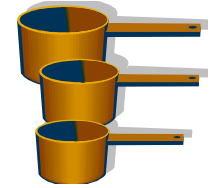




## KITCHEN UTENSILS KIT



2 Saucepans (small and a large)	Cup/mug/ glasses
Frying pan (or wok)	Measuring jug
Oven proof dish (e.g.Pyrex)	Cheese grater
Plates	Potato peeler and masher
Bowls	Wooden spoon
Sharp knife	Tin opener
Fish slice	Chopping board
Sieve	Optional : Hand blender (available for under £5 at most supermarkets)

## BACK TO BASICS

How to...

### Boil an Egg



Bring a pan of water to the boil, ensuring there is enough water to cover the eggs. Reduce heat to simmer. Lower eggs into water with a spoon. Soft boiled: 3 to 5 ½ minutes (depending on size). For hard-boiled: 10-12 mins, drain and cool under cold water.

### Cook the perfect Rice (serves 2)



Put your rice (1 large cup/ mug) in a pan and cover with water to the depth of your thumbnail (about 2cm). Bring the water to the boil, cover, and then turn the heat to low and simmer for 10 minutes or so. After that, turn the heat off and leave for another 10 mins. You should have perfect fluffy rice that you don't have to drain.

## RECIPE IDEAS

### SOUPS

#### LEEK AND POTATO (serves 2)

2 large leeks chopped finely  
1 medium potato, diced small  
½ onion chopped finely  
1 oz butter  
¾ pint chicken stock or water  
5 fl oz milk  
Salt and pepper



1. In a fairly large saucepan melt butter, and then add the leeks, potatoes and onion, coating them in the butter. Season well, cover vegetables allowing them to sweat over a very low heat for about 12 minutes.
2. After this, add the stock and the milk and bring to simmering point. Put the lid back on and allow to simmer very gently for 15-20 minutes.
3. Whiz the soup with a blender /hand blender, or for a chunkier soup, press approx half through a sieve.

## VEGETABLE

2 carrots chopped  
1 onion chopped  
1 leek chopped  
¼ swede  
½ pint water  
1 vegetable stock cube  
Salt and pepper to taste  
Mixed herbs (optional)



Place all the ingredients in a saucepan. Cover and cook until the vegetables are soft (about 20 minutes). For a smooth soup, puree all the ingredients in a blender. For a chunky soup just puree half the mixture. Return to the saucepan and heat through before serving.

## MAIN MEALS

### PASTA WITH ROASTED VEGGIES

**Serves 4** -easily halved.

300g /10oz penne pasta (or other short pasta)  
2 red onions  
4 courgettes-cut into chunks  
4 cloves of garlic (unpeeled)  
2 punnets of cherry tomatoes  
Basil (either handful of fresh leaves or 1 tsp dried)  
6 tbsp olive oil  
Optional: handful of grated parmesan



1. Heat oven to 220OC /fan 200C/gas 7. Put the courgettes, onions and garlic into a roasting tin or oven proof dish. Add the olive oil and season well. Give everything a good stir, then roast for 20 minutes (or until veg begins to soften) Add the tomatoes to the dish, and continue to roast for 15 minutes. At the same time, bring a fairly large pan of water to the boil.
2. Add the pasta to the boiling water and cook according to instructions (approx 10-12 minutes)
3. Drain the pasta. Take the veggies out of the oven and take the garlic cloves out of their skins. Mash /chop the garlic and add to the veg, giving it a good stir. Add the pasta then mix everything together, adding the basil. Serve with the grated parmesan (optional)

## **TUNA PASTA**

### **Serves 1-2**

Fusilli Pasta

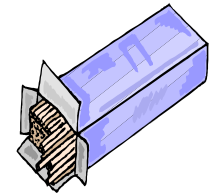
1 can of tuna in brine (drained)

1 tin of sweet corn

2 tablespoons of mayonnaise  
(optional)

Salt & pepper to taste

1. Bring a pan of water to the boil
2. Add the pasta and cook according to instructions.
3. Add the rest of the ingredients and combine
4. Season to taste.



