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Recipe name: Sterling's Special Fruit Smoothie

Serves: 4 people

Preparation time: 5-10 mins

Cooking time: None

Starting line-up (*ingredients*):

Watermelon, banana, kiwi, strawberries, raspberries, blueberries, oranges, milk, ice cubes



Warm-up (*preparation*):

Peel and chop fruit into small pieces



Game plan (*method to make*):

1. Place all fruit into a mixing bowl
2. Add to blender and blend until smooth
3. Add Milk and ice cubes
4. Blend again until smooth and thick



Substitutes

Use other fruits of choice as alternate options

Dairy intolerance – use lactose free milk (soya) or protein powder

Nutritional benefits:

Watermelon - hydration, vitamin A, C, B1, B5, B6. Banana - vitamin C, carbohydrate for energy, fibre for healthy gut. Kiwis - folate, potassium, vitamin C, K, E (super fruit), Strawberries - folate, potassium

Blueberries - vitamin K, C, magnesium

Raspberries - vitamin C, magnesium

Oranges - vitamin C, protects immune system

Milk - protein and calcium

Each serving provides 157k kcal per person, 128g carbohydrates, 16g protein, 6g fats



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Recipe name: Tessa Wullaert's Toasties

Serves: 2 people

Preparation time: 5 mins

Cooking time: 5 mins

Starting line-up (*ingredients*):

Bread, 2x tbsp tomato paste, 50g mozzarella, butter, pepperoni, chicken, ham



Warm-up (*preparation*):

Rip mozzarella or grate cheese, shred or chop ham, chicken or pepperoni



Game plan (*method to make*):

1. Spread the tomato sauce on 2x slices of bread
2. Scatter torn or grated cheese and a few torn basil leaves over one slice and then add any meat
3. Top with the other slice of bread and then butter the outside of the sandwich
4. Cook in a hot pan, weighed down by another heavy pan for 2-3 minutes each side until the outside is crisp and the cheese has melted
5. Top with a few whole basil leaves and serve



Substitutes

Gluten intolerance – gluten free bread

Lactose intolerance – lactose free cheese

Change meat for Quorn

Add vegetables e.g. sweetcorn, onions or peppers or use real tomatoes in place of paste

Nutritional benefits:

Ham, turkey, quorn, cheese - protein

Tomatoes - vitamin C, K, potassium, folate - can help reduce heart disease

Each serving provides 268k kcal per person, 37g carbohydrates, 26g protein, 31g fats



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Recipe name: Agueros Avocados

Serves: 2 people

Preparation time: 10 mins

Cooking time: 10 mins

Starting line-up (*ingredients*):

Tortilla wraps, cheese, tomatoes, avocados, basil leaves, garlic cloves, lime, salt, cooking spray



Warm-up (*preparation*):

None



Game plan (*method to make*):

1. Add all the pesto ingredients into a blender and blend until creamy (avocados, basil leaves, garlic cloves, squeeze of lime, sprinkle of salt)
2. Heat pan and spray with cooking spray
3. Spread half of a tortilla with 2-3 tablespoons of pesto and then top with sliced tomatoes and a handful of shredded cheese
4. Cook quesadilla for 2-3 minutes on each side until tortilla is browned and cheese is melted



Substitutes

Tomatoes for beetroot, courgettes, pickle

Gluten free – gluten free wraps

Dairy intolerance – lactose free cheese

Add herbs or spices for extra flavour

Nutritional benefits:

Tortillas - fibre

Cheese - protein & vitamin B12

Tomatoes - vitamin C, K, potassium & folate

Avocado - vitamin K, C, B5, B6, E

Basil - vitamin K

Garlic - good for the heart

Lime - helps digestion

Each serving provides 334 kcal per person, 18g protein, 75g carbohydrates, 33g fat



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Recipe name: Bernardo's Breakfast Wraps

Serves: 2 people

Preparation time: 10 mins

Cooking time: 10 mins

Starting line-up (*ingredients*):

3x large eggs, 2x medium tortilla wraps (whole wheat), 1x red pepper, 1x teaspoon olive oil, drop of water



Warm-up (*preparation*):

Chop up pepper, whisk together eggs and water



Game plan (*method to make*):

