



KIRKBY KITCHEN COOKBOOK



**HEALTHY RECIPES
WITH FAMILIAR
FAVOURITES**

INTRODUCING: KIRKBY KITCHEN COOKBOOK

The Mediterranean diet is currently considered to be one of the healthiest diets worldwide.

This cookbook aims to improve the health of the residents of Kirkby by adapting already loved recipes into the Mediterranean style. By making small changes, you can reap the benefits of the Mediterranean diet, while enjoying familiar flavours!

26 ACCESSIBLE RECIPES

We understand the importance of accessibility and affordability when it comes to cooking. Therefore, our recipes make use of a limited range of ingredients and includes various cooking methods.

This not only helps to cut costs but also ensures that everyone, regardless of their access to ingredients or cooking equipment, can enjoy the delicious recipes in this book.



THE CREATORS OF KIRKBY KITCHEN COOKBOOK

Welcome to Kirkby Kitchen, created by Liverpool John Moores Nutrition students Niamh Stevens, Lauren Coles and Amy Gledhill, along with the residents of Kirkby!

During our placement we were given the opportunity to develop a recipe book with the community of Kirkby, inspired by the Mediterranean style diet to support a healthy lifestyle. Our aim was to create a collection of recipes that not only nourish the body and reduce the risk of numerous health issues, but also celebrate the joys of simple cooking and eating together.

CO-DEVELOPED WITH THE COMMUNITY

The Kirkby community played a central role in the development of this cookbook. Here are the organisations involved:



Northwood
Mums Group



NHS Focus Group



Cheshire & Merseyside
Integrated Care Board



FOCUS GROUPS

The research stage of this cookbook involved focus groups with members of the Kirkby community. These discussions highlighted the community's challenges and preferences surrounding their diets. The invaluable insights given by the participants shaped the recipes within this book. A huge thank you to all the participants!

THE FOCUS GROUPS INCLUDED:

- Patients and staff at Millbrook Medical Centre
- Patients with obesity/ diabetes at Aintree Hospital
- Members of the Northwood Mums Group
- Community members at Centre 63

Centre 63 are a charity organisation located in Kirkby. They support young people and families by providing a huge range of services that address community needs.

Centre 63's Social Supermarket, launched in 2020, provides affordable groceries and promotes healthy diets, reducing reliance on food banks.



For more information visit:
<https://www.centre63.org.uk/>

PATIENT TESTIMONIALS

Here are some words from members of the community:

“Being a qualified chef, I love all types of food but since I found out I had type 2 diabetes and a fatty liver, I started to think about the future, so I primarily eat Mediterranean food now. It’s a lot better for me and it’s simple, cheap and quick to make. I would recommend it to anyone. The perception of it costing more for the ingredients and that it takes ages to make is a myth. Trust me.”

Terry Birch, Local chef

“The recipes in this cookbook are tasty, easy to prepare and do not have a long list of ingredients. A number of the recipes can be doubled up and portions frozen or refrigerated for another day (batch cooking), thereby saving time and energy. Most importantly enjoy what you are eating and try something new.”

Christine

CONTENTS

Mediterranean diet information **7**

Nutrient information **9**

BREAKFAST

Overnight oats **12**

Chocolate baked oats **13**

Chicken and veg omelette bites **14**

MAINS

BBQ turkey and veg wraps **16**

Turkey Burgers **17**

Fish, chips and mushy peas **18**

Spanish style chickpeas **19**

Pork and veg skewers **20**

3 bean chilli **21**

Bolognese **22**

Easy chicken bake **23**

Chicken fajitas **24**

Shakshuka **25**

Chicken Nuggets **26**

Scouse **27**

Baked fish fillet **28**

SIDES

Side salad **30**

Homemade tomato sauce **31**

Bubble and squeak **32**

Sweet potato wedges **33**

Chunky chips **34**

Mushy peas **35**

Garlic flatbreads **36**

Peel crisps **37**

Dessert

Skyr 'ice cream' bites **39**

Chia seed pudding 2 ways **40**

BENEFITS OF THE MEDITERRANEAN DIET

Diet has been shown to have an essential role in the prevention of cardiovascular diseases and type 2 diabetes, as well as its effective role in weight management.

The Mediterranean style diet is characterised by a large quantity of plant-based foods, including fruit and vegetables, extra virgin olive oil, legumes such as beans and lentils, nuts and mainly whole grains. It also includes a large quantity of fish, and a moderate number of white meats and dairy products.

There are many reasons why the Mediterranean style diet has so many health benefits, and these are due to the diet's emphasis on plant based whole-foods and healthy fats which help lower inflammation in your body, improve blood vessel function and reduce the risk of metabolic syndrome and type 2 diabetes.

Making small changes to your current diet to mimic these features has been proven to reduce the risk of chronic diseases and has also been shown to be advantageous for weight loss, especially when maintained for more than 6 months.

An additional benefit of the Mediterranean style diet is that it is highly cost effective.



BENEFITS OF THE MEDITERRANEAN DIET

Plant based foods

Fruit, vegetables, grains, legumes (such as beans, peas and lentils) and nuts are important as they contain vital vitamins, minerals and fibre, which keep our digestive system healthy and allow us to feel full for longer. You should aim to eat at least 4 servings of vegetables and 3 servings of fruit a day, they should be a variety of colours and textures as this allows you to eat more varied nutrients. You should also try to eat at least 3 servings of both nuts and legumes per week when possible.

Lean meat and protein rich foods

Protein is needed for muscle growth and recovery; lean protein rich foods are also full of important nutrients and make you feel fuller for longer. You should aim for 3-4 servings per day. These can include lean meats (such as turkey and chicken breast), eggs and low-fat dairy products, as well as some plant-based sources like tofu and lentils.

Fish and seafood

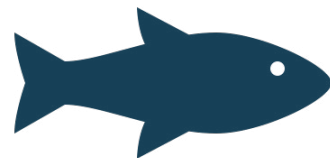
Fish and seafood are high in protein which helps with muscle growth, recovery and keeps you full. Oily fish have healthy fats which are helpful in improving heart health! You should aim for 3 servings a week. Some cheap and convenient sources are frozen fish and seafood, and tinned fish such as tuna.