## **QUICK CHICKEN STIR FRY**

**Serves 1**

Cooking oil  
Soy sauce  
Medium chicken breast diced  
Chopped onions, peppers, carrots,  
2 cloves garlic (crushed)



Stir fry the chicken in oil until cooked through (i.e. when you put a knife inside, the juices run clear), remove from the pan. Stir fry, onions, garlic, peppers, carrots. Return the chicken to the pan to heat through and add soy sauce. Serve with rice or noodles.

You can also add: baby sweetcorn, broccoli, mushrooms

## **BACON AND MUSHROOM OMELETTE**

**Serves 1**

1 tbsp vegetable oil  
1 large field mushroom or 4 small  
mushrooms sliced  
2 rashers bacon  
2 large eggs  
2 tbsp fresh chopped parsley  
2oz Cheddar cheese, grated



1. Preheat the grill. Heat the oil in a frying pan or omelette pan. Fry the mushrooms and bacon for 5 mins until lightly browned.
2. Beat together the eggs and parsley. Season with salt and black pepper. Pour into the pan to cover the mushrooms and bacon. Reduce the heat to low; cook the omelette for 2 mins until almost set.
3. Sprinkle the grated cheese on top. Grill the omelette for 2-3 mins until set and the cheese has melted. Roll up the omelette; cut in half. Serve hot or cold.

Optional extras: ham, peppers, tomato, cheese.

## POTATO AND BROCCOLI BAKE

Serves 2

Approx 12 small new potatoes  
1 Broccoli floret - chopped  
1 pack cheese sauce mix  
Optional - handful of grated  
Cheddar cheese and breadcrumbs



Pre-heat oven to 180°C

1. Bring pan of water to boil and add the new potatoes, cooking for approx 20 mins (or until tender).
2. Meanwhile bring another pan of water to the boil and add broccoli florets and cook for approx 6-8 mins.
3. Once potatoes have cooled, slice thinly, and add to a Pyrex dish (or other ovenproof dish) along with the cooked broccoli.
4. Make up the cheese sauce according to pack instructions and pour over potatoes and broccoli.
5. Bake in a pre-heated oven for approx 15 mins.
6. For a crustier version (optional) sprinkle over a handful of grated cheese and breadcrumbs and grill for approx 5 mins.

## CHINESE RECIPE TOMATO AND EGG STIR FRY

### Ingredients

4 Tomatoes

2 Eggs

3 pieces of Garlic

Fresh parsley (optional)

Cooking Oil - 3 tablespoons

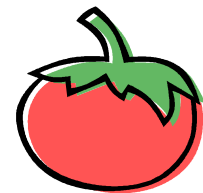
Salt

Black pepper

Vinegar

### Preparation

Heat 2 tablespoons of oil in a frying pan and then fry the eggs (well mixed in advance) for 1 minute. Take out the eggs and add another tablespoon of oil into the pan. Then, add the tomatoes and stir fry for 5 minutes. Once the tomatoes become soft, add the eggs, chopped garlic, black pepper and vinegar into the pan - and mix everything well for another 2 minutes. When nearly cooked, add some herbs and the salt. Serve with rice.





## SAUSAGES WITH LENTILS

Serves 2

- 6 pork sausages
- ½ onion chopped into small pieces
- 1 carrot diced small
- ½ celery stick chopped into small pieces
- Optional: 1 rasher of smoky bacon
- 100ml vegetable stock (made with stock cube)
- Handful of either red split or green lentils.
- 1 tbsp olive oil
- 1 heaped tablespoon low fat crème fraiche



1. Pre-heat grill, and grill sausages for approx 15-20 minutes (turning occasionally), until they are evenly browned and cooked through (not pink inside).
2. Meanwhile, heat the olive oil and if adding smoked bacon, fry for 2 mins, then stir in the chopped vegetables and the lentils. Cook for 8-10 minutes, stirring occasionally, until the vegetables have softened.
3. Pour in the stock, then simmer for 8 minutes until the carrots are tender. Season and stir in the crème fraiche, serve with the grilled sausages.

