



**Arden and
Greater East Midlands**
Commissioning Support Unit



Healthy recipes to help you stay well this winter

**STAY WELL
THIS WINTER**

featuring recipes from



When it's cold and dark outside it can be tempting to fill up on unhealthy comfort food, so we've come up with some recipes for you that will help you to not only Stay Well this Winter, but also to Eat Well this Winter.

The recipes all help to provide a nutritious and tasty balance, and help towards your five portions of fruit and veg a day.

We've also included a couple of natural recipes using honey and lemon to tackle any troublesome coughs this winter.

In addition to our recipes, if you find yourself craving a sugary treat, try a juicy clementine or satsuma instead, or sweet dried fruits such as raisins or dates.

Winter vegetables such as carrots, parsnips, swede and turnips are great to have around and can be roasted, mashed or made into soup for a comforting winter meal for the whole family.

Share photos or a video of your recipe creations by using #eatwellthiswinter

Get Ready For Winter

Winter can be seriously bad for our health, especially for people aged 65 or over, those with conditions such as asthma and heart disease, and pregnant women who need to consider taking extra steps to protect themselves and their baby.

Get Your Flu Vaccination

If you are eligible, and one in three people are, the single most important thing that you can do this winter is to book your flu vaccination. As well as your local GP practice, pharmacies are offering the flu vaccination free for eligible groups. Even if you are not eligible for the free jab, if you want to be protected you can pay for one at your local pharmacist.

The flu jab can take up to two weeks to take effect, so please don't delay and contact your local GP practice or pharmacist to get your free jab.

Keep Warm - Look After Your Health

Heat your home to at least 18 degrees C (or 65F) if you can. Sometimes illness can get worse quickly when it's cold and you may already be under the weather with a cold or cough.

Seek help from your pharmacist as soon as you feel unwell - if you don't your condition could become worse and turn into an emergency. Stock up on food and medicines so you don't have to go out when it's icy. If you're not sure what medicines might be best, ask your pharmacist, they'll be able to help.

Not sure what to do?

Think you need to see someone urgently but it's not life threatening? If you need medical help for physical or mental issues, but it's not a life threatening emergency, NHS 111 can help.

You'll speak to a highly trained call adviser who will assess your condition. They can give you the healthcare advice you need or direct you to the local service that can help you best. We understand that it's difficult to know how to access health services, so if in doubt, call 111 first.

Visit your local Urgent Care Centre or Walk in Centre for non-life threatening medical treatment and advice. If it's a medical emergency, such as choking, severe blood loss, or the patient is unconscious, please call 999.

Make an Appointment With Your GP

Make an appointment with your GP practice, and find out the best way to book an appointment. Many practices also now offer online booking which can be quicker.

Practice nurses are also able to treat and advise on many conditions and will often be able to see you more quickly.

Concept and creative by NHS Arden and Greater East Midlands Commissioning Support Unit



**EAT WELL
THIS WINTER**

Food gives you energy,
which helps to keep you
warm. So, try to have regular
hot meals and drinks
throughout the day.

**STAY WELL
THIS WINTER**



Chilli con carne

Ready in 50 minutes Serves 2

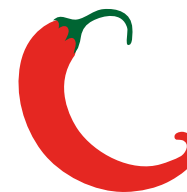
METHOD

1. Brown the mince over a gentle heat, stirring to stop it from sticking.
2. Drain any excess fat from the meat, then add the onion and garlic to the mince and cook for two to three minutes.
3. Add the chopped tomatoes, tomato puree and spices. Bring the sauce to the boil, then lower the heat and simmer gently for 10 to 15 minutes.
4. Meanwhile, cook the rice according to the packet instructions.
5. Add the chopped pepper and sliced mushrooms and simmer for five minutes.
6. Add the drained kidney beans and simmer for another five minutes.
7. Add the pepper to taste and serve with boiled rice.

