



*Hackenthorpe Hall  
Nursery*

*Presents*

*Gill's Gourmet Guide to*

*DEBBIE'S*

*DINNER'S*

*Illustrations*

*&*

*Recipes*



## Information and Guidance

- The illustrations are only intended for guidance on what the finished dish 'could' look like.
- We have listed ingredients to make plenty for a family of 4 and any surplus sauces such as chilli, bolognaise, curry can be frozen for up to three months.
- Ingredients can be modified to suit dietary preferences or requirements & food intolerances:
- We recommend minced beef with a 5% fat content.
- Soya or Quorn substitutes can be used for Meat & Dairy and additional vegetables can be substituted for meat/chicken/tuna.
- Low salt Oxo cubes & Instant Gravy Granules are available in Vegetable, Beef or Chicken.

We purchase the nursery shopping from SAINSBURYS and tend to use their own brand products, such as passata, tuna, curry sauce, chopped tomatoes, frozen vegetables, frozen sausages and baguettes

### **A Note from Debbie our Nursery Cook**

*“Hi everyone,  
I hope you enjoy cooking my lovely, healthy nursery dinners, children love eating these favourites and I hope Parents and Carers do too  
Happy Cooking”*

# PASTA BOLOGNAISE

served with Garlic Baguettes



## Shopping List

500g mince	1 oxo cube
¼ bag of frozen chopped onion	1 390g carton of passata
1 teaspoon of dried basil	1 tin of sliced carrots drained & mashed
1 teaspoon of garlic granules	1 400g carton of chopped tomatoes
1 bag of your favourite dried pasta	
Frozen garlic baguettes	
Grated cheese for topping (optional)	

## Method

- fry the mince & onions, stirring continuously, on a high heat, for 5 minutes (until the mince is brown and the onions are soft)
- reduce the heat to medium and add the basil and garlic, then crumble in the oxo cube and stir
- add the carrots to the pan, stir in the chopped tomatoes and passata
- reduce the heat to low, cover the pan with a lid and simmer for 40 minutes, stir every 10 minutes
- Cook the pasta in boiling water as per the instructions on the pack (approx. 15 minutes). Drain and serve
- Place the frozen baguettes on a baking tray and bake in a pre-heated oven as per the instructions on the packet. (approx 8 minutes) When cooked slice into pieces and serve

# TUNA PASTA BAKE

served with Garlic Baguettes



## Shopping List

- |  |                                |
|--|--------------------------------|
| 2-3 tins of Tuna steak in water (drained and flaked) |                                |
| 1 tin of carrots drained & mashed                    |                                |
| 1/4 Bag of frozen chopped onions                     | 1 fresh courgette, grated      |
| 1 390g carton chopped tomatoes                       | 1 290g carton of passata       |
| 1 teaspoon of dried basil                            | 1 teaspoon of garlic granules  |
| 1 oxo cube   | ½ bag of grated cheddar cheese |
| 1 packet of penne dried pasta                        | Frozen garlic baguettes        |

## Method

- fry the onions, basil and garlic, stirring continuously, on a high heat for 3 minutes
- reduce the heat to low and crumble in the oxo cube
- add the carrots and courgette to the pan and stir in the passata and tomatoes
- stir in the tuna and simmer for 10 minutes
- boil pasta in a pan of boiling water until slightly soft (10 minutes) drain off the water and spread out into a deep oven proof dish
- pour over the bolognaise sauce from the pan covering all the pasta
- sprinkle generously with grated cheese
- bake in the oven for approximately 10 minutes or until cheese is golden and bubbly and serve
- place the garlic baguettes on a baking tray and bake in a pre-heated oven as per the instructions on the packet. (approx 8 minutes) When cooked slice up and serve

# COTTAGE PIE

Served with Yorkshire pudding and gravy



## Shopping List

500g of mince	1.5 kilo of potatoes
¼ bag of frozen chopped onions	1 oxo cube
gravy granules	Splash of milk
grated cheese for topping (optional)	
1 tin of sliced carrots drained and roughly chopped	

## Method

- fry the mince & onions, stirring continuously, on a high heat, for 5 minutes (until the mince is brown and the onions are soft)
- crumble the oxo into the pan and stir
- reduce the heat to medium and add the chopped carrots and stir
- add boiled water to the pan to cover the mince
- simmer on a low heat for 20 minutes, stirring every 10 minutes
- peel, chop and boil potatoes in a pan of water for 25 minutes, drain and mash up the potatoes with a little milk
- when the mince mixture is cooked, slowly stir in gravy granules to thicken the gravy, place the mince mixture into a deep oven dish
- spoon the mashed potato over the mixture and 'fluff up' with a fork
- lightly sprinkle with cheese before placing in oven (optional)
- bake in a pre heated oven set to 180 degrees for 20 minutes, until the potatoes turn brown and crispy
- place the Yorkshire puddings on a baking tray and bake in a pre-heated oven as per the instructions on the packet (approx 4 minutes)

Serve with additional gravy if required (make up gravy as per instructions on the tub)

# CHILLIE CON CARNE

Served with Rice and Nachos



## Shopping List

500g mince

¼ bag frozen chopped onions

1 390g carton of chopped tomatoes

1 teaspoon of garlic granules

1 400g tin of baked beans

basmati rice (guide ½ cup of rice per adult:1 cup of water)

plain nachos crisps

1 oxo cube

1 390g carton of Passata

1 teaspoon of mild chilli powder

## Method

- fry the mince & onions, stirring continuously, on a high heat, for 5 minutes (until the mince is brown and the onions are soft)
- reduce the heat to medium and add the garlic and chilli, then crumble in the oxo cube and stir
- add the chopped tomatoes and passata and stir
- reduce heat to low. Cover the pan and simmer for 30 minutes stirring every 10 minutes.
- add the baked beans and simmer for a further 10 minutes
- boil the rice in a pan of water for 15 minutes, drain, rinse with boiling water and serve