## JACKET POTATO FILLINGS

Jacket potatoes can easily be done in the microwave: Prick it with a fork a couple of times, and cook for approximately 6-8 minutes, depending on size. To test, put a knife in the potato, and if it's soft, it's ready! Some suggestions:



- Tuna with onion or sweetcorn (mayonnaise optional)
- Cottage cheese with pineapple / chives

- Cheese and bacon

- Baked Beans

For a potato with a difference: once cooked, scoop the potato out of its skin, and mix together with a tablespoon of cream cheese and spring onion. Return the mixture to the skin, and bake in the oven (180C/ gas mark 4) for approx 10 minutes.

## DESSERT

### FRUITY SMOOTHIE



1 banana, sliced

1 apple chopped

250g of natural yogurt

150g frozen fruit + 10 oz any fruit juice

Puree all the ingredients with a hand blender or food processor and you are left with a super healthy, luscious fruit smoothie!

### Handy Tips

Buy fruit and veg that are in season-its much cheaper!

Look out for BOGOF (Buy one get one free) offers

Cook as a house / team-it'll work out cheaper and then you can share the washing up.

Lots of supermarkets offer value products, i.e. their own brand (e.g. bread, tomatoes, etc) which will work out much cheaper than named brands.

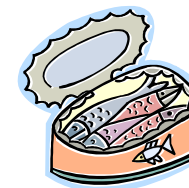
One-pot meals will save on electricity / gas -e.g soup, casserole, stew

Stock up on your 5 a day- fresh or frozen fruit and veg are packed with antioxidants, including Vitamin C.

Enjoy nuts, seeds, oily fish or an omega 3 rich egg each day to maximise brain power and nerve function.

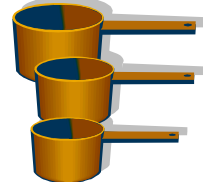
Wholegrain pasta, rice and bread supply essential nutrients, including B vitamins, which are energising and help to supply the 'feel good' factor.

Never skip breakfast. Eat little and often, and avoid quick-fix sugary snacks.





## CIT OFFER CEGIN



2 Sosban (bach a mawr)	Cwpan/mwg/ gwydrau
Padell ffrio (neu wok)	Jwg mesur
Dysgl all fynd i'r popty (e.e. Pyrex)	Gratiwr caws
Platiau	Pliciwyr tatws a stwnsiwr
Powlenni	Llwy bren
Cyllell finiog	Agorwr tun
Fish slice	Bwrdd torri
Rhidyll	Dewisol: Cymysgydd llaw (ar gael am o dan £5 yn y rhan fwyaf o archfarchnadoedd)

## YN ÔL AT YR HANFODION

Sut i ...

### Ferwi Wy



Berwch sosban o ddŵr, gan sicrhau bod digon o ddŵr i orchuddio'r wyau. Gostyngwch y gwres i fudferwi. Gollyngwch yr wyau i mewn i'r dŵr gyda llwy. Meddal: 3 i 5 ½ munud (gan ddibynnu ar y maint). Caled: 10-12 munud, draeniwch ac oerwch o dan ddŵr oer.



### Coginio'r reis perffaith (digon i 2)

Rhowch eich reis (1 cwpan/ mwg mawr) mewn padell a gorchuddiwch gyda dŵr hyd at ddyfnder ewin eich bawd (tua 2cm). Berwch y dŵr, gorchuddiwch, ac yna trowch y gwres ar isel a mudferwch am tua 10 munud. Ar ôl hynny, diffoddwch y gwres a gadewch am 10 munud arall. Dylech fod â reis perffaith nad oes raid i chi ei ddraenio

## SYNIADAU RYSEITIAU

### CAWL

### CENNIN A THATWS (digon i 2)



2 gennin mawr, wedi eu torri'n fân  
1 taten ganolig, wedi'i deisio'n fach  
½ nionyn wedi'i dorri'n fân  
1 owns o fenyn  
¾ peint o stoc cyw iâr neu ddŵr  
5 fl oz o lefrith  
Halen a phupur



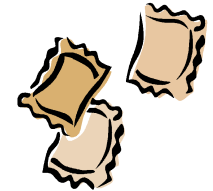
1. Mewn sosban eithaf mawr, toddwch fenyn, ac yna ychwanegwch y cennin, y tatws a'r nionyn, gan eu gorchuddio yn y menyn. Rhowch ychydig o halen a phupur, gorchuddiwch y llysiau gan eu gadael i chwysu dros wres isel iawn am tua 12 munud.
2. Ar ôl hyn, ychwanegwch y stoc a'r llefrith a mudferwch. Rhowch y caead yn ôl arno a gadewch i fudferwi'n ysgafn iawn am 15-20 munud.
3. Chwipiwch y cawl gyda chymysgydd /cymysgydd llaw, neu am gawl mwy talpiog, gwasgwch tua'i hanner drwy ridyll.