1. Add oil to a medium pan and heat
2. Add pepper to the pan and cook for 1-2 minutes, then remove from pan
3. Add the whisked eggs and water to same pan, cook but do not scramble
4. Move eggs inward until cooked through, then flip so you have a large "fried egg"
5. Cut into quarters; place one section of egg onto each tortilla, add peppers, then roll up



Substitutes

Peppers for courgettes

Gluten intolerance – gluten free wraps

More vegetables e.g. fresh tomatoes

Add herbs and spices for extra flavour

Nutritional benefits:

Eggs - protein

Tortilla wraps - fibre which lowers risk of type 2 diabetes and strokes

Red pepper - sources of vitamin A, C, folate

Each serving provides 238 kcal per person, 26g protein, 48g carbohydrates, 20g fat



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Recipe name: Cancelo's Carrot and Coriander Soup

Serves: 4 people

Preparation time: 10 mins

Cooking time: 30 mins

Starting line-up (*ingredients*):

500g carrots, 1 potato, 1 onion, 12g coriander, 1 litre vegetable stock, olive oil



Warm-up (*preparation*):

Chop onions, carrots, coriander and potato into small pieces



Game plan (*method to make*):

1. Heat oil in pan and add the onions, potatoes and carrots – cook until onions brown and potato and carrots become a little soft
2. Follow instructions on vegetable stock to create 1 litre of stock
3. Add stock, bring pan to the boil and let simmer
4. Add coriander and cook for two minutes
5. Blend until smooth and serve



Substitutes

Replace olive oil for calorie control spray – save over 100 kcal per tbsp of oil

Add more vegetables e.g. lentils/beans - protein source

Herbs & spices for extra flavour

Nutritional benefits:

Carrots and potato – good source of fibre

Vegetable stock - contains lower sodium

Coriander - contains twice as much vitamin C as an orange

Each serving provides 105 kcal per person, 9g protein, 80g carbohydrates, 7g fat



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Recipe name: David Silva's Cheese and Ham Omelette

Serves: 2 people

Preparation time: 15 mins

Cooking time: 20 mins

Starting line-up (*ingredients*):

3 eggs, 10g unsalted butter, 30g cheddar, 1 thick slice of ham, salt and pepper



Warm-up (*preparation*):

Grate cheese, chop ham



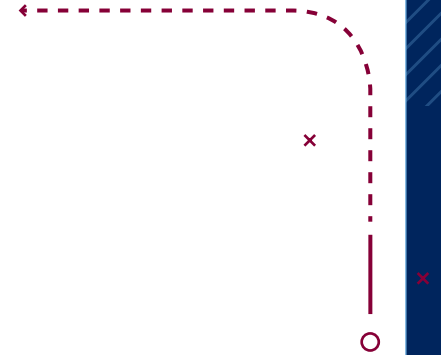
Game plan (*method to make*):

1. Beat the eggs in a mixing bowl and season with salt and pepper. Heat butter in a frying pan until foaming. Pour in the eggs and cook for a few seconds, until the bottom of the omelette is lightly set
2. Put the cheese and three-quarters of the ham in the centre of the omelette and cook until the cheese has melted
3. Increase the heat to high and cook the omelette for a further 30 seconds, or until it browns on the bottom. Fold the omelette in half, then remove the pan from the heat and tilt it slightly to move the omelette to the edge of the pan
4. Slide the omelette onto a serving plate, then shape it into a neat roll. Sprinkle over the remaining ham



Substitutes

Peppers, tomatoes, onions, mushrooms, any meat



Nutritional benefits:

Eggs - protein

Butter - promotes vitamin transport

Cheese - calcium

Ham - protein

Each serving provides 492 kcal, 39g protein, 0g carbohydrates (of which 0g sugars), 37g fat (of which 17g saturates), 0g fibre and 3.3g salt



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Recipe name: De Bruyne's Veggie Fajitas

Serves: 4 people

Preparation time: 10 mins

Cooking time: 15 mins

Starting line-up (*ingredients*):

Quorn pieces, tortilla wraps, red pepper, garlic clove, onion, 1 tbsp olive oil, 2 tbsp mild chilli powder