Olive oil

Olive oil is a healthy fat which has been shown to have positive effects on heart health. Typically, olive oil is used in cooking and extra virgin olive oil is used for dressing salads/vegetables with an ideal consumption of about 4 tablespoons per day! The aim of this recipe book is to give you an idea of different meals you can eat while following this way of eating.

Top tip!

Frozen veg is cheap and convenient to add into dishes! Buying legumes (such as beans, peas and lentils) in big bags can help to keep costs low long term, and you'll always have them in!



This might seem like quite a lot of information, but the recipes included are designed to make it easy for you to follow the Mediterranean style of eating, and hopefully to inspire you to make similar changes to other dishes you love, making them healthier!

INFORMATION ABOUT NUTRIENTS

On each of the recipes you will see an image like this:

Each 299g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
1765kJ 424kcal	27g	5.2g	4.6g	0.66g
21%	39%	26%	5%	11%

of an adult's reference intake

Typical energy as sold per 100g: 590kJ/142kcal

RED = High

AMBER = Medium

GREEN = Low

This is called **Traffic Light Labelling**;

It may be familiar to you as it is included on the food labels on most products you find in the supermarket.

This labelling system is a simple and effective way to give you the information you need to understand which products are healthier. It also allows you to compare the kilocalorie (kcal), fat, sugar and salt content of different food products.

Red means the food product contains high amounts of that nutrient, amber means medium and green means the food is lower in the highlighted nutrient.

Generally, you want to look out for more green boxes!

However, in this cookbook you may see red in the 'Fat' box, do not be alarmed by this. It is due to the high content of olive oil in many of the dishes which is characteristic of the Mediterranean style diet and is very good for you!

UNDERSTANDING NUTRIENTS

Each recipe will also include the amount of protein it contains in grams.

- You should aim to consume 1.4g-2g of protein per kg of your body weight each day.
- To work this out you can multiply your body weight in kilograms by a number between 1.4 and 2
- E.g., If you weigh 70kg and want to consume a higher amount of protein: $70(\text{kg}) \times 2(\text{g}) = 140\text{g}$ of protein per day.

Please refer to the 'Carbs and Cals' book for an estimation of the effect of each food on blood sugar levels.

COOKING METHODS

Recipes include signs that indicate various cooking methods:

Some recipes will have multiple signs to show the different methods that can be used. Below are the cooking methods included in this book:



Cooking times and temperatures:

Cooking times and temperatures in this cookbook are guidelines only! - appliances may vary. Always cook/ reheat foods until piping hot throughout! Food thermometers are a great tool to help you cook safe and delicious meals.

Check out the FSA website for guidance - <https://www.food.gov.uk/safety-hygiene/cooking-your-food>

A glass bowl filled with white yogurt, topped with a generous amount of golden-brown granola and fresh blueberries. The bowl is set on a light-colored, textured fabric surface. In the background, a metal spoon holds more granola, and a few blueberries are scattered on the fabric. A yellow banner with the word 'BREAKFAST' is overlaid on the top half of the image.

BREAKFAST

OVERNIGHT OATS

Makes 1 serving

Ingredients

- 1 cup of porridge oats
- 1 cup of semi-skimmed milk (or plant-based milk)
- 2 tbsp / 15g frozen berries

How to

1. In a large dish or bowl, mix porridge oats and milk together.
2. Add frozen berries to mix.
3. Leave in the fridge overnight and they'll be ready to eat in the morning!



Each 220g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
1013kJ 240kcal	5.4g	1.7g	9.6g	0.13g
12%	8%	9%	11%	2%

of an adult's reference intake
Typical energy as sold per 100g: 460kJ/109kcal

10g protein per serving

No cook
recipe

How many berries?

Berries count as one of your 5 a day, the recommended portion is one handful, or 35g

Top tip!

Make lots of portions in one go and keep in the fridge for a grab-and-go breakfast!

Layer with Greek yoghurt for added protein and creamy texture.

Make it to your taste!

You can also use different ingredient, such as nuts and grated apple for variation. You could also add flavours such as cinnamon.

CHOCOLATE BAKED OATS

Makes 4 servings

Ingredients

- 150g rolled porridge oats
- 300ml semi skimmed milk or plant-based milk of choice
- 3 tbsp of honey
- 2 tbsp of cocoa powder
- ½ tsp of baking powder

How to:

1. Lightly grease a small-medium oven safe baking dish.
2. Put the rolled oats, cocoa powder and baking powder into the baking dish and mix.
3. Add the milk and honey to the dry ingredients and mix.
4. Bake in a pre-heated oven for 35 minutes at 180°C.
5. Alternatively, air fry for 25-30 minutes at 180°C.
6. Enjoy!

Each 125g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
949kJ 225kcal	4.6g	1.5g	14g	0.26g
11%	7%	8%	16%	4%

of an adult's reference intake
Typical energy as sold per 100g: 759kJ/180kcal

Oven
recipe

Air fryer
recipe



Each 372g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
1756kJ 421kcal	24g	7.3g	5.8g	1.5g
21%	34%	37%	6%	25%

of an adult's reference intake
Typical energy as sold per 100g: 472kJ/113kcal

Packed with 44g
protein per serving

Air fryer
recipe

Oven
recipe



Top tip!

Buying pre-sliced/diced vegetables can be cheaper and saves time cooking!

How to: Oven bake method

1. These can also be cooked in the oven in a deep baking tray, either line with baking parchment or lay out bun cases. They can also be cooked in an oven safe dish.
2. Add your peppers, spring onions (or vegetables of choice) and chicken into the bun cases/tray.
3. Whisk your eggs and milk with some salt and pepper in a bowl and pour over the veg and chicken. Then, add your cheese and spinach before popping into the oven.
4. Bake for 20-25 minutes at 200°C, ensure the omelette bites are piping hot and fully set. Enjoy!

