



# Healthy Recipe Ideas

Inspired by countries competing in the  
Olympics and Paralympics 2024



# How to enjoy a healthier takeaway whilst watching the olympics

## Takeaways vs Fakeaways:

Whilst takeaways are often cheap, convenient and satisfying, they're often not very healthy. Many takeaway meals are high in salt and fat pushing you over your recommended daily intake. When eaten regularly, this can increase your risk of a variety of health problems such as heart disease and diabetes.

Fakeaways are a concept that allow you to enjoy your favourite takeaway meals but made healthier at home. You don't miss out on the flavour, and it helps develop your cooking skills. You can not only save on calories but on money too.

## Websites and resources for fakeaway recipes:

- AWOYM Fakeaways recipe booklet: [\*Fake-away-dont-take-away-V2.pdf\*](#)
- [www.bbcgoodfood.com](http://www.bbcgoodfood.com)
- [www.realfood.tesco.com](http://www.realfood.tesco.com)
- [www.mob.co.uk](http://www.mob.co.uk)
- [www.jamieoliver.com](http://www.jamieoliver.com)
- [www.deliciousmagazine.co.uk](http://www.deliciousmagazine.co.uk)

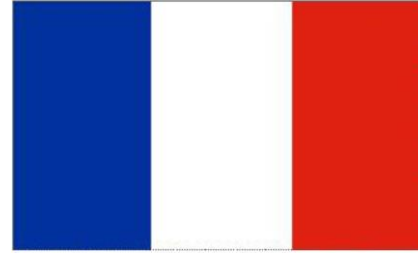


# French Ratatouille

## Ingredients:

- ☐ 2 aubergines
- ☐ 3 courgettes
- ☐ 2 peppers
- ☐ Tin of tomatoes
- ☐ 1 onion
- ☐ Oil
- ☐ 3 cloves of garlic
- ☐ 1 tsp sugar
- ☐ Fresh basil (optional)

This recipe makes enough food for 4 people, or 4 portions.



## How to make:

1. Chop vegetables into chunks and onion to thin slices
2. Set a pan over medium heat, when hot pour in 2 tbsp oil and brown aubergines for 5 mins each side. Set aside.
3. With another tbsp oil, fry courgette for 5 mins. Repeat with peppers.
4. Cook onions for 5 minutes, then add crushed garlic for a minute. Stir in sugar, the tomatoes and basil leaves.
5. Return vegetables to pan with salt and pepper for 5 mins.



# Brazilian-inspired prawn stew

## Ingredients:

- ☐ 225g raw peeled prawns
- ☐ 50ml lime juice
- ☐ 3 garlic cloves (or teaspoon easy garlic)
- ☐ 1 onion
- ☐ 1 red pepper
- ☐ 2 tomatoes
- ☐ 200ml coconut milk
- ☐ Tsp chilli flakes (optional)
- ☐ Tsp paprika (optional)
- ☐ 150g rice

This recipe makes enough food for 2 people, or 2 portions.



## How to make:

1. Cook the rice in boiling water, following instructions on the rice packet for time to cook.
2. In a separate pan, heat oil and add onions. Fry for 5 mins. Then add chilli flakes, paprika and garlic.
3. Pour in the chopped tomatoes, coconut milk and lime juice. Bring to a simmer and then let reduce for 5 mins.
4. Add the prawns. Gently simmer until they turn white (about 3 mins).
5. Serve with rice.



# Mexican Vegetarian Enchiladas

## Ingredients:

- ☐ 1 onion
- ☐ 150g chopped carrots
- ☐ 400g can chopped tomatoes
- ☐ 400g can of mixed beans or pulses
- ☐ 1 tsp chilli powder (optional)
- ☐ 4 wholemeal tortillas
- ☐ 100g natural yoghurt
- ☐ 25 g cheddar cheese
- ☐ 2 handfuls salad leaves

This recipe makes enough food for 2 people, or 2 portions.