Warm-up (*preparation*):

Chop onion, garlic and pepper. Mix chilli powder, garlic, onion, pepper and oil together



Game plan (*method to make*):

1. Heat the pan
2. Add the veg and oil mixture to the pan
3. Add the Quorn chicken pieces to the pan and ensure they are cooked through
4. Heat up wrap on the pan for 30 seconds
5. Add the mixture to the wrap and add salsa/lighter than light mayonnaise



Substitutes

Salsa could be swapped for low fat yogurt

Gluten intolerance – gluten free wraps

Dairy allergy – dairy free yogurt

Add more vegetables e.g. sweetcorn

Add small amounts of cheese

Nutritional benefits:

Quorn Chicken – great source of protein

Whole meal tortilla – slower energy release than white

Red pepper – vitamin C

Each serving provides 270k kcal per person, 157g carbohydrates, 77g protein, 16g fats



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Recipe name: Ellen White's Protein and Cheddar Pinwheels

Serves: 2 people

Preparation time: 5-10 mins

Cooking time: None

Starting line-up (*ingredients*):

2x tortilla wraps, 4x ham/turkey/quorn slices, grated cheese, 2x lettuce leaves or 2x tbsp coleslaw



Warm-up (*preparation*):

Grate cheese, split Lettuce



Game plan (*method to make*):

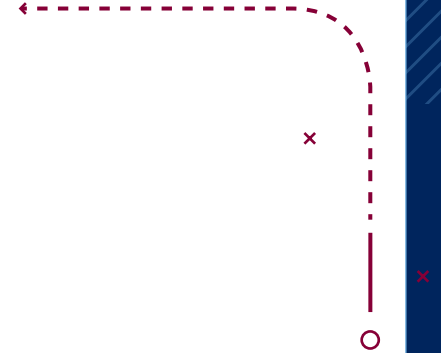
1. Roll out tortilla wrap
2. Place 2 leaves of lettuce on the wrap or spread the coleslaw
3. Place either 2 slices of ham, turkey or Quorn over the lettuce
4. Spread the grated cheese over the slices
5. Roll the wrap up
6. Cut in 2 or 4 sections depending on preferred size



Substitutes

Gluten intolerance – gluten free wraps

Use mayo for sauce



Nutritional benefits:

Ham, turkey, Quorn, cheese - protein

Tortilla wraps - fibre and lower risk of type 2 diabetes and strokes

Each serving provides 179k kcal per person, 144g carbohydrates, 44g protein, 28g fats



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Recipe name: Fernandinho's Falafel Burgers

Serves: 4 people

Preparation time: 20 mins

Cooking time: 15 mins

Starting line-up (*ingredients*):

250g chickpeas, onion, garlic cloves, coriander, cumin, parsley, 2 tbsp oats, olive oil, hummus, buns



Warm-up (*preparation*):

Finely chop onion, crush garlic clove, grind coriander and cumin, chop parsley



Game plan (*method to make*):

1. Drain, rinse and dry the chickpeas thoroughly, then tip into the bowl of a food processor. Pulse until lightly broken up into coarse crumbs
2. Add the onion, garlic, spices, parsley, oats and some seasoning, and continue to pulse until combined. Using your hands, gently form the mixture into 4 patties about 10cm in diameter and 2cm thick
3. In a large pan, heat the oil and fry the falafels on each side for 2-3 mins or until golden. Lightly griddle the burger buns on the cut side in a griddle pan, or toast under the grill
4. Spread one side of each bun with hummus, top with a falafel burger, add a handful of watercress, then pop the remaining bun half on top



Substitutes

Swap hummus for lentils

Use canned new potatoes instead of oats

Gluten intolerance – gluten free buns

Add small amounts of cheese

Nutritional benefits:

Chickpeas – great source of protein

Whole meal buns – slower energy release than white

Coriander - contains twice as much vitamin C as an orange

Each serving provides 318k kcal, 26g carbohydrates, 34g protein, 9g fats



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Recipe name: Georgia Stanways Chicken Fajitas

Serves: 4 people

Preparation time: 10 mins

Cooking time: 15 mins

Starting line-up (*ingredients*):