CHICKEN & VEG OMELETTE BITES

Makes 2 servings

Ingredients

- 6 large eggs
- 50ml semi-skimmed milk
- 1 very large handful / 100g of spinach
- 2 pinches salt and 1 pinch black pepper
- 25g Grated reduced fat cheese
- 100g cooked chicken breast, finely shredded
- 1 bell pepper, sliced/ handful or 100g of frozen sliced peppers
- 2 medium spring onions, chopped
- 2 tsp extra virgin olive oil
- Baking parchment / bun cases

How to: Air fryer method

1. Lay out your bun cases and lightly grease them (12 cases), or you could line the air fryer tray with baking parchment (and cut the omelette in half after it's cooked). Add your sliced bell pepper and spring onions into the bun cases or air fryer tray with a dash of olive oil and cook for 5 minutes or until softened.
2. Add the eggs and milk to a bowl and whisk with a fork until combined, and season with salt and pepper. Shred your cooked chicken up into small thin pieces so that they reheat thoroughly.
3. Next, add some of the spinach and shredded cooked chicken to each bun case, and pour the eggs over, filling half-way and giving each case a stir.
4. Finally, air fry for 10-12 minutes in the air fryer at 200°C.
5. Remove from the air fryer and check that the omelette bites are piping hot and steaming throughout, the egg should be fully set. Enjoy!



MAINS

Each 450g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
2275kJ 541kcal	12g	3.5g	15g	1.8g
27%	17%	18%	17%	30%

of an adult's reference intake
Typical energy as sold per 100g: 506kJ/120kcal

Contains 43g protein
per serving

Cooked on
the hob



Top tip!

It is recommended that you only consume red meat, such as pork and beef, once a week.

BBQ TURKEY & VEG WRAP

Makes 2 servings

Ingredients

- 200g low-fat (3 or 5% fat) turkey mince
- ½ red bell pepper, finely chopped
- ½ onion, finely chopped
- 1 pinch salt and 1 pinch black pepper
- 1tsp dried mixed herbs
- 2 tsp extra virgin olive oil
- 2 tbsp barbecue sauce
- 1 handful mixed salad leaves
- 2 Wholegrain tortilla wraps
- 2 tbsp fat free Greek yoghurt (optional)

How to:

1. Add the olive oil to a frying pan and heat before adding the turkey mince, then cook on high heat for 5 minutes.
2. Add the pepper, onion, mixed herbs, salt and black pepper to the turkey mince, and cook for a further 12-15 minutes on high, or until the vegetables have softened and the turkey mince is all cooked through.
3. Lay out the wraps and add half the turkey and veg mixture to each wrap, then top each with half a handful of salad leaves.
4. Drizzle each with 1½ tbsp of barbecue sauce and 1tbsp of the Greek yoghurt (optional), then roll the wrap.
5. Serve!

TURKEY BURGERS

Makes 2-4 servings

Ingredients

- 1 x 500g pack low-fat (3 or 5% fat) turkey mince
- 1 egg
- 1 tsp dried mixed herbs
- 1 tsp paprika
- 1 tbsp extra virgin olive oil
- 1 cup (frozen) mushrooms
- 1 pinch salt and 1 pinch black pepper
- 1 handful of mixed salad leaves
- 2 Burger buns (whole meal)

How to

1. Beat the egg in a bowl.
2. Add the turkey mince and seasoning (mixed herbs, salt and pepper) to the bowl and mix with the egg until a paste is made.
3. Roll the paste into balls using your hands.
4. Heat a frying pan using a dash of oil, or if you're using an air fryer add the oil to the tray.
5. Flatten the balls into patties that are about 1 or 2 cm thick. Pan fry on medium – high heat for 10-15 minutes until golden brown on both sides. Or add into the air fryer and cook for 18-20 minutes at 200°C.
6. Using the same pan, fry the mushrooms on high for 4-5 minutes or 8-10 minutes if cooking from frozen. If you're using an air fryer, add the mushrooms in with the turkey patties after the first 10 minutes of cooking.
7. Put the patties into the burger buns with salad leaves and serve with the mushrooms and a side of your choosing!

Some ideas of sides:

side salad (page 23), chunky chips (page 27) or sweet potato wedges (page 26).

Each 323g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
1995kJ 477kcal	25g	4.5g	2.2g	1.3g
24%	36%	23%	2%	22%

of an adult's reference intake
Typical energy as sold per 100g: 618kJ/148kcal

Contains 40g protein
per serving

Air fryer
recipe



Top tip!

Save for later!

This recipe makes 4 patties so that the two spare patties can be frozen to have another day. Defrost before cooking, they can also be chopped up and used as meatballs!

Use them in the spaghetti bolognese recipe on page 15!

Each 450g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
2275kJ 541kcal	12g	3.5g	15g	1.8g
27%	17%	18%	17%	30%

of an adult's reference intake
Typical energy as sold per 100g: 506kJ/120kcal

Contains 25g protein
per serving

Air fryer
recipe

Oven
recipe



FISH, CHIPS & MUSHY PEAS

Makes 2 servings

Ingredients

- Chunky chips (page 27)

[Not included in nutrition information]

- 1-2 slices of leftover stale bread grated into breadcrumbs (you can crumble it between your fingers or blend in blender).
- Mushy peas (page 28)

[Not included in nutrition information]

- 1 pinch of salt and a pinch of black pepper
- 2 tbsp plain flour
- 2 white fish fillets
- 1 egg
- 1tbsp extra virgin olive oil

How to:

1. Make the Chunky chips, the recipe is on page 27.
2. Oil a baking tray or air fryer tray using olive oil . If you're using an oven preheat to 200°C. Tip flour into a bowl. Crack the eggs into a separate bowl and beat the egg.
3. Place fish into flour and coat evenly, then dip the fish into beaten egg and finally, into the breadcrumb mix to cover.
4. Place the fillets onto the baking tray and into the oven and bake at 200°C for 25 minutes, or into the air fryer, at 200°C for 15-20 minutes until golden brown, turning half-way through.
5. Whilst the fish is cooking, make the mushy peas (page 28), serve and enjoy!