## LLYSIAU

2 foron wedi'i thorri  
1 nionyn wedi'i dorri  
1 cennin wedi'i dorri  
 $\frac{1}{4}$  rwden (swejen)  
 $\frac{1}{2}$  peint o ddŵr  
1 ciwb stoc llyisiau  
Halen a phupur i flasau  
Perlyisiau cymysg (dewisol)



Rhowch yr holl gynhwysion mewn sosban. Gorchuddiwch a choginiwch nes bod y llyisiau'n feddal (tua 20 munud). Am gawl llyfn, stwnsiwch yr holl gynhwysion mewn cymysgydd. Am gawl talpiog, stwnsiwch hanner y cymysgedd yn unig. Rhowch y cymysgedd yn ôl yn y sosban a chynheswch drwodd cyn gweini.



## PRIF BRYDAU

### PASTA GYDA LLYSIAU RHOST

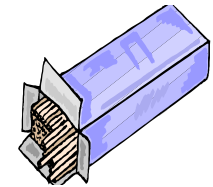
**Digon i 4** - ond hawdd ei haneru.

300g /10oz pasta penne (neu basta byr arall)  
2 nionyn coch  
4 courgettes - wedi'u torri'n dalpiau  
4 clof o arlleg (heb ei blicio)  
2 dwb o domatos bychain  
Basil (naill ai llond llaw o ddail ffres neu 1 llwy de o rai sych)  
6 llwy ffwrdd o olew olewydd (olive oil)  
Dewisol: llond llaw o barmesan wedi'i gratio

1. Cynheswch y popty i 220C /ffan 200C/gas 7. Rhowch y courgettes, y nionod a'r garlleg i mewn i dun rhostio neu ddysgl sy'n addas ar gyfer y popty. Ychwanegwch yr olew olewydd a'r halen a'r pupur. Cymysgwch bopeth yn dda, yna rhostiwch am 20 munud (neu nes i'r llysiau ddechrau meddal). Ychwanegwch y tomatos at y ddysgl, a pharhewch i rostio am 15 munud. Ar yr un pryd, berwch sosban eithaf mawr o dŵr.
2. Ychwanegwch y pasta at y berw a choginiwch yn ôl y cyfarwyddiadau (tua 10-12 munud)
3. Draeniwch y pasta. Tynnwch y llysiau allan o'r popty a thynnwch y clofau garlleg allan o'u crwyn. Stwnsiwch /torrwch y garlleg ac ychwanegwch at y llysiau, gan ei droi'n dda. Ychwanegwch y pasta yna cymysgwch bopeth â'i gilydd, gan ychwanegu'r basil. Gweinwch gyda'r parmesan wedi ei gratio (dewisol).

### **PASTA TIWNA - digon i 1-2**

Pasta Fusilli



1 can o diwna mewn dŵr hallt (brine) (wedi'i ddraenio)  
1 tin o india corn  
2 lwy fwrdd o mayonnaise (dewisol)  
Halén a phupur i flasau

1. Berwch sosban o ddŵr.
2. Ychwanegwch y pasta a choginiwch yn ôl y cyfarwyddiadau.
3. Ychwanegwch weddill y cynhwysion a chymysgwch.
4. Ychwanegwch halen a phupur i flasau.



## CYW IÂR CYFLYM WEDI'I DRO-FFRIO

### Digon i 1



Olew coginio

Saws soi

Brest cyw iâr canolig wedi'i deisio

Nionod, pupur, moron wedi'u torri, 2 glof o arlleg (wedi eu malu'n fân)

Ffriwch y cyw iâr yn gyflym mewn olew nes ei fod wedi coginio drwodd (h.y. pan rowch gyllell y tu mewn, mae'r suddion yn rhedeg yn glir), tynnwch o'r badell. Ffriwch y nionod, y garlleg, y pupur a'r moron. Rhowch y cyw iâr yn ôl yn y badell i gynhesu drwodd ac ychwanegwch saws soi. Gweinwch gyda reis neu nwdls.

