Cambridgeshire & Peterborough Integrated Care System

NHS Cambridgeshire & Peterborough

Nourishing Meals and Snacks: Recipes

Nourishing Meals and snacks are an important way to boost your nutritional intake if you or your healthcare professional is concerned about your nutritional status.

The Food as treatment plan you have been given will tell you how many:

1. Food toppers
2. Nourishing snacks
3. Nourishing drinks

To aim for each day to help meet your target and prevent malnutrition.

The following recipes are highly nourishing and easy for you to prepare. All suggested meals already include a food topper, so extras do not have to be added.

Recipes

Cheese straws (Makes 12)



- 375 grams pack ready rolled puff pastry
- 2 ½ tablespoons pesto (nut free if needed)
- 150 grams grated strong cheddar cheese.

Method:

1. Heat oven to 220C / fan 200C / gas mark 7. Grease a baking sheet with butter and line with baking paper.
2. Unroll the puff pastry, spread the pesto onto the pastry, scatter the grated cheese, and then fold in half.
3. On a lightly floured surface, roll out to the thickness of a £1 coin. Cut into 1cm strips, then twist the strips 3-4 times.
4. Lay on a baking sheet, and bake for 20 minutes, or until golden.
5. Leave to cool, then keep in an airtight container for up to 2 days.
6. As these cheese straws are very delicate, roll them in kitchen paper before packing into the container.

Egg Muffins (Makes 4-6)



- 1 medium pepper
- 95 ml double cream
- 70 grams grated cheddar cheese.
- 3 medium eggs
- Optional: chopped bacon or chorizo

Method:

1. Heat the oven to 200C / 180C fan / gas mark 6 and grease muffin tin.
2. Chop and fry pepper and bacon or chorizo pieces, if used, until browned.
3. Whisk eggs, cheese, and cream together and pour into muffin tins.
4. Evenly add the fried pepper, bacon or chorizo to each muffin
5. Bake for 20 minutes or until fork comes out clean.

Cheesy biscuits (Makes 16)



- 100 grams plain flour
- 75 grams self-raising flour
- 1 large egg yolk
- 100 grams butter cubed and soft.
- 150 grams strong cheddar cheese, grated.

Method:

1. Heat the oven to 180C / 160C fan / gas mark 4 and line a baking sheet with grease proof paper.
2. Put both the flours into a bowl and rub in the butter. Stir in the cheese. Add the egg yolk and mix in using a fork. When the mixture starts to clump together, use your hands to knead to a smooth dough.
3. Take walnut-sized pieces of dough, roll into balls and place on the baking tray. Flatten slightly with a fork. If you are feeling adventurous you can make these into any shape you like.
4. Bake in the oven for 12–14 minutes until golden brown.
5. Leave to cool on the baking sheet, this will firm the biscuits and make them easier to handle.

Rice Pudding (serves 2)



- 500 ml whole milk
- 200 ml double cream
- ½ tsp cinnamon (optional)
- 2 tablespoon sugar
- 75 grams pudding rice
- 4 tbsp raisins (optional)

Method:

1. In a saucepan on the hob, heat the milk and cream over a medium heat until it begins to simmer.
2. Add the rice and simmer for 15-20 minutes, turn down the heat to low and stir occasionally.
3. Add a splash more milk if it becomes too dry.
4. Add sugar to taste and raisins (if using), cook for a further 2-3 minutes.
5. Place in small bowls and sprinkle on top with cinnamon (optional) or serve with a spoon of fruit jam or chocolate spread.

Fruity Flap jacks (12 pieces)



- 50 grams Butter (a little extra for greasing)
- 2 tbsp peanut butter
- 3 tbsp honey or golden syrup
- 2 mashed ripe bananas.
- 1 apple peeled and grated.
- 250 grams rolled oats.
- 85 grams dried apricots (chopped)
- 100 grams raisin
- 85 grams mixed seeds (we used pumpkin and Sunflower seeds)

Method:

1. Heat the oven to 180C / 160C fan/ gas mark 4 and line a baking sheet with grease proof paper.

2. Heat the butter, peanut butter and honey or syrup in a small pan until melted. Add the mashed banana, apple and 100 ml hot water, and mix to combine.
3. Tip the oats, the dried fruit and the seeds into a large bowl. Pour in the combined banana and apple and stir until everything is coated by the wet mixture.
4. Tip into the cake tin and level the surface. Bake for 55 minutes until golden. Leave to cool in the tin. Cut into 12 pieces.

Store cupboard chicken Pilaf (serves 1)



- 1 tsp oil
- 1 small onion
- ½ mug frozen spinach
- 2 tsp curry paste
- 1/3 mug basmati rice
- 1/3 mug chicken stock
- 1 mug frozen vegetables
- 1/3 mug coconut milk
- 1 skinless chicken fillet, diced.

Method:

1. Heat the oil in a frying pan, then fry the onion for 5-6 minutes until softened. Add the chicken pieces, fry for a further couple of minutes just to colour the outside, then stir in curry paste and rice. Cook for another minute.
2. Pour in the chicken stock, coconut milk and throw in any larger bits of frozen veg. Bring to the boil, lower the heat, then cover the pan with a lid. Cook for 10 minutes, then stir in the remaining vegetables.
3. Scatter over the spinach, cover, then cook for 10 minutes more until all the stock is absorbed and the rice is tender.
4. Give everything a good stir, season to taste, then tuck in

Other Nourishing Meal suggestions:

Lasagne.
Steak or chicken pie.
Butter chicken.
mushroom risotto.
Shepherd's pie.
Creamy pasta.
Biryani.
Jacket potato with beans and cheese.
Meatballs and pasta.
Masala Chana.
Chilli.
Matar Paneer.
Dal Makhani.
Tuna pasta bake.

Document ratification details

Ratification Process	**Details**
Authored by:	CPCCG Dietitian for Primary Care & CPFT Dept. Nutrition and Dietetics
Ratified by:	Cambridgeshire and Peterborough Joint Prescribing Group
Date ratified:	July 2020
Review date:	July 2022
Version number:	1