

Family Recipe & Activity Ideas

Welcome to our foodie 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. Email your feedback, ideas, pictures or foodie questions to louisa@growinglocal.org.uk.

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



SAUSAGE PASTA BAKE

A comforting family favourite super-easy super-tasty dish topped with a garlic and cheesy breadcrumb topping. The bake can be made with veggie or meat sausages (or even without sausages!). It's really simple to put together and shouldn't take much more than half an hour from start to finish.

A great way of using up veg from the freezer (frozen beans, peas, sweetcorn, spinach are all great), fridge (finely sliced peppers, courgette, onions, mushrooms) or tinned veg (sweetcorn, spinach or carrots). Aim at around 200 to 250 grams of veg. Try not to use fresh root veggies i.e carrots, as these take a longer time to cook.

The breadcrumb topping makes the pasta bake taste extra-delish. Use up any stale bread you have, either tear or chop with a bread knife into small pieces. You can use any cheese you have too, Cheddar, Mozzarella, Feta, Goats Cheese all work. Any pasta you have too, it's a very flexible recipe!.

INGREDIENTS

Cooking Oil, Olive/Sunflower/Rapeseed
4-6 Sausages, or leave out for just a Pasta Bake
3 cloves Garlic
1 pinch Chilli Powder / Chilli Flakes, optional
2 x 400g tins Chopped Tomatoes
200g Mixed Tinned/Fresh/Frozen Veg (see notes above)
Salt and Pepper
250g Pasta, penne or fusilli twists or any
50g Stale Bread
75g Cheese

METHOD

1. Preheat the oven to 200°C / 400°F or gas mark 6.
2. If using meat sausages cut them each into 6 pieces and pop in an ovenproof dish (about 20cm x 20cm), drizzle with a little cooking oil and roll to coat. Place in the oven for around 10 minutes until cooked through. Leave out this stage if using veggie sausages.
3. Meanwhile cook the pasta sauce. Peel and finely slice two of the cloves of garlic and place in a saucepan with the chilli, if using, and about a tablespoon of the cooking oil. Cook for a minute or two until the garlic is a little coloured. Tip in the tomatoes and your chosen veg, and a large pinch each of salt and pepper. Bring to a simmer and cook for 10 minutes, stirring occasionally.
4. Cook the pasta following packet instructions, taking it off the heat 2 minutes early so it's 'al dente' - Italian for 'with bite'. Drain in a colander and set aside.
5. Make the breadcrumb topping. Tear or slice the stale bread into small pieces or cubes. Peel and finely slice the final clove of garlic. Grate or crumble the cheese. Mix all the ingredients together in a bowl with a pinch of salt and pepper and a drizzle of the cooking oil. Set aside.
6. To assemble the dish, add the pasta and pasta sauce to the oven dish (with the cooked meat sausages if using). If using veggie sausages cut them each into 6 pieces and add to the dish. Mix everything around until the sauce coats the pasta and sausages. Spread the breadcrumb topping over the top.
7. Place in the oven for 15 minutes, or until golden on top and bubbling.



••Sausage Facts•• Sausages were first made around 3100BC in the Sumerian Region which is roughly the modern day Iraq. They were called 'Bangers' during WW2 because they contained so much water they exploded when fried!



Growing Local CIC deliver Cook and Gardening Workshops to Schools, Community Groups, Families and Adults. Do sign up to our email newsletters and follow us on Twitter, Facebook and Instagram to hear about future Workshops & Events around Hereford. Email louisa@growinglocal.org.uk



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SNACK ATTACK!

Toast Tarts

These are something very tasty of my own invention!. A cross between a quiche or tart, eggy bread, omelette and a toasted sandwich, and a fun little make for children and grown ups of all ages. Great for breakfast, brunch or a snack.

CHALLENGE yourselves to design and make the tastiest TOAST TARTS!

To make 6 tarts you need:

- 1 dessertspoon Oil or Butter
- 6 slices Bread, preferably wholemeal
- 2 large Eggs
- 4 tablespoons Milk
- Ground Pepper
- 2 tablespoons Cheddar Cheese, grated (or any other cheese you have)

Raid your fridge and food cupboard for inspiration for the fillings - you could try using a mixture of any of these ingredients, or anything else you think might be tasty:

- Tomato, finely diced
- a piece of Red Pepper, finely diced
- Mushrooms, finely sliced
- Handful of Frozen or Tinned Sweetcorn
- Handful of Frozen or Tinned Peas
- Frozen or Fresh Green Beans, sliced
- Defrosted frozen or fresh Spinach
- Sliced Onion or Spring Onion
- Baked Beans
- Tinned Tuna
- Shredded Leftover Chicken
- Ham pieces



1. Preheat your oven to 190°C / 170°C fan / Gas Mark 5.
2. Brush a muffin or fairy cake tin with the oil or melted butter.
3. Flatten each slice of bread a little with a rolling pin (or a heavy bottle), fit into the muffin tin by jiggling, pressing and squashing around until you have a basket shape.
4. Lightly whisk the eggs and stir in the milk and a pinch of black pepper, set aside.
5. Fill the bread 'baskets' with your chosen finely diced veggies, tuna or meat and a sprinkling of cheese.
6. Pour over the eggy mix.
7. Place in the oven and bake for 20 minutes until risen, firm and golden brown on top.
8. Leave to cool a little before eating warm.

TOAST FACTS!

'The word "toast" comes from the Latin "Tostare" meaning "to toast"
'The word for toast in Spanish is 'tostada', in French 'pain grillé' and Italian 'crostini'



••GROWING LOCAL MINI SEED SOWING ACTIVITY PACKS!••

Packs will be available from this week to any families in Hereford who would like them: Peas, Green Beans, Sunflowers and Cress. Email louisa@growinglocal.org.uk to request yours. Packs will also be delivered with family food boxes from the Rotary and Food Bank over the next few weeks.



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 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 is 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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