## How to make:

1. Heat oil in large frying pan. Cook onions and carrots until soft (5-8 mins). Add chilli powder.
2. Pour in tomatoes and beans/pulses and bring to the boil. Then turn down the heat and simmer for 5-10 mins (stirring occasionally).
3. Fill each tortilla with the chilli mixture and wrap. Place in an over-proof dish and pour remaining mixture on top. Add grated cheese.
4. Heat under grill until cheese is golden and tops of wraps are crispy.
5. Serve with a drizzle of yoghurt and salad leaves on the side.



# Italian Creamy Spinach and Mushroom Penne



## Ingredients:

- ❑ 175g wholemeal penne
- ❑ 120g mushrooms
- ❑ 2 large garlic cloves
- ❑ 200g baby spinach
- ❑ 1 vegetable stock cube
- ❑ 50g grated cheese (any kind)

## How to make:

1. Cook the penne according to packaging instructions. Boil kettle and add 100ml water to vegetable stock cube.
2. Add mushrooms and chopped garlic to heated pan and cook until soft.
3. Add vegetable stock and simmer until all liquid is reduced.
4. Add cooked pasta, grated cheese and baby spinach and stir. Season to taste.



This recipe makes enough food for 2 people, or 2 portions.

# Thai Easy Prawn Curry

This recipe makes enough food for 4 people, or 4 portions.



## Ingredients:

- ☐ 1 tbsp vegetable oil
- ☐ 1 chopped onion
- ☐ 1 tsp fresh ginger
- ☐ 1-2 tsp thai red curry paste
- ☐ 400g chopped tomato can
- ☐ 50g coconut cream
- ☐ 400g raw frozen prawn

## How to make:

1. Heat oil in medium saucepan, tip in onion and ginger, cook for a few minutes until softened.
2. Stir in curry paste, cook for 1 minute more
3. Pour over chopped tomato and coconut cream. Bring to boil, leave to simmer for 5 mins. Add boiling water if mixture is too thick.
4. Tip in the prawns, cook for 5-10 minutes more.
5. Serve alongside plain rice.



# Spanish Omelette



This recipe makes enough food for 2 people, or 2 portions.

## Ingredients:

- ☐ 450g potatoes, peeled and sliced
- ☐ 1 tsp olive oil
- ☐ 1 red onion, diced
- ☐ ½ red pepper, de-seeded and diced
- ☐ 1 tbsp fresh parsley, chopped
- ☐ 4 large eggs
- ☐ ½ tbsp grated parmesan
- ☐ Black pepper

## How to make:

1. Cook the potato slices in a pan of boiling water until tender (about 5 minutes).
2. Meanwhile, cook the onion and pepper in a frying pan with the oil until softened.
3. Add the potatoes and gently combine.
4. Beat the eggs in a bowl, add the parsley, parmesan and black pepper and mix thoroughly.
5. Pour into the frying pan and allow the bottom of the egg mixture to set – about 3 minutes.
6. Finish by cooking under a hot grill taking care not to burn the omelette - another 3 minutes.
7. Serve with a sliced tomato salad.





# Greek pasta salad

## Ingredients:

- ☐ 300g of pasta
- ☐ Bag of baby spinach
- ☐ Punnet of cherry tomatoes, halved
- ☐ 100g black olives
- ☐ 200g feta cheese
- ☐ 3 tbsp of olive oil



## How to make:

1. Tip pasta into large pan of salted boiling water and cook according to packet. In the last two minutes, throw in spinach. Drain into colander.
2. Tip tomatoes, olives and feta in bowl. Add black pepper to taste and drizzle with oil.
3. Toss in drained pasta and spinach.



This recipe makes enough food for 4 people, or 4 portions.

# Philipino Chicken Adobo



## Ingredients:

- ☐ ½ cup soy sauce
- ☐ ½ cup rice vinegar
- ☐ 4 cloves garlic, minced
- ☐ 8 bone-in skinless chicken thighs
- ☐ 2 teaspoons cooking oil
- ☐ 4 cloves garlic, whole
- ☐ ½ teaspoon black pepper
- ☐ 2 bay leaves, fresh or dried
- ☐ 1 tablespoon coconut sugar, can use brown sugar instead

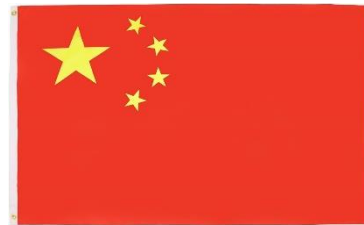


This recipe makes enough food for 2 people, or 2 portions.

