

Our Right to Food: Recipes for family meals

Table 1: Recipes by Family

Meals	Brown	Harris McGregor	MacDougall	Robinson
Chicken and bean fajitas	x			
Chicken casserole		x		
Chicken and lentil stew			x	
Chicken pasta				x
Chicken pesto pasta	x			
Chicken roast dinner	x	x	x	
Chickpea curry	x			
Chilli con carne		x		
Lentil soup	x			x
Mince and potatoes				x
Pancakes	x	x		
Porridge			x	
Spaghetti Bolognese	x	x	x	x
Tuna pasta				x
Tuna and sweetcorn baked potato			x	
Vegetarian fajitas				x

Recipe notes

Unless otherwise indicated, the ingredients were chosen by the community advisors. Salt, pepper and other spice quantities were decided by the researchers based on suggestions by the Nutritics software and estimates.

The adults and 15-year-olds are allocated one full serving, and the younger children are given half a serving each. A dish with four servings therefore serves a family of five (two adults, one teenager and children, aged 7 and 10). A recipe that serves two is used for the small family (one adult, two children, aged 2 and 5).

The recipes are portioned according to what the case study family needs in the meal plan determined by each group. For example, if a family of five makes a soup for dinner and intends to take leftovers for lunch the next few days, the recipe will be for

eight servings rather than four. When one of the groups decided that the small family would repurpose the leftover Spaghetti Bolognese sauce as chilli the following night, the recipe is structured to serve four.

Although some meals appear in the meal plans for multiple families (e.g. Spaghetti Bolognese), ingredients often varied between groups based on their preferences and descriptions of ratios.

Table 2: Weight Assumptions

Vegetables:

All vegetables were assumed to weigh the same to ensure the nutritional analyses, shopping lists, and recipes matched. Two sources of weights were used, as there was no central register with this information.

- Carrot = 67g (N)
- Potato = 213g (N)
- Leek = 89g (N)
- Red pepper = 160g (N)
- Onion = 150g (N)
- Salad tomato = 60g (T)
- Cherry tomato = 15g (T)
- Cucumber = 360g (T)

(N) = average size on Nutritics

(T) = product information from Tesco

Meat:

- Whole roast chicken (1.3-1.5kg) assumed to have 600g cooked meat
- Chicken pieces (e.g. with pasta) = 100g per serving, based on lower end of average¹

Dairy:

- Grated cheddar cheese = 30g per serving, based on the 'Spicy chicken and bean stew with rice and cheese' recipe from the Eatwell Everyday Menus²

¹ Food Standards Agency (2002) Food Portion Sizes, third edition, London: TSO, p 58.

² <https://www.foodstandards.gov.scot/consumers/healthy-eating/eatwell/eatwell-everyday/spicy-chicken-and-bean-stew-with-rice-and-cheese>

Other:

- Sunflower oil = 1 tbsp, based on Eatwell Everyday Menus
- Rice = 60g dried rice per serving
- Pasta quantities differ between the families based on groups' advice
 - o Browns and Robinsons: 125g dried pasta per serving (500g packet used for whole family)
 - o Harris McGregors and MacDougalls: 100g dried pasta per serving

Brown Family's Recipes

Family includes two adults (Karen and David) and three children, aged 7, 10 and 15.

Spaghetti Bolognese³ – Monday

Family crowd pleaser.

(Serves family of 5)

Ingredients:

- 500g 15% fat mince
- 500g jar of tomato sauce
- 2 onions (300g)
- 1 carrot (67g)
- 1 pack mushrooms (200g)
- 1 pepper (160g)
- 1 tbsp sunflower oil
- 1g salt
- Sprinkle pepper

Served with:

- 500g spaghetti (dried weight)
- 120g grated cheddar cheese
- Garlic bread
- Side salad (recipe below)

Side Salad⁴ (Serves 2 adults)

- 90g mixed salad (1 bag)
- 60g cherry tomatoes (approx. 4)
- 90g cucumber (¼ cucumber, sliced)
- 30ml salad dressing

Chicken & Vegetable Burgers⁵ – Tuesday

Family crowd pleaser, and each person can select the burger option and toppings that they enjoy best.

³ Group's recipe, including decision to start with tomato sauce, preference for vegetables, fat content and package size of beef mince. Other quantities adapted from: <https://www.foodstandards.gov.scot/consumers/healthy-eating/eatwell/eatwell-everyday/spaghetti-bolognese-with-garlic-bread-and-side>

⁴ Quantities based on salad from: <https://www.foodstandards.gov.scot/consumers/healthy-eating/eatwell/eatwell-everyday/spaghetti-bolognese-with-garlic-bread-and-side>. Salad dressing quantity based on manufacturer recommendation.

