

Healthy eating for teenagers / Batchelors Nutritional Advice Centre.

Contributors

Batchelors Nutritional Advice Centre.

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Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

HEALTHY EATING FOR TEENAGERS (2)

	1	2	3	4	5
Breakfast	Orange Juice Muesli Toast	Boiled Egg Bread & Butter	Stewed Fruit Yogurt Toast	Beans & Sausage Toast	High Fibre Cereal & Strawberries Toast
Mid-Morning	Glass of Milk Chocolate Wafer Bar	Cup of Soup Pear	Apple 2 Savoury Crackers	Cup of Soup Banana	Muesli Cereal Bar Glass of Milk
Middy	Smoked Mackerel & Pasta Salad Apple Digestive Biscuit Fruit Juice	Pitta Bread stuffed with Chopped Tomato, Ham & Cucumber Fruit Yogurt Chelsea Bun Orange Juice	Tomato Soup Egg & Cucumber Granary Roll Fruit Tart Milk Shake	Toasted Cheese & Mushroom Sandwich Tomato Malt Loaf Fruit Drink	Tuna & Sweetcorn Mayonnaise Roll Banana Bread Milk Shake
Evening	Chicken Casserole New Potatoes Green Beans Prune Tart & Custard	Bean & Bacon Curry* Mild Curry Savoury Rice Poppadoms Creme Caramel	Seafood Pancakes* Mixed Salad Rhubarb Fool Shortbread Biscuit	Jacket Potatoes with Chilli Topping Broccoli Apple Pie & Fromage Frais	Quick Pizza Mixed Salad Fresh Fruit & Ice Cream

Daily Allowance - 1 pint semi-skimmed milk
1oz butter or 1oz margarine

Average intake over 5 days (based on standard portions)

Protein 90g
Fat 104g
Energy (Calories) 2700 Cals
Dietary Fibre 20g

* *Batchelor's* recipe enclosed



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BEAN AND BACON CURRY

Serves 4

2 onions, peeled and finely chopped
4oz / 100g streaky bacon, rinded and chopped
1 tbsp / 15ml olive oil
1 can 415g Batchelors Flageolet Beans, drained
2 tsp / 10ml curry powder
grated rind of half a lemon
4oz / 100g mushrooms, chopped
2oz / 50g sultanas
5oz / 150g frankfurter sausages, sliced
1/2 pint / 300ml chicken stock
2oz / 50g salted peanuts
1 120g packet Batchelors Mild Curry Savoury Rice

METHOD

1. Heat the oil in an ovenproof dish, cook the onions and bacon gently for 5 minutes.
2. Add all the other ingredients and stock, except for the peanuts, and the Batchelors Savoury Rice. Cover and simmer for 30 minutes.
3. Cook the Batchelors Savoury Rice according to the packet instructions.
4. Stir in the peanuts into the bean curry mixture, adjust seasoning and simmer for a further 10 minutes.
5. Serve with Batchelors Mild Curry Savoury Rice.

SEAFOOD PANCAKES

Serves 4

1 120g packet Batchelors Chicken Flavour Savoury Rice
6oz / 150g smoked cod fillet, skinned and cubed
2oz / 50g peeled prawns
2oz / 50g cooked mussels

Pancake batter:
4oz / 100g plain flour
1 egg, size 3
1 tbsp / 15ml oil
pinch of salt
1/2 pint / 300ml milk

Sauce:
1oz / 25g butter
1oz / 25g plain flour
1/2 pint / 300ml milk
2 tbsp chopped parsley
2 tbsp / 30ml lemon juice

METHOD

1. Make up the Savoury Rice according to packet instructions and cook for 10 minutes. Stir in the cod and cook for a further 10 minutes until all the liquid has been absorbed. Stir in the prawns and mussels, place to one side.
2. Make the pancakes by whisking together the flour, egg, oil salt and milk to form a smooth batter. Using a frying pan and a little oil cook eight 7 inch / 18cm pancakes.
3. Divide the filling between the pancakes, arrange in an ovenproof dish. Cover and heat through in the oven at 180C / 350 F / Gas Mark 4 for 15-20 minutes.
4. Meanwhile make the sauce by melting the butter in a saucepan, add the flour and cook for one minute. Gradually add the milk and bring to the boil, stirring all the time, cook for 2 minutes. Add the parsley and lemon juice, season to taste.
5. Remove the pancakes from the oven, and serve with the sauce poured over the top.

The logo for Batchelors, featuring the brand name in a stylized, cursive font inside a dark, rounded rectangular shape.