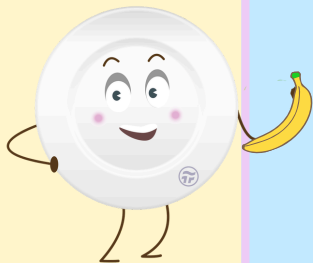


# Tayside Contracts

Recipe Book

**2026-27**



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# An Introduction to Tayside Contracts Recipe Book 2026-2027

The Tayside Contracts Catering Team is delighted to share a collection of our most popular recipes for you to enjoy at home.

This year, pupils will be able to try a range of exciting new dishes, including Carrot & Coriander Soup, Coronation Chickpea Pitta, Tex Mex Beef Tacos, Pasta Carbonara, Strawberry Sponge, and Lemon Drizzle Cake. These favourites and many more are now included in this recipe book for families to recreate and enjoy together.

Each recipe has been designed with families in mind. With a little adult support, children can take part in preparing meals they already know and enjoy from school, making mealtimes both fun and engaging.

We would love to see your creations. Please feel free to share your dishes and favourite recipes with us on social media at [@TCschoolfood](https://www.instagram.com/TCschoolfood).



## Oven Temperature Conversion Chart

All oven temperatures are shown as °C

please use the conversion chart below for all other types.

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



# Soups

# RECIPE

**NEW**

## CARROT & CORIANDER SOUP

### INGREDIENTS:

- |                        |       |
|------------------------|-------|
| • Hot Water            | 350ml |
| • Diced Carrots        | 350g  |
| • Bouillon - Vegetable | 10g   |
| • Coriander            | 10g   |
| • Ground Black Pepper  | Pinch |
| • Cream                | 75ml  |

### DIRECTIONS:

1. Hold back cream.
2. Add remaining ingredients to a pot.
3. Bring to a boil.
4. Simmer until vegetables are tender.
5. Blend the soup.
6. Check seasoning and consistency.
7. Add cream.



SERVES

4



PREP

5  
mins

COOK

30 - 35  
mins

### LEON'S STAR TIP:

Coriander adds a warm, nutty aroma that transforms the soup into something truly special.



# RECIPE

**NEW**

## LENTIL & TOMATO SOUP

### INGREDIENTS:

• Hot Water	640ml
• Pulses - Red Lentils	90g
• Bouillon - Vegetable	10g
• Carrots - Diced	100g
• Leeks - Sliced	55g
• Pepper - Ground Black	Pinch
• Tomato Paste	40g

### DIRECTIONS:

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



SERVES

4



PREP

5  
mins

COOK

50 - 60  
mins

### LEON'S STAR TIP:

Stir in a teaspoon of smoked paprika for a gentle warmth that pairs beautifully with the tomato base.



# RECIPE

## LENTIL SOUP

### INGREDIENTS:

- |                        |       |
|------------------------|-------|
| • Hot Water            | 640ml |
| • Pulses - Red Lentils | 90g   |
| • Bouillon - Vegetable | 10g   |
| • Diced Carrots        | 100g  |
| • Leeks - Sliced       | 55g   |
| • Diced Swede          | 40g   |
| • Ground Black Pepper  | Pinch |

### DIRECTIONS:

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



SERVES

4



PREP

5  
mins



COOK

50 - 60  
mins



### LEON'S STAR TIP:

Did you know this is our most popular soup?!



# RECIPE

## SWEET TOMATO & PEPPER SOUP

### INGREDIENTS:

• Hot Water	300ml
• Diced Onions	100g
• Diced Carrot	100g
• Mixed Diced Peppers	100g
• Crushed Tomatoes	150g
• Ground Black Pepper	Pinch
• Bouillon - Vegetable	10g

### DIRECTIONS:

1. Add all ingredients to a pot.
2. Bring to boil, and simmer for approx. 30 minutes or until vegetables are cooked.
3. Blitz to a smooth consistency.



SERVES

4



PREP

5  
mins



COOK

30 - 35  
mins



### LEON'S STAR TIP:

Try roasting your peppers first for a deeper, smoky sweetness.





# Mains

# RECIPE

**NEW**

## BEEF CHILLI CON CARNE

### INGREDIENTS:

• Steak Mince	250g
• Diced Onions	75g
• Diced Mixed Peppers	75g
• Garlic Purée	15g
• Mild Chilli Powder	7.5g
• Ground Black Pepper	Pinch
• Crushed Tomatoes	175g
• Tomato Paste	35g
• Bouillon - Beef	5g
• Hot Water	75ml
• Red Kidney Beans in Water	75g
• Cornflour	7.5g
• Cold Water for cornflour	7.5ml

### DIRECTIONS:

1. Brown the mince and onions in a pan.
2. Skim off the fat.
3. Add the tomatoes, tomato puree, chilli powder, garlic, bouillon, and ground pepper.
4. Simmer for approx. 45 minutes,
5. Add peppers and drained kidney beans, simmer for a couple of minutes.
6. Combine cornflour with a cold water to form paste.
7. Stir into mince until thickens.



SERVES

4



PREP

10  
mins

COOK

40-45  
mins

### LEON'S STAR TIP:

Serve with rice or pasta for a perfect family meal.



# RECIPE

## BEEF PASTA BOLOGNESE

### INGREDIENTS:

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

### DIRECTIONS:

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



SERVES

4



PREP

5  
mins



COOK

30 - 40  
mins



### LEON'S STAR TIP:

Sprinkle some cheese on top for extra colour and flavour.