⁵ Group decided quantities and type of burgers, sauces and toppings. Assuming 2 sauces x 15g each per burger. Topping portions adapted from group discussion and recipe <https://www.foodstandards.gov.scot/consumers/healthy-eating/eatwell/eatwell-everyday/ham-salad-roll-with-grapes-and-a-banana>. Family has cherry tomatoes in the shopping basket rather than salad tomatoes, so will use those here.

(Serves family of 5)

Ingredients:

- 3 vegetable patties (from frozen)
- 2 chicken patties (from frozen)
- 60g lettuce (approx. 1/3 bag)
- 120g cherry tomato (approx. 8, sliced)
- 180g cucumber (approx. ½ whole, sliced)
- 45ml mayonnaise
- 75g ketchup
- 30ml burger sauce
- 5 burger rolls

Served with:

- Oven chips (165g per serving)
- Coleslaw (50g per serving)

Chicken Pesto Pasta⁶ – Wednesday

Family crowd pleaser.

(Serves family of 5)

Ingredients:

- 400g diced chicken
- 1 tbsp sunflower oil
- 1 jar pesto (190g)

Served with:

- 500g pasta
- 120g grated cheddar cheese

Chickpea Curry⁷ – Thursday

Family crowd pleaser.

(Serves family of 5, with leftovers)

Ingredients:

- 3 x 400g tins chickpeas

⁶ Group's recipe and quantities. Assuming 100g chicken per serving with pasta.

⁷ Group's recipe with additional ingredients and quantities adapted from: <https://www.bbcgoodfood.com/recipes/vegan-chickpea-curry-jacket-potato>. Assuming 220g per serving, medium average portion.

- 2 x 400g tins chopped tomato
- 3 carrots (200g)
- 2 onions (300g)
- 3 cloves garlic
- 1 tbsp sunflower oil
- 20g ginger
- 5g ground coriander
- 5g ground turmeric
- 5g chilli powder
- 5g ground cumin
- 1g salt

Served with:

- 60g rice per serving

Chicken and Bean Fajitas⁸ – Friday

Family crowd pleaser, and each person can select the toppings that they enjoy best.
(Serves family of 5)

Ingredients:

- 250g diced chicken
- 1 tbsp sunflower oil
- 30g fajita spice pack
- 1 tin refried beans (435g)

Served with:

- 8 tortilla wraps
- 120g grated cheddar cheese
- 4 salad tomatoes (240g)
- 60g lettuce (approx. 1/3 bag)
- 1 pot sour cream (150g)
- 1 pot guacamole (163g)
- 1 pot salsa (200g)

⁸ Group's recipe with quantities based on BNF guide and adapted from: <https://www.foodstandards.gov.scot/consumers/healthy-eating/eatwell/eatwell-everyday/tortilla-wraps-with-sour-cream-and-guacamole>. Assuming 50g per adult serving (lower end of the average portion), with 50g extra to reflect group's preference to use the end of a packet (purchased 650g for the week). Assuming full tin of beans used, though expecting some waste.

Pancakes⁹

A special breakfast on the weekend. Each person can choose their favourite toppings, and pancakes can be made as people get up and ready to leave in the morning.

(Serves family of 5)

Ingredients:

- 337g self-raising flour
- 37g caster sugar
- 60g butter, melted
- 2 medium eggs
- 375ml milk
- 3 tsp vegetable oil

Served with:

- Jam or chocolate spread
- Fresh strawberries and banana

Lentil Soup¹⁰ – Saturday lunch

Homemade soup can be made in a slow cooker while family is out on Saturday morning at children's activities. Provides a simply but hearty lunch when they return.

(Serves family of 5, with leftovers)

Ingredients:

- 2 carrots (134g)
- 2 leeks (178g)
- 2 potatoes (426g)
- 1 tbsp sunflower oil
- 170g red lentils
- 2 stock cubes
- Sprinkle pepper

Served with:

- Filled rolls or small sandwiches

⁹ Recipe and quantities from <https://realfood.tesco.com/recipes/scotch-pancakes.html>. Assuming 14 pancakes, split between family members.

¹⁰ Group's recipe with quantities loosely adapted from <https://www.bbcgoodfood.com/recipes/red-lentil-carrot-soup>. Assuming 220g per serving, medium average portion. Smaller portions assumed as eaten with sandwiches and as leftovers for lunch.

Chicken Roast Dinner¹¹ – Sunday lunch

Family crowd pleaser.