Mi ellwch chi hefyd ychwanegu: India corn bychan, brocoli, madarch

## OMLED BACWN A MADARCH

### Digon i 1



1 llwy fwrdd o olew llysgiau

1 madarch mawr neu 4 o rai bychain wedi eu sleisio

2 dafell o facwn

2 wy mawr

2 llwy fwrdd o bersli ffres wedi'i dorri

2oz caws Cheddar, wedi'i gratio

1. Cynheswch y gril ymlaen llaw. Cynheswch yr olew mewn padell ffrio neu badell omled. Ffriwch y madarch a'r bacwn am 5 munud nes ei fod wedi'i frownio ychydig.
2. Curwch yr wyau a'r persli. Ychwanegwch halen a phupur du. Tywalltwch i mewn i'r badell i orchuddio'r madarch a'r bacwn. Gostyngwch y gwres i isel; coginiwch yr omled am 2 munud nes ei fod wedi'i setio bron.
3. Ysgeintiwch y caws wedi'i gratio ar ei ben. Griliwch yr omled am 2-3 munud nes ei fod wedi setio a'r caws wedi toddi. Rholiwch yr omled; torrwch yn hanner. Gweinwch yn boeth neu'n oer.

Gellwch ychwanegu: ham, pupur, tomato, caws.

## **PÔB TATWS A BROCOLI**

### **Digon i 2**

Tua 12 o datws newydd bychain  
1 darn bach o frocoli - wedi'i dorri  
1 pecyn o gymysgedd saws caws  
Dewisol - llond llaw o gaws Cheddar  
wedi'i gratio a briwsion bara



Cynheswch y popty ymlaen llaw i 180°C

1. Berwch lond sosban o ddŵr ac ychwanegwch y tatws newydd, a'u coginio am tua 20 munud (neu nes eu bod wedi dechrau meddal).
2. Yn y cyfamser, berwch sosban arall o ddŵr ac ychwanegwch ddarnau o frocoli a choginiwch am tua 6-8 munud.
3. Ar ôl i'r tatws oeri, sleisiwch yn denau, ac ychwanegwch at ddysgl Pyrex (neu ddysgl arall sy'n addas ar gyfer y popty) ynghyd â'r brocoli sydd wedi'i goginio.
4. Gwnewch y saws caws yn ôl y cyfarwyddiadau ar y pecyn a thywalltwch dros y tatws a'r brocoli.
5. Pobwch am tua 15 munud mewn popty sydd wedi'i gynhesu ymlaen llaw.
6. Am fersiwn mwy crystiog (dewisol) rhowch lond llaw o gaws wedi'i gratio a briwsion bara drosto a griliwch am tua 5 munud.

## **RYSAIT TSIEINEAIDD TOMATO A WYAU WEDI EU FFRIO**

Cynhwysion

4 Tomato

2 Wy

3 darn o Garlleg

Perllys ffres (opsiynol)

Olew coginio - 3 llwy mawr

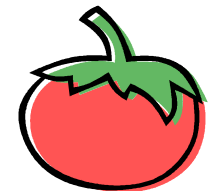
Halen

Pupur du

Finegr

Paratoi

Cynheswch 2 llwy mawr o olew mewn padell ffrio ac yna ffrio'r wyau (sydd wedi eu cymysgu yn barod) am funud. Tynnwch y wyau allan ac ychwanegu llwy arall o olew i'r badell. Yna, ffriwch y tomatos am 5 munud. Pan fydd y tomatos yn feddal, ychwanegwch y wyau, garlleg (wedi eu torri yn fan), pupur du a finegr i'r badell - a chymysgu popeth am 2 funud arall. Cyn gorf-fen coginio, ychwanegwch yr halen a llysiau blas. Gweinir y pryd gyda reis.



