

Share Community Cookbook



Easy read recipes

For people with a learning disability and autistic people

Welcome to the Share Community Cookbook

We made this book to give people with a learning disability and autistic people some easy-to-follow picture recipes.

We hope that it inspires people to cook at home.

We also have some videos about cooking on our Youtube channel

 [@SHARECommunityLtd](https://www.instagram.com/SHARECommunityLtd)

Supported by



*With thanks to Wandsworth Council
for supporting the creation of our
films and cookbook.*

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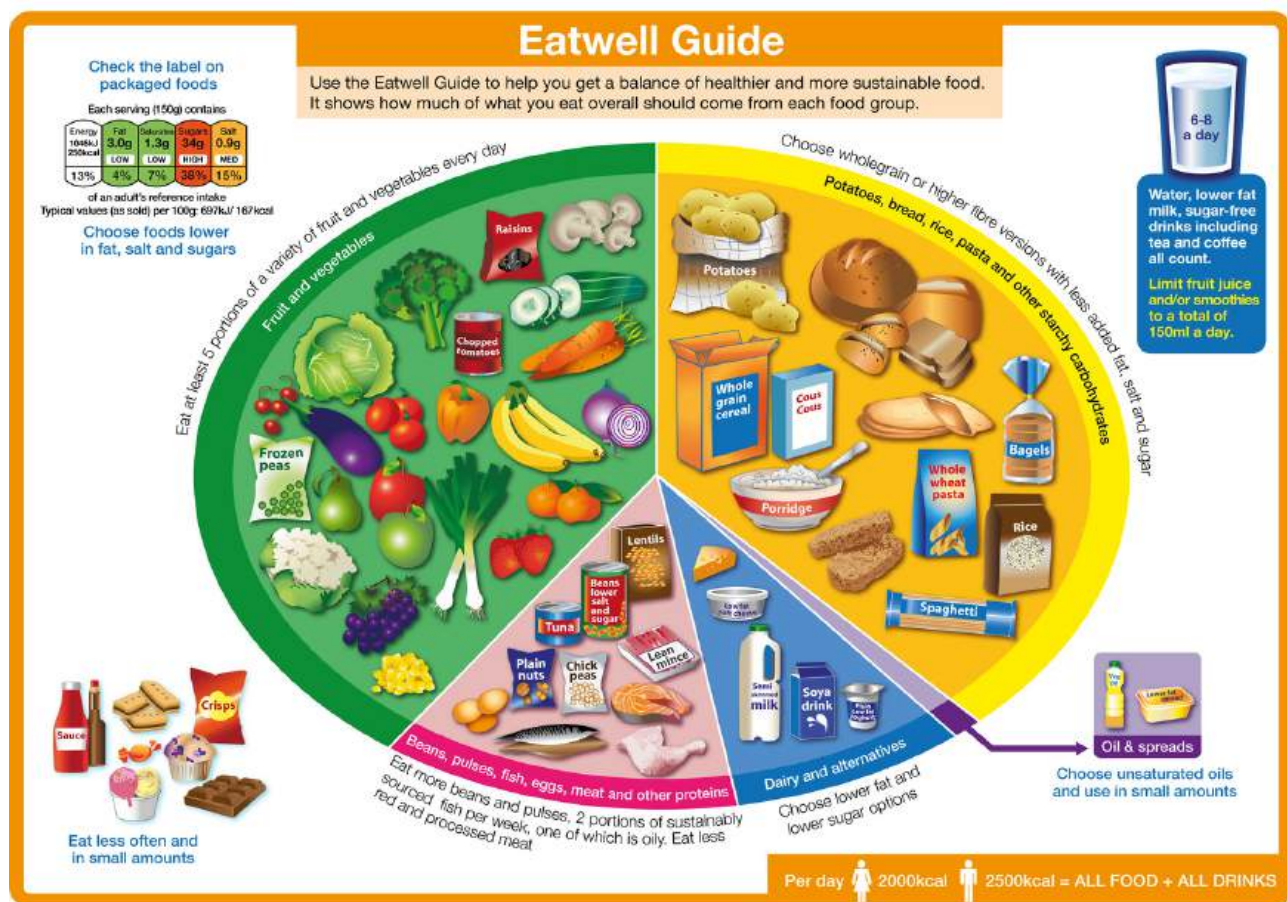
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The Eatwell Guide

The Eatwell Guide was made by the NHS and shows how much we should eat from each food group to stay healthy.