## RECIPE

NEW

## CAJUN VEGETABLE BURGER

• Carrots - Grated 3mm	90g
• Diced Onions 10mm	50g
• Chives	2g
• Sweetcorn in Water	65g
• Grated Cheese - Mozzarella & Cheddar Mix 70/30	60g
• Garlic Purée	4g
• Paprika	1g
• Ground Black Pepper	Pinch
• Baking Powder	1g
• Breadcrumbs - Golden	70g
• Cold Water	15ml
• Rapeseed Oil	5ml
• Cajun Seasoning	3.5g
• High Fibre Bun	4 x 50g

## DIRECTIONS:

## Preheat Oven Temp - 180°C

1. Set aside cajun spice and a third of the breadcrumbs for the end of the recipe.
2. Open and drain all vegetables.
3. Combine all dry ingredients and remaining two third of breadcrumbs, then add the vegetables.
4. Cut or chop chives into small pieces (can use dried chives).
5. Allow sufficient time for breadcrumbs to soak up liquid.
6. Shape mixture into 4 equal patties.
7. Add Cajun spice to the remaining breadcrumbs and mix thoroughly.
8. Sprinkle burgers with cold water and pass through remaining breadcrumbs. This will help the breadcrumbs to stick to the patties.
9. Place patties onto a tray and spray or brush with oil.
10. Bake for approx. 20-25 minutes.
11. Serve in a warmed roll or bun. Add some salad and a sauce of your choice.



SERVES

4



PREP

10  
mins

COOK

20 - 25  
mins

## LEON'S STAR TIP:

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



# RECIPE

## CHEESE AND TOMATO PIZZA

### INGREDIENTS:

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

### DIRECTIONS:

#### Preheat Oven Temp - 200°C

#### Pizza Base

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

#### Pizza Sauce

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



SERVES

4



PREP

5  
mins



COOK

15-20  
mins



### LEON'S STAR TIP:

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



# RECIPE

## CHICKEN SAUSAGES IN GRAVY WITH YORKSHIRE PUDDING

### INGREDIENTS:

- Chicken Sausages 8"s Frozen 8
- Water 400ml
- Gravy - Granules 30g
- Bake - Yorkshire Puddings 4

### DIRECTIONS:

#### Preheat Oven Temp - 200°C

1. Preheat oven.
2. Cook from frozen following manufacturers guidelines.
3. Drain off any excess fat if any.
4. Bring water to the boil.
5. Whisk the gravy granules into the boiling water.
6. Place chicken sausages in a suitable warmed serving dish, cover with gravy and serve with a Yorkshire pudding.



SERVES

4



PREP

5  
mins



COOK

15-20  
mins



### LEON'S STAR TIP:

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



# RECIPE

## CLASSIC MACARONI CHEESE

### INGREDIENTS:

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

### DIRECTIONS:

#### Preheat Oven Temp - 180°C

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



SERVES

4



PREP

5  
mins



COOK

10 - 15  
mins



### LEON'S STAR TIP:

**Stir the sauce continuously while thickening to keep it smooth.**



# RECIPE

**NEW**

## CORONATION CHICKPEA PITTA

### INGREDIENTS:

- Bread - Wholemeal Pitta 4
- Chickpeas in Water 1 x 400g tin
- Mayonnaise - Light 120ml
- Madras Curry Powder 5g
- Cold Water 15ml
- Mango Diced 20g
- Onions - Red 50g
- Pepper - Mixed 50g

### DIRECTIONS:

1. Place curry powder and cold water in a bowl and mix.
2. Cover with cling film, place in microwave for 20 - 30 seconds to cook
3. Allow to cool.
4. Defrost and mash the mango.
5. Drain chickpeas.
6. Lightly mash chickpeas and combine with mayonnaise, mango, curry powder, onions and peppers.
7. Half the pitta bread, place filling in each half.
8. Store chilled until required.



SERVES

4



PREP

5  
mins

COOK

10 - 15  
mins

### LEON'S STAR TIP:

Mix thoroughly so all ingredients are evenly coated.



## RECIPE

NEW

## COUNTRY VEG CASSEROLE

## INGREDIENTS:

- Vegetable Medley 400g
- Hot Water 400ml
- Gravy - Premium Instant 30g
- Yorkshire Puddings 4

## DIRECTIONS:

## Preheat Oven Temp - 200°C

1. Bring water to boil.
2. Add vegetables and simmer until just cooked.
3. Stir in gravy mix until thickened and smooth.
4. Place Yorkshire Pudding on a baking tray and place in a pre-heated oven for 6-7 minutes.
5. Serve Yorkshire Pudding on top of the vegetable casserole.



SERVES

4



PREP

5  
mins

COOK

20-25  
mins

## LEON'S STAR TIP:

Don't overcook the vegetables to keep them slightly firm.



# RECIPE

**NEW**

## CREAMY CHICKEN PIE

### INGREDIENTS:

- |   |         |
|---|---------|
| • Milk - Semi Skimmed                   | 250ml   |
| • Spread - Stork                        | 10g     |
| • Bouillon - Chicken                    | 10g     |
| • Pepper - Ground Black                 | Pinch   |
| • Leeks - Cut                           | 75g     |
| • Cornflour                             | 12g     |
| • Cold Water for Cornflour              | 12ml    |
| • Cream - Meadowland Double Alternative | 75ml    |
| • Chicken - Diced 12mm Cooked           | 250g    |
| • Puff Pastry Squares                   | 2 x 55g |
| • Milk - Semi Skimmed                   | 10ml    |

### DIRECTIONS:

1. Defrost frozen cooked chicken in the refrigerator overnight.
2. Sauté leeks gently in stork and cook for approx. 5 minutes.
3. Add milk, bouillon and pepper to the leeks.
4. Mix cornflour with cold water to form a paste.
5. Whisk cornflour mix into hot milk, whisk until thickens.
6. Add cream at the end.
7. Combine chicken and sauce.
8. Ensure it is heated thoroughly

### Pastry

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



SERVES

4



PREP

5  
mins

COOK

20-25  
mins

### LEON'S STAR TIP:

Cut puff pastry vertically to avoid them sticking together.



