What’s for lunch?

Stuck for what to eat? Here are some simple ideas and two recipes to give you inspiration. Get the whole family involved in preparing the meal to eat together.

For more recipe ideas, visit: www.letsgetcooking.org.uk/lets-getcooking-at-home

Book to join Family Kitchen, Islington’s free virtual cook–along course: www.islington.gov.uk/familiesforlife

- Dippy egg with soldiers
- Soda bread
- Turkish eggs and peppers
- Rainbow couscous
- Tomato and chickpea curry
- Bean burger
- Baked apple with raisins

Struggling with coronavirus?
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Soda bread

Ingredients

Juice of half a lemon
300ml semi-skimmed milk
400g flour
2½ tsp of baking powder
1½ tsp bicarbonate of soda

Method

Preheat the oven to 180°C. Add the lemon juice to the milk and leave for five minutes to allow it to curdle and separate.

Put the flour in a bowl together with the baking powder and bicarbonate of soda and mix. Make a well in the centre of the flour and pour in the milk mixture. Mix well with a wooden spoon to form a sticky dough. If it looks too wet, add a little more flour.

Tip the dough on to a floured surface and pat into a round shape. Handle it as little as possible. Put it in a 1lb baking tin (approximately 17 x 7 x 6cm), slice the top of the dough down the middle with a sharp knife about 1 cm deep. Dust the top with a little extra flour. Place in the oven for 40 minutes.

The loaf should sound hollow on the bottom when tapped and feel light, once it is baked. Remove the tin from the oven, tip out the bread and leave to cool on a wire rack.
Recipe idea

Turkish eggs and pepper (Menemem)

**Ingredients**

- 2 tbsp oil
- 2 onions, sliced
- 1 red or green pepper, deseeded and sliced
- 1 red chilli, deseeded and sliced finely
- 400g can chopped tomatoes
- 1 tsp sugar
- 4 eggs
- small bunch parsley, roughly chopped
- 6 tbsp thick, creamy yoghurt
- 2 garlic cloves crushed

**Method**

Fry the onions, pepper and chilli in the oil in a frying pan.

Cook until they begin to soften. Add the tomatoes and sugar and mix. Cook until the liquid has thickened.

Using a wooden spoon, create four pockets in the tomato mixture and crack the eggs into them. Cover the pan and cook the eggs over a low heat until set.

Beat the yoghurt with the garlic and season with a sprinkle of salt.

Scatter the chopped parsley over the top and serve from the frying pan with the garlic flavoured yoghurt.
A fun game for you to try at home!

Knee Tag

1. Stand with a partner about 50cm apart.
2. Stand with your hands on your knees.
3. Try and touch (tag) your partner’s knee when it is not covered by a hand.
4. Count the amount of times you are successful.

Play for 20 seconds to see how many tags you can get.

www.tinyurl.com/islington-childrenandfamilies