There are five types of food that we need to eat. These need to be eaten in the correct amounts through the week.

If you have a health condition or allergies, please follow your doctor's advice as you may need to eat or avoid certain types of food.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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The Eatwell Guide *(continued)*

Fruits and vegetables (green section)

This is the biggest group because we need lots of different vitamins from these foods to keep our bodies healthy.



Starchy carbohydrates (yellow section)

We need these to give us energy. Wholemeal, whole grain and brown rice are healthy versions of this food group because they also have fibre.



Protein (pink section)

We need this for the body to grow and repair itself. This includes meat, beans, pulses, eggs.



Dairy and non-dairy (blue section)

Foods in this section help keep our bones strong. These include dairy milk and soya based products.



Fats and Spreads (purple section)

We only need a very small amount of these. Olive oil and butter are types of fats and spreads. Too much can be unhealthy.



The Eatwell Guide *(continued)*

Foods to have as treats and in very small amounts

Food with lots of sugar, salt and fat can make us gain weight and can put us at risk for illnesses if we eat it often or eat too much of it.

These types of foods should not be eaten often and only eaten in small amounts.



Examples are:

- Crisps
- Sweets
- Cakes
- Biscuits
- Fizzy drinks
- Chips
- Deep-fried food



More information can be found on the [NHS website](#)

Safety tips

We've made a series of short videos to explain the importance of staying safe in the kitchen.



Click on the video names or scan the QR codes to watch the videos:



Kitchen hygiene:
wearing aprons



Food safety and
cross contamination



Kitchen hygiene:
cleaning surfaces



Storing cooked
food safely.



Knife safety tips



Personal hygiene

Handwashing is one of the most important parts of good hygiene when cooking. Germs cannot be seen with our eyes, but they can make us very sick. Washing your hands with soap and water will help get rid of these germs.



You must wash your hands:

- Before cooking
- After you have used the bathroom
- After handling raw meat, fish or eggs
- After you have coughed or sneezed into your hands
- If they look dirty or messy
- Before you eat

To wash your hands:

- Wet them under warm water
- Add soap and rub all over your hands, fingers and thumbs
- Rinse off all the soap
- Dry them thoroughly with a clean towel
- This should take 20 seconds



Equipment you will need to make the recipes



Baking tray



Tablespoon



Baking dish



Fork



Whisk



Sharp knife



Masher



Saucepan with a lid



Teaspoon



Frying pan

Equipment you will need to make the recipes *(continued)*



Colander or
large sieve



Garlic crusher
(or you can chop
the garlic finely)



Grater



Chopping board



Blender



Greaseproof
paper



Mixing bowl



Freezer-safe box
or tub with a lid



Wooden spoon

Measuring ingredients

Some of the recipes have words which have been shortened to a few letters.

Example:



2. While the pasta is cooking, heat **1 Tbsp** of oil in a frying pan over medium heat

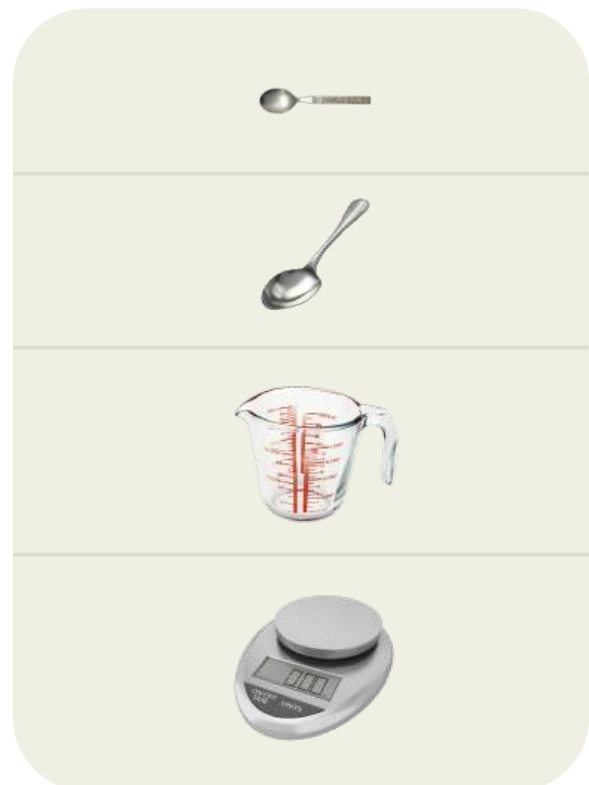
This is what those letters mean:

tsp = teaspoon

Tbsp = tablespoon

ml = millilitre (a measurement of liquid), you will need a measuring jug for this

g = grams (a measurement of weight), you will need scales for this



Storing cooked food safely

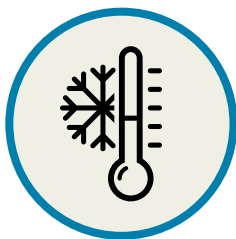
If you have leftovers, you can store them in the fridge for two days in a container with a lid that fits tightly. You might also want to put some in the freezer to defrost at a later date.



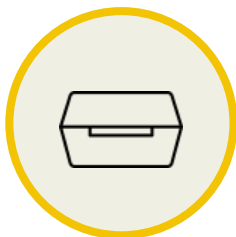
To store your food correctly you should:



Cool cooked food as quickly as possible and never leave it out on the counter for longer than two hours.



Make sure food is totally cool before you put it in the fridge or freezer.

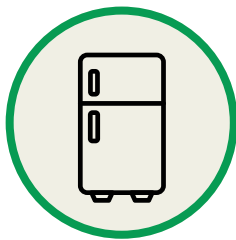


Put food in a portion-sized container with a lid, or in a food-safe bag.



Label food so you know what it is and when you made it.

Defrosting food safely



When you take food out of the freezer, defrost (thaw) it in the fridge.



Eat it within a day (24 hours) of taking it out of the freezer.



Only reheat it once it has defrosted.



Make sure your food is piping hot all the way through before you eat it.

The recipes



Houmous



You will need:



1 can chickpeas,
drained and rinsed



1 Tbsp lemon
juice



3 Tbsp water



1 garlic clove,
minced



2 Tbsp extra virgin
olive oil



$\frac{3}{4}$ tsp ground
cumin

Houmous *(continued)*



1. Add the ingredients into a large bowl and mash until smooth and creamy



2. Serve with pitta bread or vegetable sticks



3. Store any leftovers in the fridge

Popcorn



You will need:



2 Tbsp olive oil



60g popcorn
kernels

Popcorn *(continued)*



1. In a large saucepan over medium heat, combine the oil and 2 or 3 popcorn kernels

Cover the pot and wait for the kernels to pop



2. Once the kernels pop, turn off the heat, remove the pot from the heat and put in all the popcorn kernels

Cover the pot again



3. Give the pot a little shake

Let the pot rest for 60 seconds to make sure the oil doesn't get too hot before the kernels are ready to pop



4. Put the saucepan back on the heat

The popcorn will soon start popping all at once. Listen to the popping and when it slows down to one pop every few seconds, turn off the heat.