# RECIPE

**NEW**

## CREAMY TOMATO PASTA

### INGREDIENTS:

• Onions - Diced	50g
• Carrots - Diced	50g
• Peppers - Diced Mixed	50g
• Garlic Purée	10g
• Tomatoes - Crushed	150g
• Tomato Paste	50g
• Dried Mixed Herbs	0.75g
• Sugar - Granulated	2.5g
• Bouillon - Vegetable	10g
• Hot Water	125ml
• Cheese - Soft	40g
• Cornflour	7g
• Cold Water for Cornflour	7ml
• Peppers - Diced Mixed	125g
• Sweetcorn	125g
• Pasta - Penne	120g

### DIRECTIONS:

1. Hold Back cornflour, cold water, philadelphia soft cheese, sweetcorn and peppers
2. Cook pasta as manufacturers guidelines.
3. While pasta is cooking, add all remaining ingredients to a pot.
4. Cook until the vegetables are tender.
5. Add the Philadelphia soft cheese (you can blend the sauce until it is smooth or leave as it is).
6. Combine cornflour and cold water to form a paste.
7. Stir into sauce until thickened.
8. Add sweetcorn and sliced peppers, and simmer until cooked.
9. Combine sauce with cooked pasta.
10. Taste, adjust consistency as required.



SERVES

4



PREP

5  
mins

COOK

45-50  
mins

### LEON'S STAR TIP:

**Stir pasta through the sauce just before serving to keep it coated.**



## RECIPE

NEW

## FIESTA BEAN PITTA

## INGREDIENTS:

• Onions - Diced	150g
• Peppers - Diced Mixed	150g
• Garlic Purée	15g
• Pepper - Ground Black	Pinch
• Mild Chilli Powder	5g
• Tomatoes - Crushed	150g
• Tomato Paste	50g
• Hot Water	50ml
• Bouillon - Vegetable	10g
• Cornflour	7.5g
• Cold Water for Cornflour	7.5ml
• Red Kidney Beans in Water	100g
• Chickpeas in Water	100g
• Bread - Wholemeal Pitta	4

## DIRECTIONS:

1. Set aside kidney beans, chickpeas (wash and rinse), cornflour and cold water.
2. Place remaining ingredients into pot.
3. Simmer until onions are cooked.
4. Combine cornflour with cold water for cornflour, mix to form a paste.
5. Stir in and mix until thickens.
6. Add kidney beans and chickpeas.
7. Half pitta bread, and place filling in each half.



SERVES

4



PREP

5  
mins

COOK

45-50  
mins

## LEON'S STAR TIP:

Drain ingredients well to avoid a soggy filling.

## RECIPE

NEW

## HARVEST BAKE

## INGREDIENTS:

• Onions - Diced	75g
• Peppers - Diced Mixed	75g
• Garlic Purée	15g
• Tomatoes - Crushed	150g
• Tomato Paste	50g
• Dried Mixed Herbs	Pinch
• Pepper - Ground Black	Pinch
• Sugar - Granulated	2.5g
• Bouillon - Vegetable	10g
• Hot Water	125ml
• Vegetable Medley	250g
• Cornflour	5g
• Cold Water for Cornflour	5ml
• Oil - Rapeseed	35ml
• Potato - Simply Dice	600g
• Cheese - Grated	50g
(Mozz & Cheddar Mix) 70/30	

## DIRECTIONS:

## Preheat Oven Temp - 210°C

1. Toss potatoes with a little oil.
2. You can put a little bit of seasoning of your choice at this stage if you wish.
3. Place on a baking tray or dish and place in oven to cook for 20-25mins.

## Sauce

1. Hold back cheese
2. Add all remaining ingredients to a pot.
3. Simmer until nearly cooked.
4. Combine cornflour with cold water and mix to form a paste.
5. Stir in and mix until thickens and smooth
6. Place sauce into an oven proof dish.
7. Place potatoes on top and sprinkle with cheese.
8. Place in oven until hot and cheese melts.



SERVES

4



PREP

5  
mins

COOK

25-30  
mins

## LEON'S STAR TIP:

Spread ingredients evenly on the tray for even cooking.



# RECIPE

## HOMESTYLE BEEF LASAGNE

### INGREDIENTS:

• Steak Mince	240g
• Diced Onions	60g
• Diced Carrots	60g
• Diced Mixed Peppers	40g
• Chopped Tomatoes	145g
• Tomato Paste	45g
• Hot Water	80ml
• Bouillon - Vegetable	4g
• Garlic Purée	6g
• Ground Black Pepper	Pinch
• Dried Mixed Herbs	Pinch
• Cornflour	4g
• Cold Water	4ml
• Semi Skimmed	300ml
• Ground Black Pepper	Pinch
• Cornflour	10g
• Cold Water	10ml
• Pasta - Lasagne Sheets	6
• Grated Cheese (Mozz & Cheddar Mix 70/30)	40g

### DIRECTIONS:

**Preheat Oven Temp - 180°C**

#### **Bolognese Sauce**

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

#### **White Sauce**

1. Heat milk in a pot.
2. Combine 10g cornflour and 10ml cold water to form a paste.
3. Whisk into milk until the sauce thickens, add pepper.
4. Assemble by layering bolognese, lasagne, bolognese, lasagne, white sauce topped with grated cheese.
5. Place assembled lasagne into the oven and bake at 180C, for approx. 40 minutes.