INGREDIENTS

- ½ tbsp oil
- 100g lean beef mince
- 1 onion, finely chopped
- 1 garlic clove, finely chopped
- 400g can of chopped tomatoes
- 1 tbsp tomato puree
- ½ tsp chilli powder
- ¼ tsp cumin
- ¼ tsp coriander
- 1 red pepper, chopped
- 100g mushrooms, sliced
- 1 small can of kidney beans
- black pepper, freshly ground
- 150g wholegrain/brown rice, raw

A hot and spicy filler that's high on flavour but low in salt.



tip Serve any leftover sauce with baked potatoes.

STAY WELL THIS WINTER

Each serving contains:

ENERGY
1898kJ
452kcal
23%

FAT
8.5g
LOW
12%

SATURATES
1.9g
LOW
10%

SUGARS
8.0g
LOW
9%

SALT
1.1g
LOW
18%

% of an adult's reference intake. Typical value per 100g: Energy 299kJ/71kcal



Chicken curry

Ready in 60 minutes Serves 2

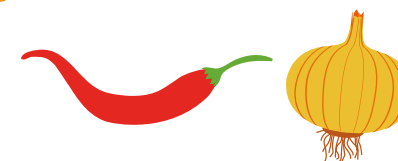
METHOD

1. Heat the oil and fry the onions until soft. Add garlic, tomato, tomato purée, chopped chilli and spices. Cook for a few minutes and then add two tablespoons of water and allow to reduce.
2. Add chicken and cook for 10 to 15 minutes on a medium heat, then add the yoghurt, stirring slowly. Season with black pepper and simmer for a further five to ten minutes.
3. Meanwhile, cook the rice following the packet instructions and boil or steam the cauliflower until tender.
4. Garnish the curry with ginger and coriander.
5. Serve with rice and cauliflower.

INGREDIENTS

- 1 tbsp olive oil (or vegetable oil)
- 1 large onion, chopped
- 2 garlic cloves, chopped finely
- 1 large tomato, chopped
- 1 tbsp tomato purée
- 1 medium chilli, chopped
- ¼ tsp chilli powder
- ¼ tsp coriander powder
- ¼ tsp cumin powder
- ¼ tsp turmeric powder
- 2 tbsps water
- 250g boneless chicken, chopped (approx. 1 chicken breast)
- 1 tbsp lower fat yoghurt
- pepper, to taste
- 130g basmati brown rice
- 160g cauliflower

Spice up your meal time with this simple and tasty chicken curry dish.



Garnish

- 2cm cube of ginger, finely chopped
- 1 tbsp chopped fresh coriander

**STAY WELL
THIS WINTER**

Each serving contains:

ENERGY
2551kJ
605kcal
30%

FAT
18.7g
MED
28%

SATURATES
4.4g
LOW
22%

SUGARS
8.9g
LOW
10%

SALT
0.3g
LOW
5%

% of an adult's reference intake. Typical values per 100g; Energy 479kJ/114kcal



Beef curry

Ready in 55 minutes Serves 2

METHOD

1. Chop the beef into cubes, about 2cm square.
2. Brown the beef in a pan over a low heat. Add the onion and cook for five minutes, stirring occasionally.
3. Add the chopped pepper, carrot and garlic and cook for five minutes, stirring often to stop it from sticking. Add a little water if necessary.
4. Add the curry powder and stir well to mix.
5. Add tomatoes, mango chutney and tomato purée. Simmer gently for 20 minutes, adding more water if necessary.
6. Cook rice according to the packet instructions and serve.

INGREDIENTS

- 200g stewing beef or beef-style soya pieces
- 1 onion, finely chopped
- 1 pepper, finely chopped
- 1 carrot
- 2 garlic cloves
- 1 tbsp curry powder
- 1 tin of chopped tomatoes
- 1 tbsp mango chutney
- 1 tbsp tomato purée
- 130g basmati brown rice, raw

A spicy delight served with rice and relish to satisfy even the most demanding curry fan.



This recipe is a good source of protein and carbs that's also low in salt and fat.