(Serves family of 5)

Ingredients:

- 1 whole chicken (1.3-1.5kg, approx. 600g cooked meat)
- 25g butter
- 1g salt
- 5 servings gravy

Served with:

- 5 carrots (335g)
- 800g roast potatoes (200g per serving, from frozen)
- 300g broccoli (from frozen)
- 6 Yorkshire puddings (from frozen, average 30g each)

¹¹ Group's recipe and quantities adapted from: <https://www.bbcgoodfood.com/recipes/classic-roast-chicken-gravy>. Roast potato portion based on BNF guidance of 200g per person. Approximately 80g broccoli and 80g carrots per serving.

Harris McGregor Family's Recipes

Family includes one adult (Nora) and two children, aged 2 and 5.

Chicken Casserole¹² – Monday

Nora repurposes some of the leftover chicken from the Sunday roast into this casserole, which everyone in the family enjoys.

(Serves family of 3)

Ingredients:

- 1 carrot (67g)
- 1 onion (150g)
- 1 tbsp sunflower oil
- 100g peas
- 340g chicken
- 200g potatoes
- 20g gravy granules

Spaghetti Bolognese¹³ – Thursday

Family crowd pleaser, and Nora repurposes half of the recipe as Chilli con Carne the following night by adding beans and serving with rice.

(Serves family of 3, twice)

Ingredients:

- 500g 15% fat mince
- 500g jar of tomato sauce
- 1 onion (150g)
- 1 carrot (67g)
- 1 pepper (160g)
- 200g mushrooms
- 1 tbsp olive oil
- 1g salt
- Sprinkle black pepper

Served with:

¹² Group's recipe with additional ingredients and quantities adapted from: <https://www.foodstandards.gov.scot/consumers/healthy-eating/eatwell/eatwell-everyday/spicy-chicken-and-bean-stew-with-rice-and-cheese> and <https://www.bbcgoodfood.com/recipes/easy-slow-cooker-chicken-casserole>. Potatoes based on average portion 200-220g per person and ratio with other veg.

¹³ Group's recipe, including preference for vegetables, fat content and package size of beef mince. Other quantities adapted from: <https://www.foodstandards.gov.scot/consumers/healthy-eating/eatwell/eatwell-everyday/spaghetti-bolognese-with-garlic-bread-and-side>

- 200g spaghetti
- 60g grated cheddar cheese
- Garlic bread

Chilli con carne¹⁴ – Friday

Sauce is repurposed from Spaghetti Bolognese, so this meal comes together quickly with the addition of the beans. Nora only needs to reheat the sauce and make the rice.

(Serves adult and 2 young children)

Ingredients:

- Leftover Spaghetti Bolognese (2 portions)
- ½ tin kidney beans (120g drained weight)

Served with:

- 130g rice (dried weight)
- 60g grated cheddar cheese

Pancakes¹⁵ – Saturday

A special breakfast on the weekend.

(Serves family of 3)

Ingredients:

- 112g self-raising flour
- 12g caster sugar
- 20g butter, melted
- 1 medium egg
- 125ml milk
- 1 tbsp sunflower oil

Served with:

- Jam (30g per serving)

¹⁴ Group's recipe for spaghetti bolognese with added beans. Quantities adapted from a 'spicy chicken and bean stew with rice and cheese' recipe from the Eatwell Everyday Menus <https://www.foodstandards.gov.scot/consumers/healthy-eating/eatwell/eatwell-everyday/spicy-chicken-and-bean-stew-with-rice-and-cheese>

¹⁵ Recipe and quantities from: <https://realfood.tesco.com/recipes/scotch-pancakes.html>. Makes 6 pancakes.

Chicken Roast Dinner¹⁶ – Sunday lunch

Family crowd pleaser. Nora will use some of the leftover chicken in cold sandwiches on Sunday evening and the remaining in a casserole on Monday night.

(Serves family of 3, with leftover chicken)

Ingredients:

- 1 whole chicken (approx. 1.3–1.5kg)
- 25g butter
- 1g salt
- 2 servings gravy

Served with:

- Roast potatoes (200g per serving, from frozen)
- Mixed veg (160g per serving, from frozen, e.g. carrot, cauliflower, peas, broccoli)

¹⁶ Group's recipe with quantities and additional ingredients from: <https://www.bbcgoodfood.com/recipes/classic-roast-chicken-gravy>. Assuming approximately 600g cooked meat - 200g eaten with roast dinner, 340g for casserole and remainder for cold sandwiches in evening. Group suggested that Nora would be likely to make an effort to clean the cooked meat off the chicken, as she is using the meat for multiple meals. 200g roast potato per person based on BNF guidance.