SERVES

4



PREP

10  
mins



COOK

40-45  
mins



### LEON'S STAR TIP:

Let the lasagne rest for 10 minutes after baking – it slices cleanly and tastes richer.

## RECIPE

NEW

ITALIAN STYLE CHICKEN FILLET  
WITH PASTA

## INGREDIENTS:

• Onions - Diced	40g
• Garlic Puree	5g
• Pepper - Ground Black	Pinch
• Carrots - Diced	40g
• Pepper - Diced Mixed	40g
• Tomatoes - Chopped	160g
• Tomato Paste	37.5g
• Dried Mixed Herbs	Pinch
• Hot Water	200ml
• Sugar - Granulated	2.5g
• Bouillon - Vegetable	5g
• Cornflour	7.5g
• Cold Water	7.5ml
• Chicken - Breast Fillet	4 x 57g
• Pasta	140g

## DIRECTIONS:

## Preheat Oven Temp - 180°C

1. To oven bake chicken, cook from frozen on a lined baking tray. Cover and bake for 15-18 minutes.
2. Pour off excess liquid if any.
3. Add all remaining ingredients to pot (except cornflour, cold water).
4. Cover with lid, simmer gently until vegetables are tender.
5. Blend the sauce until it is smooth.
6. Combine cornflour and cold water to form a paste.
7. Stir into sauce until thickened.
8. Combine chicken and tomato sauce.

## Pasta

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



SERVES

4



PREP

10  
mins

COOK

20 - 25  
mins

## LEON'S STAR TIP:

Blend the sauce until fully smooth  
for best consistency.



## RECIPE

NEW

## LENTIL PASTA BOLOGNESE

## INGREDIENTS:

• Pulses - Red Lentils	270g
• Hot Water	450ml
• Oil - Rapeseed	10ml
• Garlic Purée	20g
• Onions - Diced	150g
• Carrots - Diced	100g
• Courgettes - Sliced	100g
• Mushrooms - Sliced	100g
• Peppers - Diced Mixed	100g
• Tomato Paste	60g
• Tomatoes - Chopped	450g
• Pepper - Ground Black	Pinch
• Dried Oregano	2.5g
• Bouillon - Vegetable	10g
• Salad - Spinach	20g
• Cornflour	10g
• Cold Water	10ml

## DIRECTIONS:

1. Wash lentils, place in a pot, cover with water, boil then simmer for 15-20mins.
2. Heat oil in a pot, add onions and gently cook for approx 10 mins, add garlic puree, ground pepper, diced carrots and cook for 5 mins.
3. Add small diced courgette and sliced mushrooms cook for a few mins.
4. Add tomato puree, mixed herbs, oregano and chopped tomatoes, cook for a few mins.
5. Dissolve bouillon in boiling water, add to pot and cook until tender.
6. Add the lentils, spinach and peppers, thicken with cornflour (mix with a little water to form a paste).



SERVES

4



PREP

10  
mins

COOK

20-25  
mins

## LEON'S STAR TIP:

Cook lentils until just tender to avoid a mushy texture.



## RECIPE

NEW

## MEATBALL MARINARA SUB

## INGREDIENTS:

• Rapeseed Oil	10ml
• Garlic Purée	10g
• Diced Onions	40g
• Diced Mixed Peppers	40g
• Diced Carrots	40g
• Chopped Tomatoes	150g
• Tomato Paste	50g
• Dried Mixed Herbs	Pinch
• Hot Water	125ml
• Ground Black Pepper	Pinch
• Sugar - Granulated	2.5g
• Bouillon - Chicken	5g
• Cornflour	7.5g
• Cold Water	7.5ml
• Chicken Meatballs	16
• Hot Dog side sliced 6.5"	4

## DIRECTIONS:

1. Set aside meatballs, cornflour and cold water.
2. Sauté onions and carrots in oil until they are soft.
3. Add all of the ingredients and bring to the boil (except meatballs).
4. Cook until the vegetables are tender.
5. Blend the sauce until it is smooth.
6. Combine cornflour and cold water to form a paste and stir into sauce until thickened.
7. Combine sauce and meatballs.
8. Simmer until meatballs are cooked.
9. Serve in warmed roll.



SERVES

4



PREP

5  
mins

COOK

20 - 25  
mins

## LEON'S STAR TIP:

Warm the roll before filling for better texture.



# RECIPE

## MILD CHICKEN KORMA

### INGREDIENTS:

• Oil - Rapeseed	4ml
• Diced Onions	40g
• Diced Carrots	40g
• Diced Mixed Peppers	40g
• Garlic Purée	8g
• Turmeric	1.2g
• Ground Cumin	2.5g
• Coriander	2.5g
• Mild Chilli Powder	1.5g
• Ground Ginger	1g
• Coconut Milk	320ml
• Bouillon - Chicken	6g
• Cornflour	6g
• Cold Water	6ml
• Chicken - Diced 12mm Ckd RT	200g

### DIRECTIONS:

#### Preheat Oven Temp - 180°C

1. Heat chicken from frozen, place on a lined baking tray, cover and bake for 18 - 22 minutes.
2. Saute onions, carrots, peppers and garlic in oil for 10-15 minutes.
3. Add spices, continue sauteing very gently for a few minutes.
4. Combine and whisk hot water and coconut powder until smooth.
5. Add Coconut Mix and bouillon to pot.
6. Simmer until vegetables are soft, add fresh coriander.
7. Blitz until smooth.
8. Combine cornflour and cold water, stir into sauce until thickened.
9. Combine chicken and sauce.



