



**A Weight
Off Your
Mind**

NHS

**Cumbria, Northumberland,
Tyne and Wear**
NHS Foundation Trust

Fake away don't take away

Easy recipes for
you to make at home

(Updated version with additional
recipes)



Caring | Discovering | Growing | **Together**

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Chicken Tikka Masala

Serves 4

Ingredients

480g diced chicken (breast or thigh) or Quorn

2 large onions

2 cans chopped tomatoes

2 teaspoon garlic puree

2 tablespoon lemon juice

2 tablespoon tomato puree

Tikka powder, approximately 2-3 dessert spoons (see packet)

200ml low fat natural yogurt

Fresh coriander (optional)

Chilli powder (optional)

Rice to serve

Method

1. In a bowl mix the chicken or Quorn pieces with the lemon juice.
2. Roughly chop the onion.
3. Place a small amount of water in the bottom of a frying pan and add the garlic and the onion.
4. Add the chicken or Quorn, tikka powder and lemon juice stirring well so spices and onions become well coated then add the tomatoes and stir again (if using chili add at this stage).
5. Allow simmering for a few minutes and if needed add a little water and keep stirring.
6. After about 10 minutes when the chicken or Quorn is cooked add the 2 tablespoons of tomato puree and stir well. Once thickened add the yogurt and stir well.
7. Remove from the heat and add half of the coriander leaves and stir through.
8. Serve with 120g or 6 tablespoons of boiled rice per person cooked as to manufacturer's instructions, and the remaining coriander leaves scattered over the top.

Quick Thai Green Curry

Serves 4

Ingredients

2 teaspoons vegetable oil

3 tablespoons green curry paste

400ml reduced fat coconut milk

400g chicken breast sliced in to strips

Vegetables of your choice e.g. baby sweetcorn, mangetout and sliced peppers

Lime juice

Coriander leaves

To serve

Rice of choice

Method

1. Put a large saucepan or frying pan on a medium heat and add the vegetable oil.
2. Add the green curry paste and fry gently for a couple of minutes.
3. Pour the can of coconut milk in to the pan and stir thoroughly to mix.
4. Add the sliced chicken breast to the sauce and allow to simmer for 10 minutes.
5. After 10 minutes add veg of choice such as baby sweetcorn, sliced peppers and mangetout, stir well and cook for a further 5 minutes or until chicken is cooked through.
6. Add the juice of one lime to the sauce and stir in.
7. Serve with rice of choice.





Thai Red Vegetable Curry

Serves 4

Ingredients

1 to 2 tablespoons red Thai curry paste (depending on taste)

500ml low salt vegetable stock

2 onions – peeled and chopped

2 peppers sliced

100g red lentils

200ml can reduced-fat coconut milk

140g frozen peas

More vegetables can be added if you wish e.g. diced aubergine, chopped spinach

To serve

Rice of choice

Method

1. Heat the curry paste in a large non-stick saucepan with a splash of the stock.
2. Add the onions and fry for 5 minutes until starting to soften.
3. Add the lentils, coconut milk and the rest of the stock, and simmer for 15 minutes or until the lentils are tender.
4. Add the peppers and cook for 5-10 minutes more.
5. Add the frozen peas and other vegetables of your choice and cook for approximately 5-10 minutes more, or until the vegetables are cooked.

Chicken Chow Mein Noodles

Serves 4

Ingredients

2 skinless chicken breasts - sliced

300g medium dried egg noodles

Bag of mixed stir fry vegetables – about 320g

8 spring onions – sliced

2 garlic cloves crushed or 2 teaspoons garlic puree or powder

1 teaspoon of Chinese 5 spice powder

2 tablespoons reduced salt soy sauce

Low fat cooking spray

Method

1. Mix the soy sauce, garlic and 5 spice powder in a bowl, then add the chicken and coat evenly. Leave to marinate for about 20 minutes.
2. In the meantime, cook the noodles according to the packet instructions then drain.
3. Spray a large non-stick frying pan or wok with the cooking spray, add the chicken and stir fry on medium to high heat for 4 – 5 minutes.
4. Add the vegetables and spring onions and stir fry for another 4 – 5 minutes.
5. Add the noodles (and a little more soy sauce if required), toss together and stir fry for an extra few minutes to let all the flavours combine together.

Variation

To make vegetable chow mein noodles, omit the chicken and add extra vegetables such as sliced peppers, mangetout, water chestnuts etc.