MacDougall Family's Recipes

Family includes one adult (Agnes) and two children, aged 2 and 5.

Spaghetti Bolognese¹⁷ – Wednesday

Family crowd pleaser that can be adapted to include a variety of vegetables. Agnes liked to make this full recipe and freeze half for the following week.

(Serves family of 3, twice)

Ingredients:

- 500g 15% fat mince
- 500g passata
- 2 onions (300g)
- 2 carrots (134g)
- 1 pepper (160g)
- 2 cloves garlic
- 10ml Worcester sauce
- 1 stock cube
- 2 tbsp tomato puree
- 1 tbsp sunflower oil

Served with:

- 200g spaghetti
- 60g grated cheddar cheese

Tuna Mayo and Sweetcorn Baked Potato¹⁸ – Thursday

Easy meal that everyone enjoys. Agnes likes to put hot sauce on hers.

(Serves family of 3)

Ingredients:

- 2 tins of tuna in sunflower oil (220g)
- 2 tbsp mayonnaise (30ml)
- 15g ketchup
- Sweetcorn (100g)

¹⁷ Group's recipe, including preference for vegetables and suggested ratio of 50:50 vegetables to meat, fat content and package size of beef mince. Oil and tomato purée quantities were adapted from: <https://www.bbcgoodfood.com/recipes/best-spaghetti-bolognese-recipe>. Other quantities adapted from: <https://www.foodstandards.gov.scot/consumers/healthy-eating/eatwell/eatwell-everyday/spaghetti-bolognese-with-garlic-bread-and-side>. Group developed this recipe to serve four with the intention of using half one week and freezing half for the next week.

¹⁸ Group's recipe with quantities loosely adapted from: <https://www.foodstandards.gov.scot/consumers/healthy-eating/eatwell/eatwell-everyday/tuna-and-sweetcorn-baked-potato>. Leftover sweetcorn will be used on the pizza on Friday. Group specified tuna in sunflower oil rather than brine. Hot sauce will be used by Agnes, mum only.

- Sprinkle black pepper

Served with:

- 2 baked potatoes (approx. 600g)
- 1 tsp hot sauce

Chicken, Bacon and Lentil Stew¹⁹ – Sunday

Family crowd pleaser, which Agnes makes as a hearty dinner for the evening after the children come home from their dad's. She will make this full recipe and freeze half for the following week.

(Serves family of 3, twice)

Ingredients:

- 1 potato (213g)
- 2 carrots (134g)
- 1 onion (150g)
- 2 cloves of garlic
- 2 tbsp sunflower oil
- 200g diced chicken
- 6 rashers bacon
- 100g red lentils
- 1g salt
- 2 stock cubes

Porridge²⁰ – Saturday morning

A special breakfast at the weekend for the children.

(Serves 2 young children)

Ingredients:

- 150ml milk
- 20g oats

Served with:

- 100g blueberries
- 2 tsp honey (42g)

¹⁹ Group's recipe and suggested ingredients, with quantities loosely adapted from <https://www.bbcgoodfood.com/recipes/red-lentil-carrot-soup>. This recipe is slightly scaled up compared to the one used by the Brown family, as the MacDougalls will not be eating this with a filled roll on the side. Group developed this recipe to serve four with the intention of using half one week and freezing half for the next week.

²⁰ Based on one small adult portion <https://www.foodstandards.gov.scot/consumers/healthy-eating/eatwell/eatwell-everyday/porridge-toast-and-juice>. ASSIST FM portion size for blueberries, 50g for nursery, 50-100g for primary.

Robinson Family's Recipes

Family includes two adults (Cathy and Johnny) and three children, aged 7, 10 and 15.

Chicken or Tuna Pasta – Monday

Not everyone in the family likes tuna, so this is an unusual example when Cathy makes two different meals so that each person can have a pasta sauce that they enjoy. (Serves family of 5)

Tuna Pasta Sauce²¹ (Serves adult, teenager and child)

Ingredients:

- 145g tuna
- 100g sweetcorn (½ tin)
- 90ml mayonnaise (approx. 6 tbsp.)
- 1½ onion (225g)
- 1 red pepper (160g)

Chicken Pasta Sauce²² (Serves adult and child)

Ingredients:

- 227g chopped tomato
- 200g diced chicken breast
- 1 tbsp sunflower oil
- 1/2 onion (75g)
- 1/2 red pepper (80g)
- 100g sweetcorn (½ tin)
- 1g salt
- Sprinkle black pepper

Served with

- 500g pasta
- 120g grated cheddar cheese

Mince and Potatoes²³ – Tuesday

²¹ Group's recipe with quantities loosely adapted from: <https://www.foodstandards.gov.scot/consumers/healthy-eating/eatwell/eatwell-everyday/tuna-and-sweetcorn-baked-potato>. Increased tuna from 135g to 145g and sweetcorn from 4 tablespoons (or 42g) to 100g to reflect group's preference to use the whole tin.