## How to make:

1. Mix soy sauce, rice vinegar and minced garlic cloves in a bowl. Add chicken and mix so that the chicken is well coated with the marinade. Leave in fridge for 30 minutes to 24 hours.
2. Pour the marinade from the bowl into a medium-sized pot. Heat a large frying pan over high heat and add oil. Remove chicken thighs from bowl, dry them with paper towels, and then fry in the pan until nicely browned. You don't need to cook them through, just brown them.
3. Once chicken is brown, add it to the pot with the marinade along with the whole garlic cloves, black pepper, and bay leaves. Add just enough water so that the chicken is half covered in liquid. Bring to a boil, cover, and reduce the heat to low so the chicken gently simmers. Cook for 20 minutes.
4. Sprinkle the coconut sugar over the chicken and continue to cook, uncovered, for 5 minutes, or until the sauce has thickened.
5. Serve with rice and lightly steamed greens on the side.

# Salt and Pepper Chicken



## Ingredients:

- ❑ 500g skinless, boneless chicken thighs (or chicken breast or any other protein such as beef)
- ❑ 1 tsp flaky sea salt
- ❑ 1 tsp Sichuan peppercorns (or normal peppercorns)
- ❑ 1 tbsp cornflour
- ❑ 1 tsp Chinese five-spice powder
- ❑ 1 tsp sesame seeds
- ❑ 1 tbsp olive oil
- ❑ 1 tbsp soy sauce
- ❑ 1 tbsp honey
- ❑ 250g Asian greens such as pak choi
- ❑ Handful chopped coriander, sliced spring onions and cooked rice (to serve)



This recipe makes enough food for 2 people, or 2 portions.

## How to make:

1. Cut the chicken thighs into strips.
2. Crush the salt with the peppercorns in a pestle and mortar, then mix with the cornflour and five-spice and tip into a sandwich bag.
3. Tip the chicken into the bag and shake well to coat in the flour mixture.
4. Toss the sesame seeds in a pan over a medium heat and lightly toast, for around a minute, then add the olive oil. Add the chicken and cook for 7-8 mins until golden brown.
5. Mix the soy and honey and tip into the pan along with the Asian greens, cook for 2-3 mins further until everything is well coated, and the greens are cooked through.
6. Serve topped with coriander and sliced spring onions alongside some cooked rice.

# Nigerian Jollof Rice

## Ingredients (Obe Ata Sauce):

- ☐ 2 tomatoes, cut into 2-inch pieces
- ☐ 1 red pepper, cut into 2-inch pieces
- ☐ ½ red onion, cut into 2-inch pieces
- ☐ 2 cloves garlic
- ☐ ½ habanero or Scotch bonnet pepper, stemmed and seeded (Chillies are optional depending on if you like spice)

## Ingredients (Rice):

- ☐ 1 red onion
- ☐ 2 tablespoons canola oil or other oil
- ☐ 2 cloves garlic, minced
- ☐ 2 bay leaves
- ☐ 1 tablespoon hot curry powder
- ☐ 1 tablespoon ground ginger
- ☐ 1 tablespoon dried thyme
- ☐ ½ teaspoon ground Cameroon pepper or chipotle chilli powder
- ☐ ½ teaspoon cayenne pepper
- ☐ 1 (6 ounce) can tomato paste
- ☐ 1 cup chicken or vegetable broth
- ☐ ½ teaspoon salt
- ☐ 2 cups parboiled long-grain rice
- ☐ 1 tomato, sliced

This recipe makes enough food for 2 people, or 2 portions.