Top tip!

You could also use salmon – this is a good way to get in one of your weekly portions of oily fish!

SPANISH CHICKPEA & SPINACH STEW

Each 570g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
1741kJ 415kcal	11g	1.8g	14g	2.4g
21%	16%	9%	16%	40%

of an adult's reference intake
Typical energy as sold per 100g: 305kJ/73kcal

Makes 2-4 servings

Ingredients

- 1 can of cooked chickpeas
- 1 can of chopped tomatoes
- 1 tbsp extra virgin olive oil
- 2 tbsp tomato purée
- 1 large onion
- 3 cloves of garlic
- ½ bag of spinach
- 1 tsp paprika
- 1 tsp cumin (you can add any herbs or spices you like!)
- 1 chicken or vegetable stock cube/pot
- Pinch of black pepper

How to: hob method

1. Add the oil to a deep pan - finely chop the onion and garlic. Set the heat under the pan to medium.
2. Add the onions to the pan and cook until soft and golden, then add the garlic and cook for approx. 2 minutes.
3. Add the tomato paste and stir.
4. Add the tin of chopped tomatoes and stir on medium heat. Leave this to bubble away for a couple of minutes.
5. Now, add your seasonings - Pinch of black pepper, teaspoon of paprika, cumin or anything you would like!
6. Next add the can of cooked chickpeas, stock cube of choice and about a cup of hot water so that all ingredients are submerged in liquid. Simmer on low-medium heat for 15-20 minutes.
7. Finally, add the spinach and stir in. Continue to cook for another 5 minutes and then enjoy!

How to: slow cooker method

1. Finely chop the onions and garlic then add them to the slow cooker with the oil and stir.
 2. Add the tomato puree, tinned tomatoes, seasonings, cooked chickpeas and a stock cube to the slow cooker. Cook on low for approx. 7 hours, adding the spinach about 30 minutes before serving.
- (This can be cooking on low all day ready for your evening meal!).

**Slow cooker
recipe**

**Can also be cooked
on the hob**



Each 299g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
1765kJ 424kcal	27g	5.2g	4.6g	0.66g
21%	39%	26%	5%	11%

of an adult's reference intake

Typical energy as sold per 100g: 590kJ/142kcal

Contains 38g protein
per serving

Air fryer
recipe

Oven
recipe



PORK & VEGETABLE SKEWERS

Makes 2 servings

Ingredients

- 250g pork loin or chops (cut into cubes)
- 1 onion, chopped into medium sized squares
- 1 bell pepper, chopped into medium sized squares
- 1 small courgette
- Seasoning (paprika, mixed herbs) 1 tsp each
- 1 tbsp extra virgin olive oil
- 1 pinch of salt and a pinch of black pepper
- Wooden / bamboo skewers

How to:

1. Chop the pork, onion, pepper and courgette into cubes about 1cm thick. Place your bamboo skewers in a glass of water to soak while you prepare the ingredients (this will help to prevent them burning in the air fryer/ oven).
2. Mix pork cubes in a bowl with ½ tbsp olive oil and seasoning (paprika and mixed herbs) and leave to marinate for at least 30 minutes.
3. When ready, mix the onion, bell pepper, and courgette in ½ tbsp olive oil with salt and pepper.
4. Thread the pork onto skewers alternating with the onion, peppers and courgette.
5. Place in the air fryer for 15-18 minutes at 200°C, turning half-way through. Alternatively, cook in a preheated oven for 20-25 minutes at 200°C. To make sure the meat is fully cooked check that any juices run clear and that there is no pink meat in the center.
6. Serve with a side of your choice and enjoy!

THREE BEAN CHILLI



Each 259g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
955kJ 228kcal	7.1g	1.2g	6.5g	0.33g
11%	10%	6%	7%	6%

of an adult's reference intake
Typical energy as sold per 100g: 369kJ/88kcal

Makes 4 servings

Ingredients

- 2 tbsp extra virgin olive oil
- 1 onion (diced) / frozen diced onion
- 1 tin of chickpeas
- 1 red bell pepper, diced / ½ cup frozen sliced peppers
- 1 tin of kidney beans
- 1 tin of cannellini or butter beans
- 1 can of chopped tomatoes
- Seasoning (paprika, cumin, chilli powder) 1.5 tsp each
- 3 cloves garlic (diced)
- Any stock cube/stock pot
- 2 pinches salt and 1 pinch black pepper

How to: slow cooker method

1. Finely chop the onion, garlic and bell pepper.
2. Drain and rinse the kidney, cannellini beans and chickpeas and add to a slow cooker with the olive oil, onion, garlic, bell peppers, chopped tomatoes, seasoning, stock, salt and pepper.
3. Cook in the slow cooker for 5 hours on high or 7-8 hours on low.
4. Serve with brown rice [Not included in nutrition information], or garlic flatbreads (page 29).

How to: hob method

1. Finely chop the onion, garlic and bell pepper. Then add the oil to a deep pan and set to a medium heat. Add the onion, garlic and pepper to the pan and cook for 10 minutes until the onions are soft and golden.
2. Add the chopped tomatoes, the stock and the seasonings (e.g paprika, cumin, salt and black pepper). Stir together.
3. Drain and rinse the kidney, cannellini beans and chickpeas, then add to the pan. Stir and leave to simmer on a low-medium heat for about 20 minutes.
4. Serve with brown rice [Not included in nutrition information], or garlic flatbreads (page 29).