2x chicken breast, 4x tortilla wraps, red pepper, garlic clove, onion, olive oil, mild chilli powder, salsa



Warm-up (*preparation*):

Chop onion, garlic and pepper. Dice chicken breast into small pieces. Mix chilli powder & chicken together



Game plan (*method to make*):

1. Heat oil into pan
2. Add the seasoned chicken breast and cook until no longer pink. Add peppers and onion until both turn tender and soft
3. Heat up wrap on the pan for 30 seconds
4. Add the mixture to the wrap and add salsa



Substitutes

Salsa could be swapped for low fat yogurt or mayonnaise

Chicken could be swapped for turkey or vegetarian/vegan alternatives for meat

Gluten intolerance – gluten free wraps

Dairy allergy – dairy free yogurt

More vegetables e.g. sweetcorn

Add small amounts of cheese

Nutritional benefits:

Chicken – great source of protein

Whole meal tortilla – slower energy release than white

Red pepper – vitamin C

Each serving provides 270 kcal per person, 77g protein, 157g carbohydrates, 16g fat



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Recipe name: Jill Scott's Veggie Stirfry

Serves: 4 people

Preparation time: 10 mins

Cooking time: 20 mins

Starting line-up (*ingredients*):

Onion, peppers, broccoli, bean sprouts, carrot, green beans, garlic, noodles, Quorn chicken, Stir fry sauce



Warm-up (*preparation*):

Chop onion, peppers and carrots



Game plan (*method to make*):

1. Heat the oil in a pan and fry the onion and garlic for 3 minutes. Add the peppers and fry for 3 minutes more
2. Add the broccoli, carrot, green beans, bean sprouts and Quorn pieces and continue to fry for a further 5 minutes
3. Using a wooden spoon, make a space in the centre of the stir-fried mix so that the base of the pan is visible
4. Pour in the sauce and bring to the boil, stirring all the time until it starts to thicken. Toss the vegetables to coat thoroughly with the sauce



Substitutes

Alternative vegetables could be used for different textures and taste

Gluten intolerance – Gluten free noodles

Add herbs and spices for extra flavour

Nutritional benefits:

Mixed peppers - vitamin A and C, potassium, folic acid and fibre

Broccoli - vitamin K and calcium, bean sprouts - protein and fibre

Carrot - vitamin A, antioxidants

Green Beans - fibre (soluble fibre helps reduce bad cholesterol)

Garlic clove - good for the heart

Noodles - carbohydrate

Quorn Chicken pieces = Protein from non-meat source

Each serving provides 174 kcal per person, 33g protein, 105g carbohydrates, 16g fat



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Recipe name: Mendy's Minestrone Soup

Serves: 2 people

Preparation time: 20 mins

Cooking time: 30 mins

Starting line-up (*ingredients*):

Olive oil, onion, carrots, celery, garlic cloves, tomato puree, tinned tomatoes, vegetable stock, spaghetti



Warm-up (*preparation*):

Chop carrots, onions, celery and garlic. Break spaghetti into short lengths



Game plan (*method to make*):

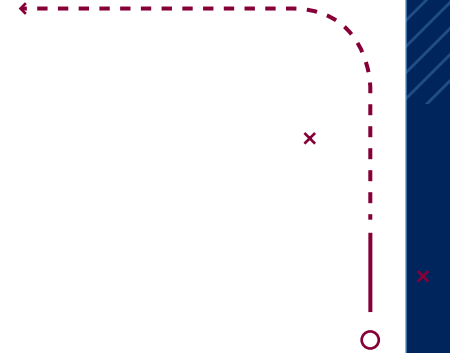
1. Heat the olive oil in a large lidded saucepan over a medium heat. Add the onion, carrots and celery, season with a little salt and pepper and cook for about 10 minutes, stirring occasionally until the vegetables have softened
2. Add the garlic and fry for another minute. Stir in the tomato puree and cook for a further three minutes
3. Tip in the tomatoes and stock. Cover with a lid and bring slowly to the boil. Reduce the heat to a simmer and cook for 15 minutes
4. Add the beans and spaghetti and cook for a further 10 minutes, or until the pasta is cooked. If the soup is too thick, add some hot water to reach your preferred consistency. Season to taste with salt and pepper