## How to make:

- 1. Make sauce:** Place tomatoes, bell pepper, onion, garlic and chilli pepper in large saucepan. Fill pan halfway with water and bring to a boil. Reduce heat to maintain a lively simmer and cook, stirring occasionally, until the vegetables are very tender, about 25 minutes. Drain. Transfer vegetables to blender and process until mostly smooth.
- 2. Make rice:** Halve onion crosswise. Dice half and cut the other half into rings. Set the rings aside for Step 5.
- 3.** Heat oil in a large pot over medium heat. Add diced onion, garlic and bay leaves. Cook, stirring frequently, until lightly browned, about 3 minutes. Reduce heat to medium-low. Add curry powder, ginger, thyme, Cameroon pepper (or chipotle powder) and cayenne; stir until well-combined. Stir in tomato paste; cover and cook until the tomato paste has darkened, 2 to 3 minutes. Stir in the obe ata sauce and cook, covered, for 5 minutes.
- 4.** Add broth and salt; stir to combine. Increase heat to medium, cover and cook until boiling, about 3 minutes. Stir in rice and reduce heat to a low simmer. Cover the pot with foil, then the lid. Cook until the liquid is absorbed, and rice is tender, about 30 minutes. Remove from heat.
- 5.** Stir the rice. Top with onion rings and tomato slices. Cover and let steam for 5 minutes more. Remove the bay leaves before serving.

# Moroccan Cous Cous

## Ingredients:

- ☐ 200g cous cous
- ☐ 200g boiling vegetable stock
- ☐ Can of chickpeas
- ☐ 2 tsp turmeric
- ☐ Oil
- ☐ 1 pepper
- ☐ 2 carrots
- ☐ 2 cloves garlic
- ☐ 1 tsp cumin
- ☐ 4 tbsp Raisins

This recipe makes enough food for 4 people, or 4 portions.



## How to make:

1. Preheat oven to 220C. Chop vegetables and place on baking tray with chickpeas. Drizzle 1 tsp oil and sprinkle over turmeric and salt.
2. Place cous cous and raisins into large mixing bowl and pour over stock, cover and let rest for 5 minutes.
3. Mix cumin, turmeric, mixed garlic and oil in a small dish.
4. Add roasted veg and chickpeas to cous cous and pour over dressing. Toss to combine.



# Indian Easy Chicken Curry

## Ingredients:

- ☐ 2 tbsp oil
- ☐ 1 onion, thin slice
- ☐ 2 crushed garlic clove
- ☐ Tsp of ginger, grated
- ☐ 6 x chicken thigh boneless and skinless
- ☐ 3 tbsp tikka spice pasta
- ☐ 400g chopped tomato
- ☐ 100g yoghurt
- ☐ Rice or naan to serve

This recipe makes enough food for 4 people, or 4 portions.



## How to make:

1. Heat oil in large pan over medium heat.
2. Add onions, generous pinch of salt and fry for 8-10 mins till onion golden brown. Add garlic and ginger for further minute.
3. Chop chicken to chunks and add to pan. Fry for 5 mins.
4. Add spice paste, tomatoes and 250ml water.
5. Bring to boil, lower to simmer and cook uncovered for 25-30 mins.
6. Stir through yoghurt, season and serve.



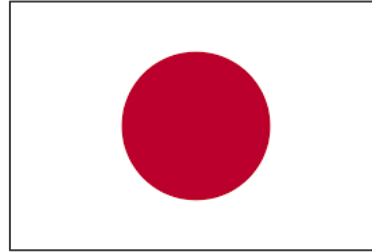
# Japanese Yaki Udon Noodles

## Ingredients:

- ☐ 1 ½ tbsp sesame oil
- ☐ Red onion in thin slice
- ☐ Tin of sweetcorn
- ☐ 3 spring onions
- ☐ 160g mange tout
- ☐ 1 pepper
- ☐ 1 garlic clove, crushed
- ☐ ½ tbsp curry powder
- ☐ 4 tsp soy sauce
- ☐ 300g ready to cook udon



This recipe makes enough food for 2 people, or 2 portions.



## How to make:

1. Heat oil in large pan over high heat
2. Add onions and fry for 5 mins.
3. Stir in corn, mange tout, pepper and spring onions and cook for 5 mins more.
4. Add garlic, curry powder and soy sauce and cook for another minute.
5. Add udon noodles and stir in 2-3tbsp hot water until noodles heated through.