**Slow cooker
recipe**

**Can be cooked
on the hob**

**Contains 24g protein
per serving**



Each 351g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
1123kJ 267kcal	9.5g	2.2g	10g	0.76g
13%	14%	11%	11%	13%

of an adult's reference intake
Typical energy as sold per 100g: 320kJ/76kcal

Contains 32g protein
per serving

Slow cooker
recipe

Can be cooked
on the hob



BOLOGNESE

Makes 4 servings

Ingredients

- 1 x 500g pack low-fat (3 or 5% fat) turkey mince OR chop up any spare turkey burger patties from page 10
- 1 onion / frozen diced onion
- 1 cup of (frozen) mushroom slices
- 1 bell pepper, diced / frozen sliced peppers
- A pinch of salt and a pinch of black pepper
- 1 tsp mixed herbs
- 2 carrots, finely chopped
- 400g can chopped tomatoes
- 3 garlic cloves, crushed
- 1.5 tbsp tomato puree
- 1tbsp extra virgin olive oil

How to: slow cooker method

1. Add all ingredients into the slow cooker and mix, then cook on high for 6 hours or on low for 8 hours.

How to: hob method

1. Finely chop the onion, mushrooms, carrots, bell pepper and garlic.
2. Add the olive oil to a deep pan and set to a high heat. Add the turkey mince and fry for 5-10 minutes until golden.
3. Reduce the heat to medium and add the chopped onion, mushrooms, carrot, bell pepper and garlic. Cook and stir for 5 minutes.
4. Add the tomato puree, tinned tomatoes and seasonings (salt, pepper and mixed herbs), and cook for approx. 2 minutes.
5. Cover with a lid and reduce heat to low. Simmer for 30-35 minutes and serve with pasta of choice. Bolognese also works well as a topping for a baked potato!

EASY CHICKEN BAKE

Each 437g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
1615kJ 386kcal	19g	2.3g	8.9g	0.78g
19%	27%	12%	10%	13%

of an adult's reference intake
Typical energy as sold per 100g: 370kJ/88kcal

Makes 4 servings

Ingredients

- 500g chicken breast or 500g chicken thighs
- 1 onion (diced)/ frozen diced onion
- 2 cup of (frozen) mushroom slices
- 2 bell peppers / 1 cup frozen sliced peppers
- 2 tins of chopped tomatoes
- A pinch of salt and a pinch of black pepper
- 3 garlic cloves
- 2 tsp mixed herbs
- 2 tbsp extra virgin olive oil

How to: hob method

1. Chop the chicken into small bite size pieces. Season the chicken with the herbs, salt, pepper, garlic and olive oil. On a separate chopping board, finely chop the onion, mushrooms, peppers and garlic.
2. Add the oil to a deep pan and set heat to high. Add the diced chicken and fry for 5-10 minutes. Then, add the chopped onion, mushroom, bell pepper and garlic and cook for a further 5 minutes.
3. Add the tinned tomatoes and seasonings (salt, pepper and mixed herbs). Reduce the heat to low and cover with a lid. Simmer for 20-30 minutes and then serve and enjoy!

How to: slow cooker method

1. Heat slow cooker to medium high heat.
2. Season the diced chicken with the herbs, pepper, salt, garlic and olive oil and transfer to the slow cooker.
3. Chop the onion, mushrooms, peppers and garlic. Add into the slow cooker.
4. Add the chopped tomatoes and 1 tbsp olive oil and cover. Cook on high for 4 hours or low for 6-8 hours until chicken is cooked through. Enjoy!

**Slow cooker
recipe**

**Can be cooked
on the hob**

**Contains 42g protein
per serving**



Top tip!

This meal is great for freezing and reheating on the go!

Each 276g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
1844kJ 438kcal	11g	3.6g	6.5g	0.91g
22%	16%	18%	7%	15%

of an adult's reference intake
Typical energy as sold per 100g: 668kJ/159kcal

Contains 57g protein
per serving

Air fryer
recipe

Can be cooked
on the hob



CHICKEN FAJITAS

Makes 4 servings

Ingredients

- 2 chicken breasts, diced
- 1 onion, sliced / frozen diced onion
- 2 bell peppers, sliced / frozen sliced peppers
- 1 tsp cumin
- 1 tbsp chili powder
- 2 tsp lime juice
- 1 tbsp extra virgin olive oil
- 1 pinch of salt and a pinch of black pepper
- 4 whole grain tortillas
- Cherry tomatoes, sliced in half to serve (Optional)

How to: air fryer method

1. Chop the chicken, onion and bell pepper into thin strips.
2. Place all ingredients except tortillas into a bowl and mix.
3. Add into the air fryer and cook for 18-20 minutes at 200°C, mixing halfway through.
4. Remove from the air fryer and warm the tortillas if needed, enjoy!

How to: hob method

1. Chop the chicken into thin strips (As thin as you can so that the chicken can cook through quicker). On a clean chopping board, chop the onion and bell pepper into thin strips.
2. Add olive oil into a large frying pan and allow to heat, add your chicken. Fry in the hot pan for 8-10 minutes.
3. Once you can no longer see any raw parts on the outside of the chicken, add your seasonings (Cumin, chilli powder, paprika, lime juice, salt and pepper) and stir.
4. Add the peppers and onions into the pan and allow everything to cook through on high heat and the vegetables to soften. Stir regularly and cook on high for about 10 minutes.
5. Warm the tortillas if you would like, then serve!

SHAKSHUKA

(eggs in a spicy tomato sauce)

Each 322g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
1053kJ 252kcal	14g	3.4g	9.9g	1.1g
13%	20%	17%	11%	18%

of an adult's reference intake
Typical energy as sold per 100g: 327kJ/78kcal

Makes 4 servings

Ingredients

- 1 x 400g can of chopped tomatoes
- 4 garlic cloves, minced
- 1 tsp dried/fresh parsley
- 2 tbsp harissa paste OR 1 tbsp paprika
- 1 pinch salt and a pinch of black pepper
- 1 large onion, finely chopped / frozen diced onion
- 4 large eggs (or 1 egg per person)
- 1 bell pepper / frozen sliced peppers
- 1 tbsp extra virgin olive oil
- 2 tbsp tomato puree
- Whole grain pitta to serve plus optional feta crumbled over

How to: hob method

1. Finely chop the onion, garlic and bell pepper.
2. Add the oil to a deep, large frying pan and set heat to medium. Add the onion, garlic and bell pepper and fry for 5 minutes stirring regularly.
3. Add the harissa/paprika, dried parsley, salt, pepper, tomato puree and tinned tomatoes plus a splash of water to the pan and cook on medium for 10 minutes.
4. Make 4 wells in the sauce and carefully crack the eggs into the wells. Reduce heat and cover the pan with a lid. Cook for 6-8 minutes until the egg whites are fully set and the yolk is cooked to your preferred level of runny or firm!
5. Serve with garlic flatbreads (page 29) plus optional feta.