Easy Egg Fried Rice

Serves 2

Ingredients

2 teaspoons vegetable oil

1 small fresh chilli, deseeded and finely chopped

1 small green pepper, deseeded and diced

3 spring onions finely chopped

175g cooked long grain rice (preferably cold)

80g frozen peas

80g bean sprouts

2 eggs, beaten

2 teaspoons reduced salt soy sauce

Black pepper to taste

Method

1. Heat a large non-stick frying pan or wok with the vegetable oil.
2. Add the green chilli, green pepper and spring onions and stir over a medium high heat for 2-3 minutes.
3. Add rice, peas and beansprouts and stir fry for 3-4 minutes until the rice is piping hot. Add the beaten eggs and stir fry for 1-2 minutes until the egg is cooked. Stir in soy sauce and black pepper.
4. Serve on its own or with a grilled chicken breast and a salad.





Caribbean Jerk Chicken

Serves 3

This recipe works best if you allow 3-4 hours' time to marinate the chicken, or overnight.

Ingredients

6 skinless chicken drumsticks or skinless chicken thighs

1 tablespoon jerk seasoning

1 tablespoon tomato puree

1 garlic clove crushed or 1 teaspoon garlic puree

1½ teaspoons reduced salt soy sauce

Ground black pepper to season

1 Scotch Bonnet chilli, deseeded and chopped – optional

Method

1. Put the chicken, jerk seasoning, tomato purée, garlic, black pepper, chilli (if using) and soy sauce into a food bag, seal and shake to mix well. Marinate in the fridge for 3 - 4 hours, or overnight if you can.
2. Preheat oven to 180°C.
3. Line a baking tray with non-stick foil paper or alternatively spray baking tray with low calorie cooking spray.
4. Place the chicken on the tray spreading over the chicken any marinating juice remaining in the bag.
5. Cook for approximately 30 - 40 minutes, or until chicken is cooked through.

Serve with boiled rice and vegetables/salad. Goes well with Caribbean rice and peas (see next recipe).

Caribbean Rice and Peas

Serve rice and peas with Caribbean-style jerk chicken, or other barbecued meats. The 'peas' are actually kidney beans.

Serves 5

Ingredients

400g can kidney beans - rinsed and drained

400ml can low-fat coconut milk

½ teaspoon dried thyme

½ teaspoon ground allspice

6 spring onions - sliced

200g long grain rice, or preferred make

Method

1. Put the beans, coconut milk, thyme, allspice, 4 of the spring onions and 100ml water in a saucepan, and bring to a simmer. Season with salt and black pepper.
2. Rinse the rice a few times in a sieve until the water runs clear.
3. Tip into the saucepan and simmer for 10 minutes over a medium heat, stirring occasionally, before lowering the heat. Put the lid on and cook for another 5 mins until the grains are tender and the liquid has been absorbed. Fluff up the rice with a fork before serving and scatter with the reserved spring onions.



Lamb and Vegetable Samosas

Makes 6

Ingredients

Vegetable oil (to glaze)

1 medium potato – peeled and diced into small cubes

1 medium carrot – peeled and diced into small cubes

50g frozen peas

1 small pepper – deseeded and finely chopped

1 small onion – finely chopped

1 clove garlic crushed or 1 teaspoon garlic puree

100g lean lamb mince

2 tablespoons medium curry powder

3 sheets filo pastry

Method

1. Preheat the oven to 170°C or gas mark 5. Line a baking tray with greaseproof paper.
2. Boil chopped carrots and potatoes gently over a medium heat until soft and cooked, drain any excess water. Cook the frozen peas separately. Mix all the vegetables in a bowl.
3. Place the mince, onions, pepper and garlic in the frying pan on a medium heat and stir gently. There is no need to add oil as there is fat in the mince.
4. When the mince is browned all over add the curry powder, potato, carrot and peas. Stir everything together, until lightly coated with the curry powder. This will be your filling for the samosas.
5. Cut each pastry sheet into half lengthways to make 6 strips.
6. Put a spoonful of the filling in the centre of the pastry sheet. Fold one corner of the pastry strip over the filling to make a triangle shape. Continue to fold the pastry, making triangle shapes.
7. Brush the triangle lightly with oil and place on the baking tray. Continue until all the samosas are made.
8. Bake for 15 minutes until the pastry is crispy and lightly browned.

Tip: Be gentle with the pastry as it is very fragile. Only use a little oil to brush the samosas.

