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

- Hummus with toast and carrot sticks
- Lentil soup with bread
- Dahl and rice
- Egg fried rice
- Pasta and tomato sauce
- Shepherdess pie
- Pancakes with yoghurt and fruit

Struggling with coronavirus?
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Lentil soup

**Ingredients**
1 onion, peeled and chopped
1 carrot, peeled and chopped
Spices to taste: 1 tsp cumin, 1 tsp paprika, little chilli
1 tbsp of oil / butter
100g red lentils
400g tinned chopped tomatoes / 400ml passata
750ml stock (using one stock cube)
Juice of a lemon

**Serves four**

**Method**
Heat the oil / butter in a saucepan. Add the chopped onion, carrot and any spices and fry on a low heat until soft (five minutes).
Add the lentils, tomatoes and stock. Bring to the boil. Reduce the heat and simmer with the lid on for 30 – 35 minutes until the lentils are soft. Add more water if too thick.
Just before serving add the lemon juice and more pepper to taste.
Recipe idea

Pancakes

Pancake batter

100g plain flour 150ml water
¼ tsp salt 150ml milk
2 eggs Oil or butter for frying

Makes about six pancakes

Method

Mix the flour and salt together in a large mixing bowl. Make a well in the flour and add the eggs. Whisk the mixture making sure all the flour is removed from the edge of the bowl.

Add the water and milk gradually to the flour mixture, stirring all the time. Your mixture should be lump-free and have a consistency of single cream.

Add a little butter / oil to the frying pan and put on a low heat until hot. Turn the heat down. Ladle the batter into the pan and swirl the pan around so that the mixture covers the base thinly.

After about 60 seconds, lift an edge to check it is cooked. Once cooked flip over and cook the other side. Repeat process adding a little more butter / oil to the pan before adding batter to the pan. Serve the pancakes with some yoghurt and or tinned fruit as a breakfast or dessert.
A fun exercise idea for you to try at home

Rope games

Using a rope, skipping rope, piece of string or twine, bed sheet or washing line laid on the floor, try these challenges:

1. **Tightrope** - Lay the rope on the floor in a long line. Can you travel along it without falling off. Try moving in different ways, forward, backwards, sideways. You could also change the shape of the line to include angles and curves or make the line longer with another rope.

2. **Line Up** - Lay the rope on the floor in a long line. If you can play with more people, get everyone to stand on the rope. Then you must keep at least one foot on the rope at all times, can you get yourself into alphabetical order, birthday month order, height order etc.

3. **Islands** - Use the rope to make a large circle on the floor. This game is best played with more than one person. See if everyone can stand inside the circle, then make the circle smaller and try again. Gradually make the circle smaller or try different shapes.