How to: air fryer method

1. Finely chop the onion, garlic and bell pepper and place into a mixing bowl with the olive oil, tomato puree and seasonings (harissa/paprika, dried parsley, salt and pepper). Stir the ingredients.
2. Empty into an air fryer silicone insert and air fry for 5-10 minutes at 180°C, stirring half-way through.
3. Add the tinned tomatoes, mix and return to the air fryer for 10 minutes. Then, make 4 wells and crack the eggs into the wells.
4. Air fry for about 6 minutes until the egg whites are fully set and the yolk is cooked to your liking.

**Air fryer
recipe**

**Can also be
cooked on the hob**

**Contains 25g protein
per serving**



Each 275g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
2194kJ 521kcal	14g	2.7g	1.4g	0.98g
26%	20%	14%	2%	16%

of an adult's reference intake
Typical energy as sold per 100g: 798kJ/189kcal

35g protein per serving

Oven recipe

Air fryer recipe



CHICKEN NUGGETS

Makes 2 servings

Ingredients

- 2 slices of leftover bread grated into breadcrumbs, crumble it between your fingers
- 1 pinch of salt and a pinch of black pepper
- 2 tbsp plain flour
- 2 medium chicken breasts
- 1 egg
- 1 tbsp extra virgin olive oil

How to:

1. Dice your chicken breasts into bite size pieces or cut into strips. Smaller nuggets will cook faster!
2. Oil a baking tray or air fryer tray using olive oil . If you're using an oven preheat to 210°C.
3. Tip the flour into a bowl and season the flour with salt and pepper. Crack the egg into a separate bowl and beat.
4. Dip the chicken pieces into flour and coat evenly, then dip the chicken into the beaten egg and finally, into the breadcrumb mix to cover.
5. Place the nuggets onto the baking tray and bake in the preheated oven for 22-25 minutes at 210°C or into the air fryer at 200°C for 18-20 minutes until golden brown. Turn over half-way through.
6. Remove from the oven and serve with chunky chips (page 27), or side salad (page 23)

SCOUSE

Each 523g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
1939kJ 462kcal	17g	5.4g	8.1g	1.2g
23%	24%	27%	9%	20%

of an adult's reference intake
Typical energy as sold per 100g: 371kJ/88kcal

Makes 4 servings

Ingredients

- 250g lamb or stewing beef
- 150g red split lentils
- 1 large onion / frozen diced onion
- Dash of Worcestershire sauce
- 2 chicken or beef stock cubes
- 4 large carrots
- 2 tbsp extra virgin olive oil
- 4 medium potatoes chopped into chunks
- 2 large pinches of black pepper
- 1 tbsp of thyme (dried or fresh)

How to:

1. Dice the meat. Chop the vegetables into bite size chunks.
2. Add the oil to a frying pan and set the heat to medium. Add the diced meat and fry for 4-5 minutes until the meat has browned on the outside. Transfer the meat into a slow cooker.
3. In the same frying pan, add the onions and fry slowly until soft and light golden brown. Then transfer to the slow cooker.
4. Add the black pepper and Worcestershire sauce.
5. Add the rest of the vegetables, the lentils, stock cubes and thyme. Add enough water to cover all ingredients.
6. Cook on low for 6 hours.
7. Serve and enjoy!

**Slow cooker
recipe**

**35g protein
per serving**



Each 94g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
553kJ 132kcal	7.3g	1.1g	0.7g	0.43g
7%	10%	6%	1%	7%

of an adult's reference intake
Typical energy as sold per 100g: 588kJ/141kcal

15g protein per serving

Oven recipe

Air fryer recipe



BAKED FISH FILLET

Makes 2 servings

Ingredients

- 1 pinch of salt and a pinch of black pepper
- 2 white fish fillets (see nutrition information)
- 1 tbsp extra virgin olive oil
- 1 lemon

(Optional)

- ½ tsp Dried parsley
- ½ tsp Dried Thyme
- ½ tsp Dried dill

How to:

1. If you're using an oven preheat to 200°C.
2. Lay out a sheet of tin foil, large enough for your fish to lay flat and to be folded to cover them completely (like a tin foil parcel).
3. Place the fillets onto the foil sheet and sprinkle with salt, pepper and optionally the dried herbs. Next, drizzle with olive oil and the juice from half the lemon. Take two slices of the lemon and lay flat over each fillet before folding the foil around the fillets to make a parcel.
4. Transfer to your air fryer or onto a baking tray and into the oven, ensuring the folded side is left facing upwards.
5. Bake in the air fryer at 200 °C for 12-15 minutes or oven for at 200°C for 20-22 minutes.
6. Remove and leave to stand for a minute before unfolding the foil and serving. Fully cooked fish should easily flake apart when tested with a fork.
7. Serve with vegetables or sweet potato wedges (page 26) or alternatively, you could serve with a side salad (page 23) and make use of the rest of the lemon!