**STAY WELL
THIS WINTER**

Each serving contains:

ENERGY
2383kJ
564kcal
28%

FAT
9.8g
LOW
14%

SATURATES
2.9g
LOW
15%

SUGARS
18.2g
LOW
20%

SALT
1.0g
LOW
17%

% of an adult's reference intake. Typical values per 100g: Energy 410kJ/97kcal



Mediterranean beef pasta

Ready in 30 minutes Serves 2

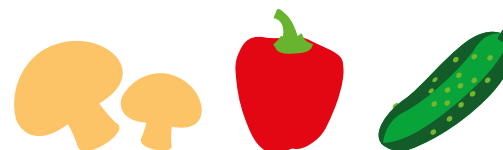
METHOD

1. In a saucepan or wok, fry the meat and garlic for four to five minutes until browned. You should not need to use any oil.
2. Add the pepper, courgette and mushrooms and stir-fry for two minutes. Stir in chopped tomatoes, ketchup and herbs, and season to taste. Bring to the boil and simmer for five minutes.
3. Cook the pasta according to the instructions on the packet. Drain it and stir into the sauce

INGREDIENTS

225g lean beef, cut into strips
200g dry, wholewheat pasta
1 garlic clove, crushed
1 red pepper, sliced
1 courgette, chopped
100g mushrooms, sliced
225g can of chopped tomatoes
1 tbsp tomato ketchup
dried mixed herbs

*Good source of protein
and packed full of
vegetables to help you
get your 5 A DAY.*



This take on
a classic
Mediterranean
dish is
economical,
and tasty

**STAY WELL
THIS WINTER**

Each serving contains:

ENERGY
2113kJ
503kcal
25%

FAT
12.3g
LOW
18%

SATURATES
4.7g
LOW
24%

SUGARS
8.6g
LOW
10%

SALT
0.9g
LOW
15%

% of an adult's
reference intake.
Typical values per
100g: Energy
402kJ/96kcal



fish pie

Ready in 60 minutes Serves 4

METHOD

1. Preheat the oven to 200°C or gas mark 6
2. Start by preparing the potatoes. Boil them for about 10-15 minutes until they are soft, then drain them and mash with a little milk
3. To make the sauce, mix the milk, low-fat spread and flour in a small pan and warm over a medium heat. Stir continuously until the sauce starts to bubble and thicken
4. Pour the sauce over chunks of fish in an ovenproof dish, then top with mashed potato and sprinkle the cheese over the top
5. Bake in the centre of the oven for 30 minutes, until the top is golden brown. Serve with broccoli

INGREDIENTS

700g potatoes, peeled and diced
4 filets of haddock
(or any kind of white fish or salmon)
425ml 1% fat milk
25g low-fat spread
25g flour
25g reduced-fat strong
hard cheese
320g broccoli (to serve)

*Salmon is a
good source of
vitamins A and D.*

tip

Alternatively, use any kind of white fish or salmon. Try peas or green beans instead of broccoli.



**STAY WELL
THIS WINTER**

Each serving contains:

ENERGY
1546kJ
366kcal
18%

FAT
6.2g
LOW
9%

SATURATES
2.1g
LOW
11%

SUGARS
7.6g
LOW
8%

SALT
0.6g
LOW
10%

% of an adult's reference intake. Typical values per 100g: Energy 338kJ/80kcal



Lemon chicken

Ready in 55 minutes Serves 2

METHOD

1. Gently fry the chicken in the oil until golden brown, then carefully put on a plate.
2. Toss the mushrooms and onion in the oil and add the stock. Simmer over a low heat and add a pinch of dill.
3. Grate the lemon skin into the pan and add the parsley, lemon juice and black pepper. Simmer until the sauce has reduced by half and then put the chicken back in the pan. Cook for another 15 to 20 minutes, until the chicken is cooked through.
4. Serve with boiled rice and steamed green vegetables, such as cabbage or green beans

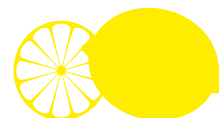
INGREDIENTS

- 2 skinless chicken fillets, cut into strips
- 1 small onion, chopped
- 1 tbsp olive oil
- 1 glass of low-salt stock
- ½ lemon plus its juice
- 6 mushrooms, sliced
- 1 tbsp parsley, chopped
- a pinch of dried dill
- a pinch of black pepper

This is a good protein-rich meal that is a medium-fat recipe.

tip

This fresh and fruity sauce is the perfect complement to chicken - throw in some greens to add some colour.