Serve with rice and nachos

Alternatively, substitute the rice for oven chips or jacket potato

# SAUSAGE CASSEROLE

served with Yorkshire puddings



## Shopping List

12 frozen sausages	1 oxo cube
¼ bag of frozen chopped onions	vegetable gravy granules
¼ bag of frozen mixed vegetables	6 large fresh potatoes
frozen Yorkshire pudding or bread and butter	

## Method

- place the sausages on a baking tray and cook as per instructions on the bag. When cooked chop them into bite size pieces and leave to one side
- peel and cut up the potatoes into small pieces, place in a pan of cold water and heat the water until it boils. Boil the potatoes for 10 minutes. Drain and leave to one side
- fry onions in a pan on a medium heat for 5 minutes and crumble the oxo
- stir in the mixed vegetables and add the potatoes
- add the bite size sausages and stir well
- top up with boiled water to cover the vegetables and sausage
- simmer on a low heat for 20 minutes stir every 10 minutes
- stir in gravy granules slowly and gradually to thicken to the preferred consistency
- place the frozen Yorkshire puddings on a baking tray and bake in a pre-heated oven as per the instruction on the packet (approx 4 minutes)

# CHICKEN CASSEROLE

served with Yorkshire pudding



## Shopping List

4 fresh chicken breasts

¼ bag of frozen onions

¼ bag of mixed vegetables

frozen Yorkshire pudding or crusty bread

gravy granules to thicken

1 oxo cube

6 large fresh potatoes

## Method

- cut the chicken into small pieces using scissors. Wash your hands immediately after handling raw chicken and take care to clean anything which has come into contact with raw chicken
- peel and cut up the potatoes into small pieces, place in a pan of cold water and heat the water until it boils. Boil the potatoes for 10 minutes. Drain and leave to one side
- fry the onions and the chicken on a high heat for 5 minutes, crumble the oxo into the pan and stir
- add the mixed vegetables and potatoes,
- top up the pan with boiled water to cover the chicken and vegetables , reduce the heat to low and simmer for 30 minutes, stirring every 10 minutes
- Thicken with gravy granules slowly and gradually to preferred consistency
- Place the Yorkshire puddings on a baking tray and bake as per instructions on the packet (approx 4 minutes)



# CHICKEN & VEGETABLE CURRY

served with rice and naan bread



## Shopping List

4 fresh chicken breast                      1 oxo cube  
¼ bag of frozen onions                      ¼ bag of frozen mixed vegetable  
1 teaspoon of garlic granules      2 jars of mild curry sauce  
1 small carton of natural yogurt - (if not using a Creamy Korma sauce)  
dried basmati rice (guide ½ cup of rice per adult:1 cup of water  
fresh naan bread

## Method

- cut the chicken into small pieces using scissors Wash your hands immediately after handling raw chicken and take care to clean anything which has come into contact with raw chicken
- fry the chicken and onions for approximately 5 minutes, stirring continuously, on a high heat until the onions are soft and the chicken has seared; Crumble the oxo into the pan and fry for a further 5 minutes.
- add the mixed vegetables and stir
- add the curry sauce and simmer for a further 25 minutes
- stir in the yoghurt
- boil the rice in a pan of water for 15 minutes, drain and then rinse with freshly boiled water and serve
- pre-heat the oven to 180 degrees, sprinkle the naan breads with a little water, place directly onto the oven shelves and bake as per the instructions on the packet. (approx 6-8 mins). Remove from the oven when baked and cut into strips using clean scissors and serve

# SPANISH CHICKEN

served with rice & baguettes



## Shopping List

4 fresh chicken breasts	1 fresh courgette (grated)
¼ bag of frozen onions	½ bag of frozen mixed peppers
1 teaspoon of dried basil	1 390g carton of chopped tomatoes
1 teaspoon of garlic granules	1 carton of passata
1 oxo cube	
dried basmati rice (guide ½ cup of rice per adult:1 cup of water	
crusty part baked baguettes	

## Method

- cut the chicken into bite size pieces using scissors. Wash your hands immediately after handling raw chicken and take care to clean anything which has come into contact with raw chicken
- fry the chicken, onions, garlic and basil on a high heat, for 2 minutes stirring continuously, then crumble in the oxo and fry for a further 3 minutes
- add the peppers and chopped tomatoes to the pan
- add the grated courgette and passata, reduce the heat to low and simmer for 20 minutes
- boil the rice in a pan of water for 15 minutes, drain and then rinse with freshly boiled water and serve
- place the baguettes on a baking tray and bake in a pre-heated oven as per the instructions of the packet (approx 8-10 minutes), when baked, remove from the oven, slice into pieces and serve

# COWBOY PIE

Served with baguettes



## Shopping List

12 frozen sausages

2 390g tins of baked beans

1 bag of grated cheese

Crusty part baked baguettes

1 kg bag of fresh potatoes

splash of milk

## Method

- place the sausages in the oven on a baking tray and cook as per instructions on the bag. When cooked chop them into bite size pieces using scissors and spread them out in a oven proof dish
- peel and cut up the potatoes into pieces, place in a pan of cold water and heat the water until it boils. Boil the potatoes for 25 minutes. Drain, mash with a little milk and leave to one side
- Pour the baked bean over the sausages
- Spoon the mash over the sausage and beans to cover and fluff up with a fork
- Lightly sprinkle with grated cheese
- Bake in the oven for a further 20 minutes
- Remove from the oven and serve
- place the baguettes on a baking tray and bake in a pre-heated oven as per the instructions of the packet (approx 8-10 minutes), when baked, remove from the oven, slice into pieces and serve