What's for lunch?

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

Here are some quick, easy and fun ideas for you to try out:

- Knickerbocker glory
- Spicy lentil and carrot soup
- Ragu and macaroni
- Baked beans cottage pie
- Sweetcorn fritters
- Oaty fruit crumble
- Apple and raisin oat cookie

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Red lentil ragu

**Ingredients**
- 3 tbs oil
- 2 onions, finely chopped
- 3 carrots, finely chopped
- 3 celery sticks, finely chopped
- 3 garlic cloves, crushed
- 500g dried red lentils
- 2 x 400g cans chopped tomatoes
- 2 tsp dried mixed herbs
- 1 litre vegetable stock
- 500g macaroni

**Serves six**

**Method**

Heat the oil in a large saucepan and add the onions, carrots, celery and garlic. Cook gently for 15-20 mins until everything is softened.

Stir in the lentils, chopped tomatoes, herbs and stock. Bring to a simmer, then cook for 40-50 mins until the lentils are tender and saucy – add more water if it is getting too thick. Season with salt and pepper to taste.

If eating straight away, keep on a low heat while you cook the macaroni, following pack instructions. Drain well, divide between pasta bowls or plates, spoon sauce over the top.

Alternatively, cool the sauce and chill for up to three days. Or freeze for up to three months. Simply defrost portions overnight at room temperature, then reheat gently to serve.
Recipe idea

**Apple and raisin cookie**

**Ingredients**
- 1 tablespoon of butter (25g)
- 5 tablespoons oats (50g)
- ½ eating apple, cooked and made into a puree (30g)
- 1 heaped tablespoon raisin (30g)
- ½ tsp cinnamon powder

**Makes four cookies**

**Method**
Heat the oven to 180°C/gas mark 4. Grease a baking sheet or line with baking paper.

In a bowl, mix all the ingredients together and make into a soft mixture.

Split the cookie dough in four and put on the baking sheet.

Flatten with a fork. Bake for 10 – 12 minutes until lightly golden.

Take the tray out of the oven and leave the cookies to cool on the tray for a few minutes before transferring them to a cooling rack.

From First Steps Nutrition Trust: [www.firststepsnutrition.org](http://www.firststepsnutrition.org)
A fun game for you to try at home!

Weather warm up

1. One person is the weather forecaster and says what weather it is. The others have to make the actions that link to that type of weather:
   a. Rain – marching on the spot
   b. Thunder – jump from side to side
   c. Lightning – move in a zig zag way
   d. Sunshine – big stretch as high and wide as you can
   e. Windy – arms out and spin on the spot

2. Practice the actions first, then shout them in a random order.

Play for two minutes, then swap weather forecaster and play again.