

Adult Wellbeing

It's important to make sure you look after yourself as well as your family. There are a few suggestions below to help you get started:

1. Take a bath
2. 5 minutes of mindfulness (or longer if you can) guided meditation on Youtube
<https://www.youtube.com/watch?v=T0nuKBVQS7M>
3. Colouring
4. Watch a movie together
5. Play with your children
6. Bake something - simple Victoria sponge
<https://www.bbcgoodfood.com/recipes/classic-victoria-sandwich-recipe>
7. Paint your nails
8. Do something nice for someone else
9. Turn the music up and just dance
10. Read with your children
11. Put on some relaxing music - Youtube suggestions
<https://www.youtube.com/watch?v=77YwsoKsNV8>
<https://www.youtube.com/watch?v=IFcSrYw-ARY>
12. Stroke your pet
13. Self massage
<https://www.youtube.com/watch?v=bbc6mRsfaTw>
14. Listen to an audio book - this has a 30 day free trial but cancel or you will be charged!
https://www.audible.co.uk/search?searchAuthor=Audible+Original&source_code=M2M30DFT1BkSH101514005Q&ds_rl=1235779&ipRedirectOverride=true
15. Have a clear out
16. Knit, sew, crochet
https://www.youtube.com/watch?v=p_R1UDsNOMk
<https://www.youtube.com/watch?v=GcOzdAzmtNM>
17. Hug your family
18. Eat healthily
19. Get exercise - Youtube
https://www.google.com/search?q=jenny+ford+walking+workouts&rlz=1C1GCEA_en&oq=jenny+ford+walking&ags=chrome.0.0j69i57j0.7599j0j4&sourceid=chrome&ie=UTF-8#kpvalbx=_m1xvXoDaHIWR8gKy74Bg10
Yoga <https://www.youtube.com/watch?v=jOfshreyu4w>
20. Take some quiet time to have a hot drink out of your favourite mug

Basic Tomato Sauce Recipe

Ingredients

- 1 chopped onion red or white (red not as strong tasting and less likely to make your eyes water)
- 1 or 2 Cloves of garlic (peeled and chopped or squashed)
- 2 teaspoons of Mixed herbs (dried) can add more at end to taste
- 2 Tablespoons of oil (olive oil preferable)
- 1 Carton of chopped tomatoes (can be flavoured with garlic or herbs or chilli)
- 1 tablespoon Tomato paste or puree
- 1 carton of Passata (sieved smooth tomatoes in carton or tin)
- 1 Stock (dried, stock pot or liquid)
- Variety of vegetables chopped up
 - Leeks
 - Courgette
 - Aubergine
 - Carrot
 - Butternut squash
 - Celery
 - Peppers

Method

1. Heat the oil in a large saucepan, over a medium heat. Add the onion, garlic, and mixed herbs and stir for a couple of minutes until soft.
2. Add the remaining vegetables (celery, leeks, carrots, peppers, courgette) and cook, covered, for around 20 minutes. Continually check and stir the vegetables, you want them to soften but not burn.
3. Add the chopped tomatoes, tomato paste, and stock. Stir until combined. Bring to a boil, reduce the heat and allow to simmer for a further 20 mins.
4. Allow to cool slightly and then blend until smooth if required.
5. Allow to fully cool before pouring the sauce into containers/zip lock bags for storing.

Notes

- Once you have done this a few times you can experiment with flavours and different vegetables. (Add some chilli flakes or different herbs)
- At the supermarket look in the reduced bit of the green grocer area and pick new vegetables.

Basic Vegetable Sauce

And now on to the different ways you can use it...

Recipe 1: Mini pizzas are an absolute winner. Rather than using pizza bases you can use pittas. Smother the Basic vegetable sauce over the pitta and then get the kids involved in scattering on their own toppings. You can use cheese and sweetcorn, ham or vegetarian option or olives on top. Stick them under the grill and they're ready in a couple of minutes.

Recipe 2: Lasagne is the ultimate winter comfort food you can use butternut squash sheets as an alternative to pasta sheets if you want. Fry up some onions and mince/quorn mince, add some of the Basic vegetable sauce, add some white sauce and then layer it all in an oven dish to create your lasagne. If you are using the butternut squash sheets, the packet says to cook for 45 minutes...make sure you do so, or the squash will be a tad hard and chewy. Serve with salad if you're feeling healthy, or chips if you're not.

Recipe 3: Vegetable tart is a super easy dinner to make. Buy some ready rolled puff pastry and roll out, put the basic vegetable sauce in the middle leaving a couple of cm at the edge and brush whisked egg or milk around the edge. Grate cheese on the top of the basic vegetable sauce and put in the oven until the pastry is golden brown. Serve with salad or potato wedges.

Recipe 4. Chilli con carne is an easy dinner and can be served in various ways, either with rice or in taco shells or with jacket potatoes or potato wedges. If using mince (quorn, beef, turkey) fry off in a little olive oil and when nearly cooked add vegetable sauce and tin of kidney beans and simmer for a while. If you are not add different types of beans (cannellini, haricot as well as kidney beans) or you can use lentils too!

Recipe 5: With pasta. The Basic vegetable sauce teams beautifully with pasta, you can add peas and sweetcorn with the sauce. You can add protein and use beef, turkey or quorn mince with the Basic vegetable sauce to create a spag-bol-of-sorts, although still nice with fresh pasta and a sprinkling of grated cheese.

Recipe 6: Oven baked Chicken (vegetarian alternative) with sauce. Pan fry chicken or alternative and then once browned put in an oven dish, cover in vegetable sauce and cook in the oven until chicken is cooked. Serve with salad and bread or potato wedges

Recipe 7: Sausage (meat or vegetarian) pasta Cook the sausages in the oven until nearly cooked, add to cooked pasta, add sauce and cover in cheese. Put back in the oven until cheese is bubbling and golden. Serve

How To Make Oven Baked Potato Wedges



Potato wedges are the ultimate easy side dish - just slam them in the oven and forget about them until hunger strikes.

Serves 4-6

Ingredients

- 1kg/2lb potatoes
- 1 tbsp olive oil
- salt and black pepper
- rosemary or other herb, chopped, to taste (optional)
- crushed garlic, to taste (optional)

Method

1. Preheat the oven to 200C/400F/Gas 6.
2. Wash and dry the potatoes, but don't peel them. Cut the potatoes into large wedges and place into a bowl.
3. Add the remaining ingredients to the bowl and mix well. Tip the potatoes onto a baking tray.
4. Transfer the potatoes to the oven and bake until golden-brown and cooked all the way through (about 30 minutes).
5. Serve the potatoes hot from the oven.



Look After
yourself and others



Be Kind