Variations:

- Omit the lamb mince for a vegetable samosa
- Swap the lamb mince for Quorn mince or chicken cut into very small pieces.



Homemade fish and chips

Serves 2

Ingredients

180g potatoes

280g white fish fillet (cod, coley or pollock)

60g breadcrumbs or 2 slices of stale bread grated

60g flour (plain or self raising)

1 egg

Low calorie cooking spray

Lemon (optional)

Method

1. Preheat the oven to Gas Mark 7/200°C
2. Wash or peel the potatoes and cut into medium sized chips.
3. Put the chips in a saucepan and carefully add enough water to cover the chips and place on hob. Once boiling turn down the heat and allow to cook for about 8 minutes.
4. While the potatoes are cooking use a grater to turn the bread into breadcrumbs. Place the breadcrumb mixture on a plate and spread it out.
5. Beat the egg in a cup and tip onto another plate.
6. Turn off the heat on the saucepan and drain the water either with a slotted spoon or a colander.
7. Gently spread the chips onto a baking tray (you can use grease proof paper if you want.) And spray with a low fat oil spray. Put to one side.
8. Put the flour into a clean plastic bag and add the fish, shaking to coat the fish evenly.
9. Dip the fish in to the egg and then in to bread crumb mixture turning it to evenly cover the fish and place onto a non-stick baking tray.
10. Place the tray with the fish on the middle shelf and the chips on the top shelf and cook for 20-25 minutes.

11. While the fish and chips are cooking either heat up some mushy peas or prepare a salad.
12. Once ready serve with a slice of fresh lemon to squeeze of the fish.



Quick pizza

A good quick and tasty way to use up stale bread, bits of left over veg such as mushrooms and onions, as well as tuna or ham that need using.

Ingredients

Bread - can be stale baguette, stottie, bread buns or thick crusts from the end of a loaf of bread. Alternatively buy a ready made plain pizza base.

Cheese - Choose a lower fat option such as half fat cheddar or something like Edam.

Tomato - could be puree, tinned, passata or fresh tomatoes chopped or sliced.

Vegetables - Mushroom, pepper, onion, sweet corn (whatever you have in the fridge).

Ham or tuna (optional).

Garlic, ½ teaspoon or paste, puree or powder.

Herbs or chilli powder a sprinkle to taste.

Method

1. Cut the bread or bagel in to thick slices.
2. Spread the passata, tomatoes or the puree on to the base.
3. Add 30g of grated cheese sprinkled evenly over the passata.
4. Add your vegetable toppings and any meat you are adding.
5. Sprinkle the herbs or the chilli powder over the top.
6. Place in the oven for about 10 minutes until crisp (or as per cooking instructions for the pizza base) cooking instructions for the pizza base).



Homemade Doner Kebab

Serves 4

Ingredients

1 teaspoon rapeseed oil

400g lean lamb mince

2 cloves of garlic crushed (or 2 teaspoons of garlic puree)

1 teaspoon ground cumin

1 teaspoon ground coriander

1/2 teaspoon onion powder

1/2 teaspoon smoked paprika

Pinch of salt

1/2 teaspoon black pepper

To serve

4 wholemeal or white pittas

1/2 iceberg lettuce

1/4 red cabbage

1/2 red onion

2 tablespoons chilli sauce

4 tablespoons low fat plain yogurt

Pickled chillies (optional)

Method

1. Preheat an oven to 200°C/180°C Fan/Gas 6.
2. Brush the oil on the inside of a 1kg / 2lb loaf tin.
3. Tip the mince in to a large bowl and add the garlic, spices and pepper and mix your hands until smooth.
4. Press in to the loaf tin and bake for 20mins.
5. While baking shred the lettuce and red cabbage as finely as able and thinly slice the red onion.

6. After 20 minutes remove from oven and place at side to cool.
7. Meanwhile place the pitta breads in the oven and warm for 5 minutes.
8. Turn the meat out of the tin and slice the meat lengthways into thin strips.
9. Open up a pocket in the Pitta bread pile in the salad, meat and chilli sauce and yogurt.



Falafel Pittas

Goes well with cucumber raita (recipe below).

Serves 4

Ingredients

400g can of chickpeas

2 spring onions finely chopped

2 cloves garlic crushed or 2 teaspoons garlic puree

1 teaspoon ground cumin

¼ teaspoon chilli powder – optional

1 teaspoon ground coriander

2 tablespoons plain flour

Ground black pepper – optional

4 wholemeal or white pitta breads and salad of choice e.g. lettuce, grated carrots, sliced tomatoes etc.