SIDES

Each 339g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
1152kJ 278kcal	22g	2.3g	7.7g	0.18g
14%	31%	12%	9%	3%

of an adult's reference intake
Typical energy as sold per 100g: 340kJ/82kcal

8g protein per serving

No cook recipe

SIDE SALAD



Makes 4 servings

Ingredients

- 200g lettuce, chopped, or a bag of mixed salad leaves
- 1 cucumber, sliced and halved
- 3 salad tomatoes or 300g cherry tomatoes
- 1 small red onion
- 1 ½ tsp mixed herbs
- A pinch of salt and a pinch of black pepper
- 1 tbsp extra virgin olive oil

(Optional)

- 100g Walnuts
- Lemon or lime juice, of half the fruit

How to:

1. If you want to include walnuts, add them to a frying pan or your air fryer and toast them for a few minutes. (3-5 minutes in the air fryer).
2. Add your chopped salad ingredients into a large bowl, or serve onto four plates equally, sprinkle the mixed herbs, salt and pepper over them, then drizzle with the olive oil.
3. If you are including them, squeeze your juice from the lemon or lime to add a tangy twist, then top with your toasted walnuts!



HOMEMADE TOMATO SAUCE



Each 145g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
201kJ 48kcal	1.3g	0.2g	5.3g	0.23g
2%	2%	1%	6%	4%

of an adult's reference intake
Typical energy as sold per 100g: 138kJ/33kcal

Makes 6-8 servings

Ingredients

- 2 onions, finely chopped
- 4 garlic cloves crushed
- 1 tbsp tomato puree
- 1 tbsp mixed herbs
- 1 tsp extra virgin olive oil
- Generous pinch of salt and pepper
- 2 x 400g canned chopped tomatoes

How to: slow cooker method

1. Pour all ingredients into the slow cooker and heat on low for 7 hours

How to: hob method

1. Finely chop the onions and garlic.
2. In a deep pan, add the teaspoon of oil and set to a medium heat. Add the diced onions and gently fry until soft and golden (about 5-8 minutes).
3. Add the garlic, tomato puree, mixed herbs, salt and pepper and cook for 3-4 minutes.
4. Add the tinned tomatoes and bring to the boil, then reduce the heat and allow it to simmer uncovered for 5-10 minutes.
5. Transfer to a jar or Tupperware to use later! Allow to cool before refrigerating.

**Slow cooker
recipe**

**2g protein
per serving**

**Can also be
cooked on the hob**



Top tip!

Switch the recipe up with a few additions! (Add to your taste)

For a salty sauce to top fish fillets or roasted vegetables, add some chopped olives or anchovies (to get one of your servings of oily fish in!). For a citrus twist, add zest and juice from half a lemon!

For a spicy kick add chili flakes or powder, or if you want to use it for a Mexican style dish such as enchiladas you could add chopped jarred jalapeños.

Each 308g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
1347kJ 322kcal	15g	2.2g	12g	0.35g
16%	21%	11%	13%	6%

of an adult's reference intake

Typical energy as sold per 100g: 437kJ/105kcal

BUBBLE & SQUEAK



5.1g protein per serving

Oven recipe

Air fryer recipe

Makes 2-4 servings

Ingredients

- 300g roasted potatoes (leftovers or you could even use any leftover chunky chips on page 27, or sweet potato chunks on the next page!)
- 300g leftover vegetables
- ½ tsp Salt and ¼ tsp pepper
- ½ tbsp extra virgin olive oil

How to:

1. Place the vegetables into a large bowl and mash well with a potato masher (or use clean hands), then shape into 6 even-sized 3 cm-thick patties.
2. Season well and add ½ a tablespoon of olive oil to the air fryer, or if you're using an oven put the patties onto a baking tray and drizzle the olive oil over the patties.
3. Arrange the patties in the air fryer in a single layer. Air fry at 190°C for 15-20 minutes or until crispy and piping hot. OR, bake in a preheated oven at 200°C for 25-30 minutes.



SWEET POTATO WEDGES



Each 105g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
460kJ 110kcal	4g	0.6g	12g	0.75g
6%	6%	3%	13%	13%

of an adult's reference intake
Typical energy as sold per 100g: 438kJ/105kcal

Makes 4 servings

Ingredients

- 4 large sweet potatoes, sliced into wedges
- 1 tbsp extra virgin olive oil
- ½ tsp salt and ¼ tsp pepper
- Paprika and mixed herbs (Optional)

Oven
recipe

Air fryer
recipe

5.6g protein
per serving

How to:

1. Slice the potatoes into wedges.
2. In a bowl, add olive oil, salt and pepper, and if you'd like some paprika/ mixed herbs, and mix until the potatoes are evenly covered.
3. Air fry for about 20 minutes at 200°C or oven bake at 210°C for 30-40 minutes until golden and crispy. Turning over half-way through can help to get all sides crispy!



Top tip!

Need more than 4 portions?

For each additional person, add 1 large sweet potato and 1 tsp olive oil!

Each 85g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
414kJ 99kcal	3.7g	0.5g	0.6g	0.12g
5%	5%	3%	1%	2%

of an adult's reference intake
Typical energy as sold per 100g: 487kJ/116kcal

1.8g protein per serving

Oven recipe

Air fryer recipe



CHUNKY CHIPS



Makes 4 servings

Ingredients

- 4 large potatoes, sliced into chips
- 1 tbsp extra virgin olive oil
- ½ tsp Salt and ¼ tsp pepper
- 1 ½ tsp Paprika or mixed herbs (Optional)

How to: air fryer

1. Slice the potatoes into chips.
2. In a bowl, add a tbsp of olive oil, salt and pepper and mix until the potatoes are covered.
3. Air fry for 20-25 minutes at 200°C until golden and crispy.

How to: oven

1. Bake in the oven for 30-40 mins at at 210°C until golden and crispy.

Top tip!

Need more than 4 portions?
For each additional person, add 1 large potato and 1 tsp olive oil!

MUSHY PEAS



Each 40g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
136kJ 32kcal	0.5g	0g	2.2g	0.07g
2%	1%	0%	2%	1%

of an adult's reference intake
Typical energy as sold per 100g: 340kJ/81kcal

Makes 4 servings

Ingredients

- 320g / 2 cups Frozen peas
- 1 tbsp extra virgin olive oil
- 1 tsp salt

2.2g protein
per serving

Cooked on
the hob

How to:

1. Boil the peas until cooked (approx 5 mins).
2. Drain the water and add the olive oil and salt.
3. Using a fork or potato masher, mix the ingredients and mash up the peas.
4. Serve with fish (page 11) and chunky chips (page 27)!