## SELSIG GYDA LENTILS.

### Digon i 2.

6 selsig porc

½ nionyn wedi'i dorri'n fân

1 moronen wedi'i deisio'n fân

½ ffon seleri wedi'i thorri'n fân

Dewisol: 1 tafell o facwn mwg

100ml o stoc llysiâu (wedi'i wneud

â 'stock cube'

Llund llaw naill ai o lentils coch

neu wyrdd.

1 llwy ffwrdd o olew olewydd (olive oil)

1 llwy ffwrdd orlawn o crème fraîche braster isel



1. Cynheswch y gril ymlaen llaw, a griliwch y selsig am tua 15-20 munud (a'u troi weithiau), nes eu bod wedi'u brownio'n gyfartal a'u coginio drwodd (ddim yn binc y tu mewn).
2. Yn y cyfamser, cynheswch yr olew olewydd ac os ydych yn ychwanegu bacwn mwg, ffriwch am 2 munud, yna ychwanegwch y llysiâu a'r lentils. Coginiwch am 8-10 munud, gan eu troi'n achlysurol, nes bod y llysiâu wedi meddalau.
3. Tywalltwch y stoc i mewn, yna mudferwch am 8 munud nes bod y moron wedi dechrau meddalau. Ychwanegwch halen a phupur a'r crème fraîche a'i droi, a gweinwch gyda'r selsig wedi eu grilio.

## LLENWADAU TATWS TRWY'U CRWYN

Gellir gwneud tatws trwy'u crwyn yn rhwydd yn y microdon: Priciwch y daten gyda fforc ychydig o weithiau, a choginiwch am tua 6-8 munud, gan ddibynnu ar y maint. I brofi, rhowch gyllell yn y daten, ac os yw'n feddal, mae'n barod! Rhai awgrymiadau:

-Tiwna gyda nionyn neu India corn (mayonnaise yn ddewisol)

-Caws colfran (cottage cheese) gyda phinafal / sifys

-Caws a bacwn

-Ffa pob

Am daten ychydig yn wahanol: ar ôl ei choginio, crafwch y daten allan o'i chroen, a chymysgwch gyda llond llwy fwrdd o gaws hufen a sibols. Rhowch y gymysgedd yn ôl yn y croen, a phobwch yn y popty (180°C/ marc nwy 4) am tua 10 munud

## PWDIN

### SMOOTHIE FFRWYTHAU



1 banana, wedi'i sleisio

1 afal wedi'i dorri

250g o iogwrt naturiol

150g o ffrwythau wedi rhewi + 10 oz o unrhyw sudd ffrwythau

Stwnsiwch yr holl gynhwysion gyda chymysgwr llaw neu brosesydd bwyd, ac mi gewch chi smoothie ffrwythau blasus, iach iawn!

## Awgrymiadau Defnyddiol

Prynwch ffrwythau a llysiau sydd yn eu tymor - mae'n llawer rhatach!

Edrychwch allan am y cynigion prynu un, cael un am ddim

Coginiwch fel tŷ / tîm - bydd yn gweithio allan yn rhatach ac wedyn mi ellwch chi rannu'r golchi llestri.

Mae llawer o archfarchnadoedd yn cynnig cynhyrchion 'value', h.y. eu brand eu hunain (e.e. bara, tomatos, etc) a fydd yn gweithio allan yn llawer rhatach na brandiau enw.

Bydd prydau un pot yn arbed trydan / nwy - e.e. cawl, caserol, stiw

Stociwch i fyny ar eich 5 y dydd - mae ffrwythau a llysiau ffres neu wedi rhewi yn llawn gwrthocsidyddion, yn cynnwys Fitamin C.

Mwynhewch gnau, hadau, pysgod olewog neu wy sy'n llawn omega 3 bob diwrnod i gynyddu pa mor dda mae eich ymennydd a'ch nerfau'n gweithio.

Mae pasta, reis a bara hadau cyfan yn rhoi maetholion hanfodol, yn cynnwys fitaminau B, sy'n rhoi egni i chi ac yn helpu i wneud i chi deimlo'n well.

Peidiwch byth â hepgor brecwast. Bwytwch ychydig yn aml, ac osgoi snaciau llawn siwgr.

