

12 CHALLENGES OF CHRISTMAS WINTER WARMER



- 1. You need to make a meal for the people in your household or support bubble.
- 2. The recipe below makes enough for two people.
- 3. You need to pick the ingredients and amend the quantities for the relevant number of people you are cooking for. (There is room for your workings on the next page.)

Ingredients

- 100g of protein e.g. chorizo, smoked bacon, chicken or Quorn
- 2 glugs of oil (choose your favourite)
- 2 small onions
- A 1tsp. of a spice of your choice e.g. cumin, coriander, paprika or chilli (If spices are not for you chop a handful or herbs instead)
- 2 huge handfuls of greens e.g. cabbage, leeks, kale or broccoli
- 2 carrots chopped in large chunks
- 8 new potatoes
- 300ml of stock
- 300ml of passata or 400g of chopped tomatoes
- 2 tbsp. of plain flour (optional)
- 2 tbsp. of tomato purée (optional)

Тор Тір

If there are an **even** number of people then times the quantities by half the number of people.

If there are an **odd** number then halve the quantity first then times it by the total number of people.

My Ingredients (choices and quantities)



Looking for more activities? Head to the Members' Area

12 CHALLENGES OF CHRISTMAS WINTER WARMER



Expl () re

- 1. First, check you are allowed to make this and your parents or guardians are supervising where needed!
- 2. Then, fry the protein in the oil until it starts to brown.
- 3. Throw in the onions, carrots and spices and sizzle until the onions are soft.
- 4. Pop in the greens and potatoes and give them a swirl. Add in the herbs (if you are not using spices) or go wild and use them both!
- Pour in the stock and passata/tomatoes and bring to a gentle simmer. (Optional - if you like a thicker stew add the plain flour and tomato purée then stir for 1 minute before adding the liquid.)
- 6. Cover and simmer for 50mins. Check occasionally and add more stock if needed.
- 7. Season with salt and pepper.
- 8. Serve with some chunky bread to dunk in.
- 9. Tuck in!

My Workings



Looking for more activities? Head to the Members' Area