Method

1. Preheat the oven to 200°C/180°C Fan or Gas Mark 6.
2. Lightly grease a baking tray with vegetable oil using a pastry brush.
3. Drain the chickpeas in a colander and wash them under a cold tap.
4. Place the onions, garlic, spices, herbs and chickpeas into a mixing bowl and mash to a paste with the potato masher.
5. Add the flour and black pepper (if using) then mix well with a metal spoon.
6. Shape the mixture into balls about the size of a golf ball and flatten slightly before placing on the baking tray. Try to make 12.
7. Bake for 20 minutes, turning the falafels over with a spatula after 10 minutes.
8. Once the falafels are cooked, remove from the oven and place on a stand. Place the pitta breads onto a baking tray and heat in the oven for 2 minutes.
9. Place the salad and 3 falafels into each pitta bread.
10. Drizzle with Cucumber Raita (recipe below)

For a quicker alternative: you can buy ready to bake falafels (with chickpeas and spices). Pay attention to packaging for fat and salt content.

Cucumber Raita

Makes 8 servings

Ingredients

½ cucumber – chopped as finely as possible

1 small onion – chopped as finely as possible

5 mint leaves – chopped finely

1 small lemon (juice only)

200g low-fat natural yoghurt

Optional – ground cumin and chilli powder

Method

1. Scoop the natural yoghurt into a bowl, mix in 1 tablespoon of lemon juice, chopped cucumber, onion and mint. Stir well.
2. Add 1 teaspoon of ground cumin for a spicy taste.
3. If you like hot food, add 1 teaspoon of chilli powder.



How does a home cooked fake away compare to a shop bought version or a take away meal?

Please see below to find out how your fakeaway meal may compare to a shop bought or takeaway version, bearing in mind there will be variability amongst these meals.

Food	Kcal	Fat	Saturated Fat	Salt
Fish and chips				
Fakeaway	430 kcal	4.7g	1.1g	0.7g
Shop bought	541 kcal	20g	3g	1.2g
Takeaway	946 kcal	46g	14g	0.8g
Chicken Tikka Masala				
Fakeaway	430 kcal	4.7g	1.2g	0.5g
Shop bought	605 kcal	25g	10.6g	2.1g
Takeaway	780 kcal	38g	12g	4g
Quick Pizza				
Fakeaway	377 kcal	8.4g	1.9g	1.7g
Shop bought	728 kcal	24g	11g	2.8g
Takeaway	816 kcal	33g	13g	3.5g
Doner Kebab				
Fakeaway	320 kcal	16g	6.5g	1.1g
Shop bought	806 kcal	46g	18g	5.4g
Takeaway	850 kcal	51g	24g	5g
Thai Green Curry				
Fakeaway	385 kcal	13g	7g	1g
Shop bought	477 kcal	15.5g	7g	1.9g
Takeaway	770 kcal	31g	18.g	4.8g

Egg Fried Rice				
Fakeaway	276 kcal	5.1g	1.7g	0.2g
Shop bought	446 kcal	10g	1.9g	1.1g
Takeaway	502 kcal	13g	1.9g	2.8g
Thai Red Vegetable Curry with Rice				
Fake away	348 kcal	5.3g	3.5g	0.1g
Shop bought	396 kcal	11.6g	3.6g	1.8g
Takeaway	660 kcal	39g	19g	6.8g
Chicken Chow Mein				
Fake away	415 kcal	3.5g	1.2g	2.1g
Shop bought	445 kcal	11g	1.5g	3g
Takeaway	515 kcal	25g	4g	4.1g
Caribbean Jerk Chicken				
Fake away	235 kcal	6.1g	1.5g	1.2g
Shop bought	330 kcal	14g	2g	1.2g
Caribbean Rice and Peas				
Fake away	254 kcal	7g	5.3g	0.1g
Shop bought	314 kcal	17g	8g	1.5g
Lamb and Vegetable Samosas				
Fake away	135 kcal	3.5g	1.1g	0.3g
Shop bought	306 kcal	16g	2.1g	1.3g
Takeaway	300 kcal	19g	5g	1.1g
Falafel Pittas with Dressing				
Fake away	328 kcal	4.3g	0.6g	0.9g
Shop bought	580 kcal	21g	2.2g	3.5g
Takeaway	624 kcal	32g	4.7g	3.6g