SERVES

4



PREP

10  
mins



COOK

20-25  
mins



### LEON'S STAR TIP:

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

# RECIPE

## MILD LENTIL CURRY

### INGREDIENTS:

• Rapeseed Oil	5ml
• Garlic Purée	10g
• Diced Onions	75g
• Madras Curry Powder	3.75g
• Mild Chilli Powder	1.75g
• Cumin	1g
• Turmeric	1g
• Diced Carrots	50g
• Butternut Squash - Dice 10mm	200g
• Red Lentils	50g
• Hot Water	350ml
• Diced Mixed Peppers	75g
• Bouillon - Vegetable	7.5g
• Coriander	2g
• Tomato - Crushed	85g
• Salad - Spinach	10g
• Tomato Paste	10g

### DIRECTIONS:

1. Heat oil, gently sauté onion and garlic puree.
2. Add the spices, carrots and washed lentils, mix well.
3. Add chopped tomatoes, tomato puree, and water with bouillon.
4. Bring to the boil, gently simmer approx. 30 minutes or until lentils break down.
5. Add peppers, spinach, butternut squash and seasoning.
6. Cook for a further 5-10 minutes.
7. Add finely chopped coriander.
8. Serve with some boiled rice and a warm naan bread.



SERVES

4



PREP

10  
mins



COOK

30 - 40  
mins



### LEON'S STAR TIP:

Stirring periodically stops it sticking and keeps it smooth



# RECIPE

## MILD QUORN TIKKA CURRY

### INGREDIENTS:

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

### DIRECTIONS:

#### Preheat Oven Temp - 180°C

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



SERVES

4



PREP

5  
mins



COOK

30-35  
mins



### LEON'S STAR TIP:

Add yoghurt slowly on low heat to prevent curdling.



# RECIPE

## MIXED PEPPER FRITATTA

### INGREDIENTS:

- Sweet Potato 75g
- Onions 75g
- Pepper 75g
- Peas 75g
- Egg - Whole Liquid 350g
- Cheese - Grated 50g  
(Mat White Cheddar)

### DIRECTIONS:

#### Preheat Oven Temp - 160°C

1. Prepare vegetables into small to medium dices.
2. Mix all veg together.
3. Place mixed veg into deep oven-proof dish
4. Pour over liquid or beaten egg.
5. Sprinkle with cheese.
6. Place in the oven and cook for 20-25mins



SERVES

4



PREP

5  
mins



COOK

20 - 25  
mins



### LEON'S STAR TIP:

Cook gently for a soft, fluffy texture.



# RECIPE

## PASTA CARBONARA

### INGREDIENTS:

• Milk - Semi Skimmed	350ml
• Spread - Stork	12g
• Pepper - Ground Black	Pinch
• Bacon Unsmoked Sliced	150g
• Onions - Diced	100g
• Peppers - Diced Mixed	100g
• Bouillon - Ham	5g
• Cornflour	15g
• Cold Water for Cornflour	15ml
• Cream - Meadowland Double Alternative	75ml
• Pasta - Penne	240g

### DIRECTIONS:

1. Finley chop bacon.
2. Gently cook onions and bacon in a pot for approx. 10 minutes.
3. Stir regularly.
4. Add stork, bouillon and pepper.
5. Add milk, heat gently.
6. Add peppers to milk approx. 10 minutes later.
7. Combine cornflour with a little water to form a paste.
8. Add to hot milk, stir until thickened.
9. Add cream.
10. Cook pasta as manufacturers guidelines.
11. Combine cooked pasta and sauce.



SERVES

4



PREP

5  
mins



COOK

20 - 25  
mins



### LEON'S STAR TIP:

Too much heat can split the sauce



# RECIPE

## SUNSHINE CHICKEN CURRY

### INGREDIENTS:

• Rapeseed Oil	5ml
• Garlic Purée	10g
• Diced Onions	40g
• Diced Carrots	40g
• Diced Mixed Peppers	40g
• Turmeric	1.5g
• Cumin	3g
• Coriander	3g
• Mild Chilli Powder	2g
• Ginger	1g
• Coconut Milk Powder	75g
• Mango Chutney	75g
• Bouillon - Chicken	7.5g
• Hot Water	225ml
• Cornflour	7.5g
• Cold Water for Cornflour	7.5ml
• Chicken - Diced 12mm Ckd RT	250g

### DIRECTIONS:

#### Preheat Oven Temp - 180°C

1. Heat oil, sauté onions, carrots, peppers, garlic and spices gently for 10 minutes.
2. Add coconut milk, mango chutney and bouillon, stir until dissolved.
3. Simmer until vegetables are soft.
4. Add fresh coriander.
5. Blitz until smooth.
6. Combine cornflour and cold water to form paste.
7. Stir into sauce until thickened.
8. Heat chicken from frozen, place on a lined baking tray, cover and bake for 18 - 22 minutes.
9. Add hot sauce when ready to the hot chicken.
10. Place in a suitably warmed serving dish.