5. Put the popcorn in a bowl and add your favourite toppings

Ideas for toppings:

- Coconut chips
- Raisins
- Cranberries
- Pineapple
- Mango
- Cinnamon
- Lemon

Baked potatoes



You will need:



2 medium baking
potatoes



Olive oil

Baked potatoes *(continued)*



1. Preheat the oven to 200 degrees Celsius



2. Wash the potatoes well, dry them and prick several times with a fork



3. Pour some olive oil into your hands and rub over the potatoes

Then put the potatoes on a baking tray in the oven for 90 mins



4. When cooked, the potato should be golden-brown and crisp on the outside and soft on the inside

A fork should be able to easily go straight through the potato into the middle



5. Add your filling and serve with a side salad

Ideas for fillings:

- Beans and cheese
- Chilli
- Hummus and vegetables
- Tuna and sweetcorn
- Curry
- Cottage cheese and pineapple

Risotto

This recipe is for four people



You will need:



1 onion,
chopped



Parmesan
cheese



1 celery stick,
chopped



Some vegetables you
like. For example,
mushrooms, peas, or
sweetcorn



30g butter



1 Tbsp white wine
vinegar mixed with
120ml water



1 Tbsp olive oil



1 litre stock made
with a stock cube



400g risotto rice

Risotto *(continued)*



1. Prepare the vegetables. Chop the onion and celery into small pieces



2. Grate the parmesan



3. Make stock by mixing hot water with a stock cube



4. Put the butter and olive oil in a big frying pan and melt on hob



5. Add the onion and celery and cook for a few minutes



6. Add the risotto rice and stir for 2 minutes

Risotto *(continued)*



7. Add the vinegar and water and cook for 2 minutes



8. Now add 1 ladle of stock and stir

When the stock has soaked into the rice, add another ladle and stir



9. Keep adding stock and stirring until the stock is almost finished



10. Then add the other vegetables and the last of the stock



11. Stir for about 5 minutes until the vegetables look ready



12. Add the parmesan and leave with the lid on for 3 minutes

Enjoy!

Chicken curry

This recipe is for eight people



You will need:



2 Tbsp oil



1 chilli, chopped



1 large onion,
chopped



Curry powder



4 garlic cloves,
crushed



A packet of diced
chicken



2 thumb sized
pieces of ginger,
chopped



2 tins coconut
milk



3 peppers,
chopped



Salt

Chicken curry *(continued)*



1. Chop the pepper



2. Peel and chop the ginger



3. Peel and crush the garlic



4. Chop the chilli

Be careful not to rub your eyes!



5. Heat the oil in a large pan



6. Add the onion and a pinch of salt to the pan

Chicken curry *(continued)*



7. Fry the onion until it's golden and sticky



8. Add the garlic and ginger

Cook for 1 or 2 minutes



9. Add the chicken and cook for 5 minutes



10. The outside of the chicken should be white or gold



11. Add the coconut milk and bring to the boil



12. Once boiling, turn the hob lower to a simmer

Cook for 25-30 minutes

Chicken curry *(continued)*



13. Your sauce should be thick and your chicken should be white in the middle



14. Enjoy with rice or naan

Vegetable pasta

This recipe is for two people



You will need:



150g pasta



1 courgette cut
into 2cm pieces



2 Tbsp olive oil



200g cherry
tomatoes



1 yellow pepper
cut into 2cm
pieces



Juice of $\frac{1}{2}$ a small
lemon



1 red pepper cut
into 2cm pieces



2 handfuls of
spinach

Vegetable pasta *(continued)*



1. To cook the pasta, follow the instructions on the pasta packet



2. While the pasta is cooking, heat 1 Tbsp of oil in a frying pan over medium heat



3. Add the peppers, courgette and whole tomatoes and fry for 5 minutes

Stir often to make sure the vegetables cook all over



4. Add the lemon juice and cook for a few seconds

Stir in 1 ladleful of the hot pasta cooking water



5. Drain the pasta, then put it back in the pan and add the vegetables and spinach leaves



6. Mix everything over a low heat for 2 minutes, or until the spinach is soft

Serve and enjoy

Vegetable soup

This recipe is for four people



You will need:



1 Tbsp oil



2 sticks celery,
sliced



1 onion, finely
diced



1 small parsnip,
peeled and sliced



1 leek, sliced
thinly



1 medium potato,
peeled and chopped
into 1cm cubes



3 carrots, sliced



500ml vegetable
stock made with a
stock cube

Vegetable soup *(continued)*



1. Put the olive oil, onion and leek in a large saucepan



2. Cook on a low heat with the lid on for 5 minutes until softened. Stir occasionally



3. Add the carrot, celery, parsnip and potato, and stir



4. Add all the stock. Bring to a boil and then simmer on a low heat, with the lid on, for 25 minutes



5. If you prefer soup with chunks of vegetables you can serve it like this. If you like smooth soup, you can blend it using a hand blender or mash it with a potato masher.