**STAY WELL
THIS WINTER**

Each serving contains:

ENERGY
1226kJ
292kcal
15%

FAT
9.7g
MED
14%

SATURATES
2.0g
LOW
10%

SUGARS
1.4g
LOW
2%

SALT
0.2g
LOW
3%

% of an adult's reference intake. Typical values per 100g: Energy 542kJ/129kcal



Coconut thai curry with chickpeas



Recipe extracted from *Deliciously Ella* by Ella Woodward, out now published by Yellow Kite, £20 © Ella Woodward 2015

Photographer: Clare Winfield

**STAY WELL
THIS WINTER**

"This Coconut Thai Curry was the first recipe I did for this book and it's still one of my favourites! The coconut milk makes it wonderfully creamy, while the ginger, chilli flakes, coriander and miso add a fantastic array of different flavours. The chickpeas make it really hearty too, so it's amazingly filling. I love it served with brown rice, but it's delicious with buckwheat too or brown rice pasta. It keeps really well, so you can make extra portions of it to store in the fridge to fuel you through the week."



*Ella Mills
Deliciously Ella*

METHOD

1. Preheat the oven to 200°C (fan 180°C).
2. Put the coconut milk, tinned tomatoes, grated ginger and chilli into a large saucepan with a sprinkling of salt and pepper and allow it to heat until boiling.
3. As it heats up, peel the squash and cut both the squash and the aubergines into bite-sized pieces. Add these to the coconut and tomato in the pan.
4. Allow the mixture to cook for about 30 minutes in the oven, at which point add the coriander and chickpeas to the pan with the miso and place the pan back in the oven for 30 minutes. It's ready when the squash is soft.
6. Serve the coconut curry with the brown rice. Store any leftovers in an airtight container in the fridge or freezer.

INGREDIENTS - Serves 4

- 2 x 400ml tins coconut milk
- 2 x 400g tins tomatoes
- 2-3cm piece of fresh ginger, peeled and grated
- 1-2 teaspoons chilli flakes
- 1 large butternut squash (1kg)
- 2 medium aubergines (600g)
- handful of fresh coriander, finely chopped
- 1 x 400g tin chickpeas, drained
- 3 teaspoons brown miso paste
- brown rice, to serve
- salt and pepper



tip

If you don't like chickpeas, you can leave these out. You can also substitute any of the veggies for other ones you have in the house; cauliflower, courgettes and sweet potatoes are all delicious.



Roasted Maple Sprouts with Hazelnuts



**STAY WELL
THIS WINTER**

"I know that brussel sprouts have a bad reputation for being the worst vegetable, but when you find the right way to cook them they are actually incredibly delicious! Traditionally Christmas sprouts are always boiled, which takes away all their flavour and doesn't give them a great texture, so instead we need to roast them - it totally transforms the sprout! Roasting them gives the sprouts a delicious crispy texture and an awesome flavour. They are a very savoury vegetable though, which is why I like pairing them with a little sweetness so that you have a wonderful range of flavours in each bite. I roast these sprouts in small pieces with little potatoes and a sprinkling of chilli flakes until both the sprouts and potatoes turn a beautiful golden brown, I then add in some roasted hazelnuts for a great nutty crunch before tossing everything with juicy pomegranates and a little maple syrup."



*Ella Mills
Deliciously Ella*

METHOD

1. Pre-heat the oven to 180C
2. Slice the sprouts in half and then the potatoes into eights (you want the potatoes to be roughly the same size as the sprouts)
3. Place the sprouts and potatoes in a baking dish. Sprinkle the chilli flakes, salt and pepper over them and the drizzle them with olive oil
4. Let them cook for about thirty minutes, until they start to go a golden brown. Then take them out and add the hazelnuts before placing the tray back into the oven for another 8-10 minutes, so that the hazelnuts turn a golden brown too
5. Remove the tray from the oven, drizzle the maple syrup over the brussel and potato mix and stir in the pomegranates and enjoy!