SERVES

4



PREP

5  
mins



COOK

25-30  
mins



### LEON'S STAR TIP:

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



# RECIPE

## SWEET AND SOUR CHICKEN FILLET

### INGREDIENTS:

• Diced Onions	30g
• Diced Carrots	30g
• Garlic Purée	10g
• Ground Black Pepper	Pinch
• Chopped Tomatoes	125g
• Tomato Paste	40g
• Dried Mixed Herbs	Pinch
• Hot Water	100ml
• Bouillon - Chicken	7.5g
• Cornflour	7.5g
• Cold Water for Cornflour	7.5ml
• Vinegar - Rice Vinegar	15ml
• Sugar - Granulated	15g
• Diced Mixed Peppers	40g
• Pineapple Pieces in Juice	40g
• Chicken Breast Fillet	4

### DIRECTIONS:

#### Preheat Oven Temp - 180°C

1. To oven bake chicken, cook from frozen on a lined baking tray. Cover and bake for 15-18 minutes.
2. Pour off excess liquid if any.
3. Set aside peppers, pineapple (chop if required), cornflour, cold water and chicken fillets.
4. Add all remaining ingredients to a pot.
5. Simmer until the vegetables are tender.
6. Blend the sauce until smooth, unless you want to leave it chunky.
7. Combine cornflour and cold water to form a paste, stir into sauce until thickened.
8. Add pineapple chunks and peppers to the sauce.
9. Simmer until peppers are cooked.
10. Combine the sauce and chicken.



SERVES

4



PREP

10  
mins



COOK

20 - 25  
mins



### LEON'S STAR TIP:

**Adding pineapple chunks at the end retains the texture and sweetness**



# RECIPE

## SWEET POTATO AND COCONUT CURRY

### INGREDIENTS:

• Diced Onions	40g
• Diced Carrots	40g
• Garlic Purée	8g
• Ginger	1g
• Turmeric	1.2g
• Cinnamon	1.6g
• Madras Curry Powder	3.2g
• Coconut Milk	60ml
• Boiling Water	120ml
• Bouillon - Vegetable	6g
• Diced Sweet Potatoes	100g
• Sliced Green Beans	80g
• Diced Mixed Peppers	80g
• Chickpeas in Water (drained)	120g
• Cornflour	16g
• Cold Water	16ml

### DIRECTIONS:

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



SERVES

4



PREP

10  
mins



COOK

20-25  
mins



### LEON'S STAR TIP:

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



## RECIPE

NEW

## TANGY BBQ CHICKEN PASTA

## INGREDIENTS:

• Chicken Thigh Meat Minced	250g
• Diced Onions	50g
• Mixed Diced Peppers	50g
• Garlic Purée	20g
• Crushed Tomatoes	250g
• Tomato Paste	100g
• Dried Mixed Herbs	1.25g
• Ground Black Pepper	Pinch
• Bouillon - Chicken	7.5g
• Sugar - Granulated	7.5g
• Hot Water	15ml
• Black Treacle	20g
• Rice Vinegar	15ml
• Cornflour	7.5g
• Cold Water for corn flour	7.5ml
• Pasta - Penne	240g

## DIRECTIONS:

1. Cook pasta as per manufacturers guidelines.
2. Set aside cornflour and cold water for cornflour.
3. Sauté chicken mince gently for 5 minutes.
4. Add the remaining ingredients.
5. Combine cornflour with cold water for cornflour, mix to form a paste.
6. Add mix, stir until thickened.
7. Combine cooked pasta and sauce.



SERVES

4



PREP

10  
mins

COOK

10-15  
mins

## LEON'S STAR TIP:

Cook sauce until it coats the back  
of a spoon.

## RECIPE

NEW

## TANGY BBQ PIZZA SLICE

## INGREDIENTS:

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

## DIRECTIONS:

## Preheat Oven Temp - 200°C

## Pizza Base

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

## Sauce

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

## Assembly

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



SERVES

4



PREP

10  
mins

COOK

10-15  
mins

## LEON'S STAR TIP:

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



# RECIPE

**NEW**

## TEX MEX BEEF TACO

### INGREDIENTS:

• Steak Mince	250g
• Diced Onions	125g
• Diced Mixed Peppers	125g
• Garlic Purée	15g
• Maribase - Fajita	35ml
• Tomatoes - Crushed	100g
• Hot Water	50ml
• Bouillon - Beef	10g
• Cornflour	10g
• Cold Water for Cornflour	10ml
• Taco Shells	4

### DIRECTIONS:

1. Hold back cornflour, cold water and taco shells.
2. Sauté onions mince, garlic, spices.
3. Add remaining ingredients (except cornflour, cold water taco shell).
4. Simmer 20 - 25 minutes.
5. Combine cornflour and little cold water to form a paste.
6. Stir into sauce until thickens.
7. Place filling into the Taco shell.



SERVES

4



PREP

10  
mins

COOK

25-30  
mins

### LEON'S STAR TIP:

**Drain excess liquid before serving to avoid soggy tacos.**



## RECIPE

NEW

## TOMATO &amp; PEPPER LASAGNE

## INGREDIENTS:

• Diced Onions	40g
• Diced Carrots	50g
• Diced Mixed Peppers	100g
• Garlic Purée	10g
• Crushed Tomatoes	150g
• Tomato Paste	50g
• Dried Mixed Herbs	Pinch
• Pepper - Ground Black	Pinch
• Sugar - Granulated	2.5g
• Bouillon - Vegetable	5g
• Hot Water	125ml
• Sweetcorn	100g
• Courgettes - Sliced	100g
• Cornflour	7.5g
• Cold Water for Cornflour	7.5ml
• Semi Skimmed	350ml
• Pepper - Ground Black	Pinch
• Cornflour	17.5g
• Cold Water for Cornflour	17.5ml
• Pasta - Lasagne Sheets	6
• Cheese - Grated - Mozz & Cheddar Mix 70/30	50g



SERVES

4



PREP

10  
mins

COOK

10-15  
mins

## DIRECTIONS:

**Preheat Oven Temp - 180°C****Tomato Sauce**

1. Hold back courgettes, sweetcorn, cornflour, cold water for cornflour.
2. Add ingredients from diced onions down to Hot Water to a pot.
3. Simmer gently until cooked.
4. Combine cornflour (smaller amount) with cold water for cornflour, mix to form a paste.
5. Stir in and mix until thickens and smooth
6. Then add courgettes and sweetcorn and simmer until just cooked.