6. Serve with bread

Vegetable and cheese omelette



You will need:



1 spring onion,
diced



20g cheese,
grated



½ medium red
pepper, diced



1 serving of spinach
(90g), roughly
chopped



3 button
mushrooms, sliced



½ tomato, sliced



2 medium eggs



Black pepper

Vegetable and cheese omelette

(continued)



1. Add a little oil to a small frying pan and heat over a medium heat



2. Add the spring onion, pepper and mushrooms and cook for 5 minutes until the vegetables begin to soften



3. Crack the eggs in a bowl and combine with the grated cheese, spinach, tomato and a little black pepper



4. When the vegetables in the pan are ready, add them to the egg mixture, mix well and return everything to the pan



5. Cook the omelette for 2 to 3 minutes, until the edges cook and come away from the edge of the pan

The mixture should be firm



6. Flip over the omelette and cook it for a further 2 to 3 minutes so it cooks on both sides

Chilli con carne

This recipe is for four people



You will need:



1 Tbsp olive oil



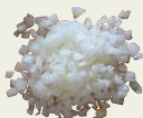
400g canned whole tomatoes, peeled



500g beef or vegetarian mince



240ml beef stock made with a stock cube



1 large onion, diced



400g canned kidney beans, drained



1 tsp chilli, crushed



2 tsp dried oregano



4 garlic cloves, crushed



1 tsp ground cumin



2 Tbsp tomato paste

Chilli con carne *(continued)*



1. In a frying pan, heat the olive oil over high heat and cook the mince until its brown



2. Add the onion, chilli and garlic and cook until the onion is soft



3. Stir in the tomato paste and cook for two minutes

Then add the canned tomatoes and the beef stock



4. Add the beans, oregano and cumin

Simmer for 20 minutes



5. Season with salt and pepper, and serve with rice or baked potatoes

Dal

This recipe is for six people



You will need:



1 Tbsp olive oil



½ tsp chilli flakes



1 large onion,
chopped small



400g dried red
lentils



5 garlic cloves,
minced



1 can chopped
tomatoes



1 Tbsp fresh
ginger, peeled
and grated



1 can coconut
milk



1 Tbsp garam
masala



720ml vegetable
stock, made with
a stock cube



1 tsp ground
tumeric

Dal *(continued)*



1. In a large pot or pan over medium heat, fry the chopped onion in the olive oil for 5 minutes, stirring often



2. Add the garlic and ginger and cook for 1 more minute, until you can smell it



3. Add the garam masala, turmeric and chilli flakes to the pan and stir into the onion mixture

Add a few tablespoons of water if the mixture is too dry



4. Add the dried lentils, canned tomatoes and their juices, coconut milk and vegetable stock to the pan

Stir well and turn the heat to high



5. Bring to a boil, then lower the heat and simmer for about 15 minutes, until the lentils are cooked and soft

Stir occasionally



6. Serve with rice or naan

Jollof rice

This recipe is for eight people



You will need:



2 tins of
tomatoes



1 tsp garlic
powder



2 onions, chopped



1 vegetable stock
cube



2 red peppers,
chopped



1kg easy cook
rice



1 tsp curry
powder



2 tins coconut
milk



1 tsp thyme



Salt

Jollof rice *(continued)*



1. Peel and chop the onions



2. Roughly chop and deseed the peppers



3. Put the tomatoes, onions, peppers, curry powder, thyme and garlic powder in a blender and blend



4. Put the mixture in a big saucepan, cover and cook on medium heat for 8 minutes



5. Add 1.5 litres of water and the stock cube to the pan

Bring to a boil



6. Add rice, then turn down the heat and cover with a lid

Jollof rice *(continued)*



7. Cook for 15 to 20 minutes until the rice is soft



8. Check your rice while it's cooking and add more water if you need to



3. Enjoy as a side dish or a main dish

Aubergine bake

This recipe makes four large portions



You will need:



3 aubergines,
chopped



3 tins chopped
tomatoes



1 garlic clove,
chopped



3 tsp olive oil



Handful of fresh
basil



Handful of olives



3 ciabatta rolls



3 mozzarella balls

Aubergine bake *(continued)*



1. Put the oven on to 200 degrees Celsius



2. Chop the aubergines



3. Put them in a baking dish with the olive oil



4. Put the dish in the oven for 15 minutes



5. Peel and chop the garlic



6. Add the garlic to the aubergines with the tomatoes, basil, and olives

Aubergine bake *(continued)*



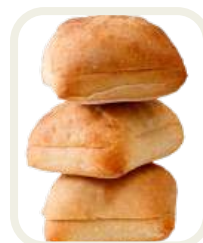
7. Put the dish in the oven for another 10 minutes



8. Tear the mozzarella into pieces



9. Tear the ciabatta rolls into pieces



10. Add the mozzarella and ciabatta roll pieces to the aubergine dish



11. Put the dish back in the oven for another 25 minutes



12. Enjoy with friends!

Lentil spaghetti bolognese

This recipe is for six people



You will need:



2 onions, chopped



2 tins chopped tomatoes



3 garlic cloves, chopped



2 Tbsp tomato purée



3 Tbsp olive oil



2 tsp dried herbs (like oregano or thyme)



3 carrots, chopped



1 litre vegetable stock made with a stock cube



3 celery sticks, chopped



500g spaghetti



500g bag of dried red lentils (or 2 x 400g tins of lentils)



Handful of grated cheese



To watch a video of Share students cooking this recipe, either scan the QR code or [click here](#)



Lentil spaghetti bolognese *(continued)*



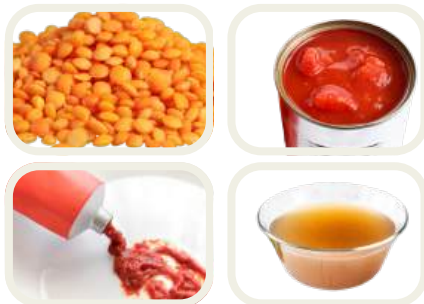
1. Heat the oil in a large saucepan



2. Add the onions, celery, carrots and garlic



3. Cook for 15 to 20 minutes until everything is softened



4. Stir in lentils, chopped tomatoes, tomato purée, herbs and stock



5. Bring to a simmer, then cook for 40 to 50 mins until the lentils are soft



6. Follow the cooking instructions for the spaghetti. Once cooked, drain the pasta well

You could grate some cheese over it if you like!

Frozen yoghurt bark



You will need:



500g vanilla
yoghurt

Fruit of your choice such as:



150g sliced
strawberries



150g blueberries

You could also add:



150g granola



Handful of raisins



Handful of
cranberries

Frozen yoghurt bark *(continued)*



1. Line a baking tray with baking paper



2. Spread the yoghurt all over in a thin layer



3. Sprinkle the fruit all over the yoghurt



4. Put it in the freezer for at least 3 hours



5. Once completely frozen, take out of the freezer and break into small chunks



6. Take out a small portion when you are ready to eat. Eat straight away, or it will melt

Put the rest back into the freezer for another time

Flapjacks



You will need:



125g butter



250g porridge
oats



125g golden syrup



Handful of raisins



125g brown sugar



Handful of dried
cranberries

Flapjacks *(continued)*



1. Switch on the oven to 140 degrees Celsius



2. Line a baking dish with baking paper



3. Melt the butter, sugar and syrup in a saucepan over a low heat



4. Stir in all the other ingredients and mix together



5. Put everything in the baking dish and press down lightly



6. Bake for 40 mins

Leave to cool, then cut into square or rectangular pieces

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