²² Group's recipe with quantities and additional ingredients loosely adapted from: <https://www.bbcgoodfood.com/recipes/chicken-pasta-bake>. 100g sweetcorn reflects group's preference to use the whole tin in one evening when served alongside Tuna Pasta. Increased amount of chopped tomato from 195g to 227g to reflect closest tin size.

²³ Group's recipe with quantities adapted from: <https://www.foodstandards.gov.scot/consumers/healthy-eating/eatwell/eatwell-everyday/cottage-pie-with-vegetables>. Increased mince from 400g in recipe to 500g to reflect group's discussion about preferences

Family crowd pleaser.
(Serves family of 5)

Ingredients:

- 500g mince
- 5 servings gravy
- 1 carrot (67g)
- 1 onion (150g)
- 200g mushrooms
- 5 potatoes (1065g)
- 1 tbsp sunflower oil
- 1g salt
- Sprinkle black pepper

Served with:

- 80g broccoli per serving

Spaghetti Bolognese²⁴ – Wednesday

Family crowd pleaser.
(Serves family of 5)

Ingredients:

- 500g 5% fat mince
- 500g jar of tomato sauce
- 2 onions (300g)
- 1 carrot (67g)
- 200g mushrooms
- 1 red pepper (160g)
- 1 tbsp sunflower oil

Served with:

- 500g spaghetti
- 120g grated cheddar cheese
- Garlic bread

for using the end of packets. Quantity of mushrooms based on group's discussion about Spaghetti Bolognese where they were likely to use a whole tray.

²⁴ Group's recipe, including preference for vegetables, fat content and package size of mince and mushrooms. Other quantities adapted from: <https://www.foodstandards.gov.scot/consumers/healthy-eating/eatwell/eatwell-everyday/spaghetti-bolognese-with-garlic-bread-and-side>

Vegetarian Fajitas²⁵ – Thursday

Everyone likes something slightly different in their fajitas, and this means each person can take or leave their favourite items. Ingredients are heated or chopped up and placed in dishes in the centre of the table.

(Serves family of 5)

Ingredients:

- 8 tortilla wraps
- 400g kidney beans (1 tin)
- 130g dried rice
- 2 red peppers (320g)
- 2 onions (300g)
- 1 tbsp sunflower oil
- 5g ground cumin (2tsp)
- 2g chilli flakes (1tsp)
- 1g salt
- Sprinkle black pepper

Served with:

- 120g grated cheddar cheese
- Small pot sour cream (150g)
- Small pot guacamole (163g)
- Small pot salsa (200g)

Lentil Soup²⁶ – Sunday lunch

Cathy brings leftovers with her to work on Monday, and Johnny brings leftovers Monday and Tuesday.

(Serves family of 5, with leftovers)

Ingredients:

- 2 carrots (134g)
- 2 leeks (178g)
- 1/2 tbsp sunflower oil
- 2 potatoes (425g)
- 170g red lentils
- 1 stock cube

²⁵ Group's recipe with quantities and additional ingredients from: <https://www.foodstandards.gov.scot/consumers/healthy-eating/eatwell/eatwell-everyday/tortilla-wraps-with-sour-cream-and-guacamole>. Quantity of rice based on BNF guide for lighter meal portion sizes.

²⁶ Group's recipe with quantities loosely adapted from: <https://www.bbcgoodfood.com/recipes/red-lentil-carrot-soup>

- Sprinkle black pepper

Served with:

- Roll with spread or filled roll

Chicken Roast Dinner²⁷ – Sunday dinner

Family favourite.

(Serves family of 5)

Ingredients:

- 1 whole chicken (approx. 1.3-1.5kg)
- 25g butter
- 1g salt
- 5 servings gravy

Served with:

- 160g mixed veg per serving (from frozen, e.g. carrot, cauliflower, peas, broccoli)
- 800g roast potatoes (from frozen)
- 6 Yorkshire puddings (from frozen, average 30g each)

²⁷ Group's recipe with quantities adapted from the BNF portion guide (e.g. 200g roast potato per person) and: <https://www.foodstandards.gov.scot/consumers/healthy-eating/eatwell/eatwell-everyday/roast-pork-chops-with-potatoes-vegetables-and-gravy>, and <https://www.bbcgoodfood.com/recipes/classic-roast-chicken-gravy>. Assuming approximately 600g cooked meat.