**White Sauce**

1. Heat milk in a pot until simmering.
2. Combine cornflour (larger amount) with cold water for cornflour, mix to form a paste.
3. Whisk into milk until the sauce thickens, add pepper.
4. Assemble by layering tomato sauce, lasagne, tomato sauce, lasagne white sauce topped with grated cheese.
5. Place assembled lasagne into oven to cook.
6. Bake at 180C, for approx. 40 minutes.

**LEON'S STAR TIP:**

Let the lasagne rest for 10 minutes after baking – it slices cleanly and tastes richer.



## RECIPE

NEW

## TOMATO &amp; PESTO PASTA

## INGREDIENTS:

• Diced Onions	60g
• Diced Carrots	60g
• Mixed Diced Peppers	60g
• Garlic Purée	15g
• Crushed Tomatoes	225g
• Tomato Paste	150g
• Dried Mixed Herbs	1g
• Ground Black Pepper	Pinch
• Sugar - Granulated	4g
• Bouillon - Vegetable	10g
• Hot Water	75ml
• Pesto - Red	120g
• Cornflour	7.5g
• Cold Water for corn flour	7.5ml
• Pasta - Penne	240g

## DIRECTIONS:

1. Cook pasta as per manufacturer's guidelines.

**Sauce**

1. Hold back cornflour, cold water.
2. Add all remaining ingredients to boiler/pot.
3. Cook until the vegetables are tender.
4. Blend the sauce until it is smooth.
5. Combine cornflour and cold water to form a paste.
6. Stir into sauce until thickened.
7. Taste, adjust consistency as required.
8. Combine the sauce with cooked pasta.



SERVES

4



PREP

10  
mins

COOK

20-25  
mins

## LEON'S STAR TIP:

Red pesto is a delicious and nourishing addition to any balanced diet, packed with heart-healthy fats, antioxidants, and essential nutrients.



# RECIPE

## TRADITIONAL MINCE AND YORKSHIRE PUDDING

### INGREDIENTS:

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

### DIRECTIONS:

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



SERVES

4



PREP

5  
mins



COOK

45 - 50  
mins



### LEON'S STAR TIP:

Why not put your mince in the yorkie!



# RECIPE

## TRADITIONAL STEAK PIE

### INGREDIENTS:

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

### DIRECTIONS:

#### Preheat Oven Temp - 200°C

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

#### Pastry

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



SERVES

4



PREP

5  
mins



COOK

2 - 3  
hrs



### LEON'S STAR TIP:

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

# RECIPE

## ZINGY TOMATO PASTA

### INGREDIENTS:

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

### DIRECTIONS:

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



SERVES

4



PREP

5  
mins



COOK

25-30  
mins



### LEON'S STAR TIP:

Serve with warm crusty or garlic bread.





# Accompaniments

# RECIPE

## COLESLAW

### INGREDIENTS:

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

### DIRECTIONS:

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



SERVES

4



PREP

2  
mins



COOK

5-10  
mins



### LEON'S STAR TIP:

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



# RECIPE

## MIXED SALAD

### INGREDIENTS:

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

### DIRECTIONS:

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



SERVES

4



PREP

2  
mins



COOK

5-10  
mins



### LEON'S STAR TIP:

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



# RECIPE

**NEW**

## SWEET CHILLI PASTA

### INGREDIENTS:

- Pasta 50g
- Sauce - Sweet Chilli Dipping 32ml
- Dried Parsley Pinch

### DIRECTIONS:

1. Place pasta into unsalted boiling water, cook to manufacturers instructions on packet.
2. Drain pasta, refresh in cold water and drain again.
3. Mix sweet chilli sauce and parsley with pasta.



SERVES

4



PREP

5  
mins

COOK

15-20  
mins

### LEON'S STAR TIP:

Add fresh parsley on top as garnish





# Desserts

## RECIPE

NEW

## BANANA CAKE

## INGREDIENTS:

- Plain Cake Mix - Reduced Sugar 125g
- Whole Liquid Eggs 45g
- Rapeseed Oil 45ml
- Milkshake Mix - Banana 35ml

## DIRECTIONS:

## Preheat Oven Temp - 180°C

1. Place dry cake mix in bowl fitted with a beater.
2. Add egg and approx. half the milkshake mix, mix at slow speed over 1 minute, scrape down.
3. Beat for 3 minutes on second speed.
4. Add oil and remaining milkshake mix, mix at slow speed over 1 minute, scrape down.
5. Beat for 3 minutes on second speed.
6. Spread into tins.
7. Bake at 180°C for approx. 22-24 minutes.



SERVES

4



PREP

5  
mins

COOK

25 - 30  
mins

## LEON'S STAR TIP:

Add banana flavour for a stronger smell of bananas.

# RECIPE

## BUTTERSCOTCH COOKIE

### INGREDIENTS:

- Cookie Mix - Plain 115g
- Cold Water 8ml
- Evaporated Milk 8g
- Spread - Stork 3.5g
- Sugar - Light Soft Brown 5g

### DIRECTIONS:

#### Preheat Oven Temp - 160°C

1. Combine and warm evaporated milk, stork and brown sugar until sugar dissolved.
2. Place dry cookie mix in a bowl fitted with a beater.
3. Add water and butterscotch mix on slow speed for approximately 30 seconds or until a dough forms. Do not overmix.
4. Pass mix through pastry break until desired thickness
5. Cut
6. Place onto a baking tray.
7. Bake for approx. 25 minutes at temp: 160 oC,
8. Cool on a wire rack if possible.