Each 65g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
589kJ 139kcal	1.9g	0.3g	1.9g	0.38g
7%	3%	2%	2%	6%

of an adult's reference intake
Typical energy as sold per 100g: 906kJ/214kcal

5.5g protein per serving

Air fryer recipe

Can also be cooked on the hob



GARLIC FLATBREADS



Makes 8 flatbreads

Ingredients

- 250g / 2 cups self-raising flour
- 250g / 1 cup natural yoghurt
- 3 tsp extra virgin olive oil
- 4 cloves garlic, minced or crushed
- 1 pinch of salt

How to:

1. Mix flour, yoghurt, garlic, salt and 2 tsp olive oil in a bowl until combined.
2. Add a sprinkle of flour to your work surface and knead the dough for a few minutes until it comes together.
3. Divide the dough into 8 pieces and roll each section into a ball, then flatten each ball. Use a rolling pin to roll each piece into a flat bread shape that is about the thickness of a pound coin.
4. Preheat an air fryer to 190°C, or a frying pan to a medium heat.
5. Add 1 tsp olive oil into the air fryer and add your flatbreads. Cook in the air fryer for 8-10 minutes turning over half-way. Or, heat a frying pan to a high heat and pan fry on medium-high heat until they are golden brown and piping hot throughout (About 6-8 minutes, turning half-way through). They may puff up a little, so you can use a spatula or spoon to keep them flat as they cook. Repeat until all the flatbreads are cooked.

Top tip!

Serve with Shakshuka (page 18) or Spaghetti Bolognese instead of garlic bread

PEEL CRISPS



Each 51g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
244kJ 59kcal	3.6g	0.5g	2g	0.14g
3%	5%	3%	2%	2%

of an adult's reference intake
Typical energy as sold per 100g: 479kJ/115kcal

Makes 4 servings

(Nutritional information may not be accurate and will depend on what vegetables you use)

Ingredients

- 200g vegetable peels - this could be from carrots, potatoes, parsnips or you could even slice beetroots thinly
- 1 tbsp extra virgin olive oil
- ½ tsp salt

How to: air fryer method

1. Take the peels and add to a bowl along with the olive oil and salt, mixing until all the peels are coated.
2. Add peels to your air fryer and cook for 5-8 mins at 200°C.

How to: oven method

3. If you want to cook in the oven, spread them on a baking tray and cook for about 20 mins at 190°C, until golden and crispy.

Top tip!

Make the most of your waste with this simple recipe for delicious crisps! Feel free to add other seasonings to your taste.

Oven
recipe

Air fryer
recipe

0.6g protein
per serving



DESSERTS



Each 22g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
79kJ 19kcal	0g	0g	2.5g	0.02g
1%	0%	0%	3%	0%

of an adult's reference intake
Typical energy as sold per 100g: 359kJ/85kcal

SKYR 'ICE CREAM' BITES

**No cook
recipe**

Makes 14 bites (each 45g)

Ingredients

- 250g plain Skyr yoghurt
- 15g / 2 tbsp blueberries – fresh or frozen
- 2 tbsp honey

How to:

1. Add the Skyr yoghurt, honey and blueberries to a bowl and mix until all the ingredients are combined.
2. Line one or two tupperware boxes or empty ice cream tubs with baking paper, then pour the mixture in.
3. Pop the lids on and transfer to the freezer for a minimum of 2 hours, or until the mixture has solidified.
4. Lift out of the tub using the baking paper and leave to sit for 10-15 minutes. Once the mixture has started to soften slightly, cut into bites and enjoy!



Top tip!

To make it easier to slice into bites, pour some hot water into a cup and leave a sharp knife to heat up before slicing.

CHIA SEED PUDDING

2 WAYS

No cook
recipe

CRUNCHY NUT CHIA PUDDING

Makes 2 servings

Ingredients

- 2 tbsp chia seeds
- 125ml semi skimmed milk (or plant-based milk such as almond) [Nutritional information includes values for semi skimmed milk].
- 1 tsp honey or maple syrup
- ½ tsp cinnamon powder
- Handful of whole almonds (approx. 30g)

How to:

1. Add the chia seeds, milk, honey and cinnamon to a glass jar or a small mixing bowl and mix together. Cover and refrigerate for 30 minutes.
2. Portion out the chia pudding into 2 servings.
3. Sprinkle the whole almonds on top and serve! (You could also put the almonds into a zip-lock bag and bash with a rolling pin to create a nut crumble to sprinkle on top!)

Each 84g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
818kJ 197kcal	13g	1.6g	5.6g	0.06g
10%	19%	8%	6%	1%

of an adult's reference intake
Typical energy as sold per 100g: 974kJ/235kcal



Each 99g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
536kJ 129kcal	8.3g	3.6g	5.1g	0.02g
6%	12%	18%	6%	0%

of an adult's reference intake
Typical energy as sold per 100g: 541kJ/131kcal

COCONUT CHIA PUDDING

Makes 2 servings

Ingredients

- 2 tbsp chia seeds
- 125ml light coconut milk
- 1 tsp honey
- 2 handfuls of strawberries (60g approx.)

How to:

1. Add the chia seeds, coconut milk and honey into a glass jar or small mixing bowl and mix. Cover and refrigerate for 30 minutes.
2. Portion out the chia pudding into 2 servings.
3. Sprinkle the berries on top and serve!

ACKNOWLEDGEMENTS

A big thank you to Dr Katie Lane, Dr Theresa Hydes, Dr Mike Merriman and Jackie Croft for their support and input in the development of this cookbook.

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Many thanks to Knowsley Integrated Care Board who financially supported the development of this cookbook.

Liverpool University Hospitals NHS charitable fund kindly covered the cost of printing this cookbook for patients seen in secondary care.



Cheshire and Merseyside



KIRKBY KITCHEN COOKBOOK



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