Substitutes

Change the type of pasta used

Add herbs and spices for extra flavour



Nutritional benefits:

Carrots – vitamin A to help eye sight

Spaghetti – carbohydrates for energy

Each serving provides 180 calories per person, 24g of carbohydrates, 4g of fat and 13g of protein



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Recipe name: Otamendi's Overnight Oats

Serves: 1 person

Preparation time: 5 mins

Cooking time: 5 mins

Starting line-up (*ingredients*):

Oats (4 tbsp), vanilla Alpro yogurt (4 tbsp), mixed berries, honey



Warm-up (*preparation*):

None



Game plan (*method to make*):

1. Mix oats and yogurt together and add half of the mix to the pot
2. Chop fruit and add layer to the pot
3. Add remaining mixture on top of the pot
4. Leave in fridge overnight



Substitutes

Berries out, mixed for other fruit e.g. banana or apples – for taste/texture

Dairy intolerance – dairy free yogurt (Alpro)

Nutritional benefits:

Oats – contains carbohydrates which gives energy and can help control blood sugar level reducing the risk of developing type 2 diabetes. It also contains fibre which promotes a healthy gut

Mixed berries – vitamin A, C, K & E which all keep our eyes, bones, internal organs and immune system healthy

Each serving provides 370 kcal per person, 28g protein, 128g carbohydrates, 13g fat



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Recipe name: Phil Fodens Fish Cakes

Serves: 4 people

Preparation time: 20 mins

Cooking time: 10 mins

Starting line-up (*ingredients*):

550g tin new potatoes, 120g tin salmon/tuna, 1 onion, 1 pepper, wholemeal flour, olive oil, lemon, parsley



Warm-up (*preparation*):

Chop up onions, pepper and parsley into small (diced sized) pieces, drain salmon/tuna tin



Game plan (*method to make*):

1. Pour potatoes (with juice) into a pan and fry until water evaporates and potatoes become soft and brown.
Fry onion and peppers until cooked and soft
2. Mash potatoes and salmon/tuna together and then add the onions, peppers and parsley into the mix.
Squeeze lemon into the mixing bowl and add a little bit of zest
3. Mix together and then shape fish cakes using floured hands (add breadcrumb layer to both sides of the fish cake)
4. Heat oil in the pan and fry half the fish cakes for 3-4 minutes on each side until golden brown (repeat)



Substitutes

Salmon could be replaced by tuna, cod or other types of fish

Vegetarians/vegan - use alternatives for meat

Gluten intolerance - gluten free flour

More vegetables e.g. fresh tomatoes

Add herbs and spices for extra flavour

Nutritional benefits:

Potatoes – slower release of energy

Salmon – very high in Omega 3 (essential fatty acid)

Lemon and Pepper – vitamin A, B and C

Each serving provides 158 kcal per person, 35g protein, 107g carbohydrates, 7g fat



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Recipe name: Steph Houghton's Spicy Turkey Burgers

Serves: 4 people

Preparation time: 20 mins

Cooking time: 15 mins

Starting line-up (*ingredients*):

500g turkey-mince, red onion, garlic clove, curry powder, coriander, egg, olive oil, burger buns, chutney



Warm-up (*preparation*):

Grate onion, crush garlic clove



Game plan (*method to make*):

1. In a large bowl, mix together the turkey mince, onion, garlic, curry powder, coriander and egg yolk with a little salt and pepper
2. Combine well with your hands, then shape into 4 flat burger patties
3. Heat the oil in a frying pan over a high heat, then cook the burgers for 5 minutes each side or until cooked through
4. Place the salad on the bottom halves of the buns, then top with the burgers and chutney



Substitutes

Chicken/low fat beef mince

Vegetarian/vegan alternative recipe

Chutney could be swapped for low fat yogurt or mayonnaise

Gluten intolerance – gluten free buns

Add small amounts of cheese

Nutritional benefits:

Turkey – great source of protein

Whole meal buns – slower energy release than white

Coriander - contains twice as much vitamin C as an orange

Garlic clove - good for the heart

Each serving provides 318k kcal, 26g carbohydrates, 34g protein, 9g fats



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