SERVES

4



PREP

5  
mins



COOK

20 - 30  
mins



### LEON'S STAR TIP:

Light brown sugar adds an extra caramel depth and flavour.



# RECIPE

## CHOCOLATE COOKIE

### INGREDIENTS:

- Cookie Mix - Chocolate 115g
- Cold Water 15ml

### DIRECTIONS:

#### Preheat Oven Temp - 190°C

1. Place the weighed out mix in a mixing bowl.
2. Select the beater attachment.
3. Add water to mix and blend for 1 min. on slow speed until dough is formed. Do not overmix. Blend for a further 1 min. on medium speed.
4. To portion, form the dough into a roll 2" in diameter, wrap in cling film and chill for 25 mins in the fridge.
5. Slice into 1cm/1/2" thick portions and place on a greased baking tray.
6. Bake for 9-11 mins for soft, chewy cookies or 13-15 mins for crispy ones.
7. Leave on tray to cool for 2-3 mins. before transferring them to a cooling rack.



SERVES

4



PREP

5  
mins



COOK

10-15  
mins



### LEON'S STAR TIP:

Longer baking time yeilds crispier cookies.



# RECIPE

## CHOCOLATE OATIE

### INGREDIENTS:

• Oats	35g
• Desiccated Coconut	30g
• Plain Flour	45g
• Caster Sugar	20g
• Spread - Flora Original	45g
• Golden Syrup	25g
• Bicarbonate of Soda	1.75g
• Hot Water	15ml
• Cocoa Powder - Fat Reduced	4g

### DIRECTIONS:

#### Preheat Oven Temp - 160°C

1. Melt Sunflower Spread & syrup together.
2. Combine oats, sugar, cocoa powder, coconut & flour.
3. Dissolve bicarbonate of soda with boiling water, then add to butter mixture.
4. Mix wet ingredients into the dry ingredients.
5. To portion, form the dough into a roll 2" in diameter, wrap in cling film and chill for 25 minutes in the fridge.
6. Slice into 1cm / 1/2" thick portions and place on a greased baking tray.
7. Bake for 10-15 minutes at Temp: 160 oC



SERVES

4



PREP

5  
mins



COOK

10-15  
mins



### LEON'S STAR TIP:

Great as a mid-day snack.

# RECIPE

## CHOCOLATE SPONGE

### INGREDIENTS:

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

### DIRECTIONS:

#### Preheat Oven Temp - 190°C

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



SERVES

4



PREP

5  
mins



COOK

30 -35  
mins



### LEON'S STAR TIP:

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



# RECIPE

**NEW**

## LEMON DRIZZLE CAKE

### INGREDIENTS:

- Plain Cake Mix - Reduced Sugar 125g
- Whole Liquid Eggs 45g
- Rapeseed Oil 45ml
- Cold Water 35ml
- Juice - Lemon 2.5ml
- Icing Sugar 15g

### DIRECTIONS:

#### Preheat Oven Temp - 180°C

1. Place dry cake mix in bowl fitted with a beater.
2. Add egg, half lemon essence, mix at slow speed over 1 minute, scrape down.
3. Beat for 3 minutes on second speed.
4. Add oil and mix at slow speed over 1 minute, scrape down.
5. Beat for 3 minutes on second speed.
6. Spread into tins.
7. Bake at 180oC for approx. 30 minutes.
8. Mix lemon juice and icing sugar together and drizzle over cooled cake



SERVES

4



PREP

5  
mins

COOK

30 - 35  
mins

### LEON'S STAR TIP:

**Pour drizzle while cake is still warm  
for best absorption.**



# RECIPE

## SHORTBREAD

### INGREDIENTS:

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

### DIRECTIONS:

#### Preheat Oven Temp - 180°C

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



SERVES

4



PREP

5  
mins



COOK

20 - 25  
mins



### LEON'S STAR TIP:

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



# RECIPE

## STICKY TOFFEE PUDDING

### INGREDIENTS:

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

### DIRECTIONS:

#### Preheat Oven Temp - 180°C

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



SERVES

4



PREP

5  
mins



COOK

30 - 35  
mins



### LEON'S STAR TIP:

Add vanilla extract to sauce for an enhanced flavour.

# RECIPE

**NEW**

## STRAWBERRY SPONGE

### INGREDIENTS:

- Plain Cake Mix - Reduced Sugar 125g
- Whole Liquid Eggs 45g
- Rapeseed Oil 45ml
- Milkshake Mix - Strawberry 32.5ml
- Essence - Vanilla 2.5ml

### DIRECTIONS:

#### Preheat Oven Temp - 180°C

1. Place dry cake mix in bowl fitted with a beater.
2. Add egg and approx. half milkshake mix, vanilla essence, mix at slow speed over 1 minute, scrape down.
3. Beat for 3 minutes on second speed.
4. Add oil and remaining milkshake mix, mix at slow speed over 1 minute, scrape down.
5. Beat for 3 minutes on second speed.
6. Spread into tins.
7. Bake at 180oC for approx. 22-24 minutes.



SERVES

4



PREP

5  
mins

COOK

25 - 30  
mins

### LEON'S STAR TIP:

Level the mixture before baking for an even rise.



# RECIPE

## TIFFIN

### INGREDIENTS:

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

### DIRECTIONS:

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



SERVES

4



PREP

5  
mins



COOK

30 - 35  
mins



### LEON'S STAR TIP:

Did you know this is our most popular dessert?!

