

# Family Fun Recipes & Activities

Welcome to our new activity sheets! During these difficult times of Covid 19 we are here to offer weekly family recipe ideas and food activities you can do at home with just a few ingredients and storecupboard items. Please do share with us any of your creations on our Facebook page: Growing Local Hereford or Twitter @growinglocalhq. Or email your feedback, ideas, pictures or foodie questions to [louisa@growinglocal.org.uk](mailto:louisa@growinglocal.org.uk).

Keep calm and carry on cooking, Louisa from Growing Local x

## Tuna & Sweetcorn Fishcakes

Fishcakes are tasty, easy and fun to make, and can be made mainly from tinned ingredients! These also have a few veggies in to make them more colourful and healthier.

### To make 8 large fishcakes:

- 1 tin Tuna, drained
- 1 tin Potatoes, drained (about 240g OR equivalent in cooked fresh potatoes)
- 2/3rds tin Sweetcorn or Carrots or Peas or a mixture of all of them (about 180g in total - or you could use defrosted frozen veg or cooked fresh veg)
- 75g Cheddar Cheese or similar, leave out if you don't have it
- Salt & Pepper
- 3 heaped tablespoons Breadcrumbs, you can use shop bought or make your own by grating dry leftover bread
- Cooking Oil - any

1. Mash the potatoes with a potato masher or the back of a fork.
2. Grate the cheese if using.
3. Place the breadcrumbs on a plate in or a bowl.
4. Mix together the drained tuna, mashed potato, veggies and cheese (if using) and a pinch of salt & pepper in a large bowl.
5. Shape the mixture into 8 even sized patties, by making into a ball then flattening a little. Press and roll each fishcake in the breadcrumbs. Place them on a plate and in the fridge until you are ready to cook them.
6. Pour a fine layer of cooking oil into the bottom of a frying pan and heat on a medium heat. When the oil is hot carefully place your fishcakes in the oil. You'll probably have to fry them in a couple of batches.
7. Fry on both sides until golden brown all over. Drain on kitchen paper and serve.

**The fishcakes are delicious served with baked beans, homemade potato wedges, salad or more veggies on the side!**



## Fluffy Fruity Pancakes

- 2 tsp Butter or Baking Block
- 150g Self Raising Flour
- 1 tsp Bicarbonate of Soda
- 1 tbsp Sugar
- 100ml Milk
- 2 Eggs
- 100g Tinned, Frozen or Fresh Fruit i.e sliced tinned peaches, sliced fresh bananas, frozen blueberries/blackberries, mixed tinned fruit all work brilliantly
- Oil, for greasing
- Golden Syrup, Honey, Sugar and more Fruit to serve



1. First pop the butter in a microwave-proof dish and melt for a few seconds. Set to one side.
2. Pour the flour, bicarb and sugar into a bowl and mix well to combine. Make a well (a big wide dent) in the middle of the dry ingredients and pour in the milk and melted butter. Crack in the eggs and mix it all together to make your pancake mix.
3. Grab a frying pan, preferably a non-stick one, and brush it with a little oil. Bring it to a high heat for a minute to warm the pan through, but don't let the oil start smoking, so watch it. Reduce the heat to medium, and dollop in large spoons of the pancake mixture and spread with the spoon into a small circle. Quickly drop on the top of each some pieces of fruit. Cook for about 1 minute and then, using a spatula, gently turn each over.
4. Repeat until all of the pancake batter is used up.  
**Serve warm with more fruit, golden syrup, honey or a sprinkling of sugar. Yogurt is lovely too.**



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## SNACK ATTACK! The Carrot Stick Dip Challenge

**CHALLENGE** yourselves to design and make a tasty dip to eat with carrot sticks!

Raid your store cupboard and fridge for inspiration. You could try using a mixture of any of these ingredients:

creme cheese   mayo   tommie sauce   tinned tomatoes,  
natural yogurt   lemon juice   sour cream   tuna  
Worcester sauce   grated cheese   mustard   dried herbs  
spices   sweet chilli sauce   salt   ground pepper

**Go Get Creative!**

**Don't forget to give your dip a name and remember the ingredients used so can recreate it again!**



Carrots are an excellent source of vitamin A, providing more than 200% of your daily requirement in just one carrot. Carrots are loaded with beta-carotene, a natural chemical that the body changes into vitamin A. The deeper orange the carrot, the more beta-carotene you're getting.



## LET'S GET DIPPY!

### What's a Dip?

A thick sauce in which pieces of food are dipped in before eating. Dips you may have heard of are hummus, guacamole, tzatziki, sour cream & chive, tomato salsa

### What else can you use to 'dip'?

Raw Salads, Veggies & Fruit: Carrots, Cucumber, Broccoli, Mushrooms, Cauliflower, Celery, Cherry Tomatoes, Mange Tout Peas, Sweet Peppers, Apple & Pear Slices  
Bread Sticks, Ricecakes, Savoury Biscuits & Crackers, Toast, Pizza Bread

## Minestrone Super-Soup Recipe

Try using up lots of tinned, frozen and fresh veg to make a tasty Minestrone Soup, the bigger the variety of veggies the tastier and healthier the soup! If you don't have any of the ingredients it really doesn't matter, leave out or replace with something similar.

- 1 tablespoon cooking oil
- 1 onion, finely diced
- 2 carrots, finely diced (you could replace with swede, parsnips, turnip or beetroot or a mix of any!)
- 2 cloves garlic, finely chopped
- 1 large potato, finely diced
- 2 heaped tablespoons tomato puree (use ketchup if you don't have any!)
- 1 tin chopped tomatoes
- 1 teaspoon dried herbs: thyme, oregano, rosemary, mixed herbs are all nice, leave out you if you don't have any
- 2 litres hot veggie or chicken stock
- black pepper
- 300g mixed veggies: you could use frozen or tinned sweetcorn, peas or green beans, finely diced fresh cabbage or beans or courgette, tins of beans. Really anything goes!
- 80g spaghetti, snapped into small pieces, or any other pasta!



1. Heat the oil in a large saucepan, add the onion and carrot and cook for 5 minutes stirring fairly regularly.
2. Add the garlic and potato and cook for a further 2 minutes.
3. Stir in the tomato puree, chopped tomatoes, herbs, hot stock and a generous amount of black pepper. Bring to a simmer, cover and allow to cook gently for 10 minutes.
4. Tip in all the other veggies and snapped spaghetti or other pasta. Stir well and leave to cook for a further 15 to 20 minutes, stirring from time to time. The soup is ready when all the veggies are tender.

**The soup is delicious served just like this, but you could try topping with some grated cheese too for added protein. Scrummy!**

**Need some more recipe ideas or inspiration? Then check out the sites listed below. Stuck with a tricky to use up ingredient? Then please do email me at [louisa@growinglocal.org.uk](mailto:louisa@growinglocal.org.uk) and I'll gladly help you come up with some ideas!**

**BBC Good Food:** <https://www.bbc.co.uk/food>

**Jamie Oliver:** <https://www.jamieoliver.com> Check out Jamie's New Weekly TV show *KEEP COOKING AND CARRY ON* at 5.30pm on C4 each week night

**Jack Monroe:** <https://cookingonabootstrap.com> Jack will be live on BBC 1 every weekday from 13th april @ 10am

**Growing Local:** <http://growinglocal.org.uk/recipes/> **Eat Your Veg** <http://www.eatyourveg.co.uk>



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