



# 12 CHALLENGES OF CHRISTMAS WINTER WARMER



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!
5. 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



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