INGREDIENTS - Serves 4

200g of brussel sprouts
8 baby potatoes (200g)
50g of blanched hazelnuts
100g of pomegranates
2 tablespoon of maple syrup
1/2 a teaspoon of chilli flakes



"There's also another winter recipe up on my youtube channel for stuffed mushrooms, which are incredible"



Easy Italian chicken

Ready in 50 minutes Serves 2

METHOD

1. Heat the oil in a pan and brown the onions over a low heat for two to three minutes.
2. Cut the chicken breast into large pieces and coat each piece in the flour. Then add the chicken to the pan and brown for two minutes, stirring all the time to make sure it doesn't stick.
3. Once the chicken is cooked, add the other ingredients. Then bring it to the boil, turn the heat down and simmer over a low heat for about 20 minutes, until the vegetables are soft and the chicken is thoroughly cooked.
4. While the chicken is cooking, cook rice according to packet instructions.

INGREDIENTS

- ½ tbsp of olive oil
- 1 onion, chopped
- 2 skinless chicken breasts
- 10 mushrooms, sliced
- 2 x 400g cans of chopped tomatoes
- 2 tsp dried Italian herbs
- 2 tsp Worcestershire sauce
- freshly ground black pepper
- 210g dry wholewheat pasta
- fresh basil to garnish

This quick and healthy version of an Italian favourite is low in salt and fat.



**STAY WELL
THIS WINTER**

Each serving contains:

ENERGY
2720kJ
646kcal
32%

FAT
19.8g
LOW
28%

SATURATES
3.6g
LOW
18%

SUGARS
18.8g
LOW
21%

SALT
0.9g
LOW
15%

% of an adult's reference intake. Typical values per 100g: Energy 330kJ/78kcal



Citrus chicken

Ready in 45 minutes Serves 2

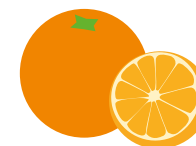
METHOD

1. Heat the oil in a pan and brown the onions over a low heat for two to three minutes.
2. Cut the chicken breast into large pieces and coat each piece in the flour. Then add the chicken to the pan and brown for two minutes, stirring all the time to make sure it doesn't stick.
3. Once the chicken is cooked, add the other ingredients. Then bring it to the boil, turn the heat down and simmer over a low heat for about 20 minutes, until the vegetables are soft and the chicken is thoroughly cooked.
4. While the chicken is cooking, cook rice according to packet instructions.

INGREDIENTS

1 tsp sunflower oil
½ onion, finely chopped
1 chicken breast
1 dessert spoon wholemeal flour
½ red pepper, sliced
juice of 1 orange, or 75ml unsweetened orange juice plus 25ml water
1 carrot, peeled and sliced
2 medium potatoes, cubed
chopped parsley (optional)
black pepper, freshly ground
130g brown rice, raw

A zesty protein-rich dish, not to be confused with our lemon chicken recipe.



tip

Try serving this with brown rice and some green beans.

**STAY WELL
THIS WINTER**

Each serving contains:

ENERGY

2881kJ
684kcal
34%

FAT

10.5g
LOW
15%

SATURATES

2.0g
LOW
10%

SUGARS

10.7g
LOW
12%

SALT

0.2g
LOW
3%

% of an adult's reference intake. Typical values per 100g: Energy 464kJ/110kcal



Hearty vegetable soup

Ready in 45 minutes Serves 6

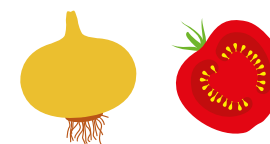
METHOD

1. Heat the oil in a large pan, add the onions, carrots, leeks and celery, and fry until sizzling. Lower the heat, cover and cook gently for five minutes, stirring if needed.
2. Add the tin of tomatoes, water, tomato purée, green beans and frozen peas. Raise the heat to maximum. Bring to the boil and add the pasta, herbs and pepper.
3. Lower the heat and simmer for 15 minutes or until the pasta is cooked, stirring frequently to make sure the pasta doesn't stick.

INGREDIENTS

- ½ tbsp vegetable oil
- 1 medium onion, sliced
- 2 small carrots, sliced
- 3 celery sticks, sliced
- 1 tin chopped tomatoes
- 80g green beans
- 1½ tbsp tomato purée
- 1 leek, sliced
- 80g frozen peas
- 50g dried wholewheat pasta
- 1 litre boiling water
- pepper to taste
- 1½ tsp dried herbs

Packed with tomatoes, celery, carrots and beans, this soup offers a great way to include more vegetables in your diet



It's ideal for vegetarians too!

**STAY WELL
THIS WINTER**

Each serving contains:

ENERGY

328kJ
78kcal
4%

FAT

1.9g
LOW
3%

SATURATES

0.3g
LOW
2%

SUGARS

4.9g
LOW
5%

SALT

0.1g
LOW
2%

% of an adult's reference intake. Typical values per 100g: Energy 105kJ/25kcal



Honey & Lemon Cough Remedy

Serves 1

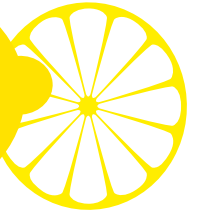
METHOD

1. Squeeze the lemon juice into the warm water
2. Stir in the honey and cinnamon
3. Enjoy!

INGREDIENTS

- 1 whole juiced lemons
- 2 tablespoons honey
- 1 pinch of cinnamon
- 125ml warm water

take as
needed



Grandma Barb's Homemade Cough Syrup

METHOD

1. Add honey, olive oil and lemon juice to a small pot
2. Stir
3. Heat over medium heat just until steaming, stirring
4. Remove from heat and let cool
5. Place into jar with a lid
6. Store in the refrigerator
7. Take 1 tablespoon warmed as needed

INGREDIENTS

- 1 ½ cups organic honey
- ½ cup extra virgin olive oil
- 1-5 juiced lemons

take as
needed

**STAY WELL
THIS WINTER**



Tomato Pasta Sauce

Ready in 35 minutes Serves 2

METHOD

1. Heat the oil in a saucepan or frying pan. Cook the onion on a medium heat until its soft
2. Add the garlic and cook for another minute. Make sure the pan is not too hot when you add the garlic, as it burns easily. Burnt garlic will make the sauce taste bitter
3. Add the tin of chopped tomatoes, tomato puree and mixed herbs
4. Simmer gently for 15minutes until the sauce is thick and rich
5. Add pepper to taste
6. Cook the pasta according to packet instructions and serve topped with fresh herbs

INGREDIENTS

- 1 teaspoon oil
- 1 onion, finely chopped
- 1 garlic clove, finely chopped
- 1 tin of chopped tomatoes
- 2 tablespoons tomato puree
- 1 pinch of mixed dried herbs
- Pepper (to taste)
- 210g whole wheat pasta

Tasty and rich, this easy to make tomato sauce is great with pasta and can be made in advance and reheated.

tips

Add a tin of tuna or some sliced vegetables to the sauce at step 3; try mushrooms, peppers or courgettes.

Pour the sauce over fish fillets and bake in the oven at 180°C or gas mark 4 for 15-20minutes.

Use the sauce as a pizza topping. Just sprinkle with grated reduced-fat cheese and your favourite vegetables.

**STAY WELL
THIS WINTER**

Each serving contains:

ENERGY
1298kJ
307kcal
15%

FAT
3.5g
LOW
5%

SATURATES
0.4g
LOW
2%

SUGARS
11.5g
LOW
13%

SALT
0.3g
LOW
5%

% of an adult's reference intake. Typical values per 100g: Energy 282kJ/67kcal