



**The truth will set  
you free (Jack)**

**What you are not  
changing you are  
choosing (Sarah)**

**Dream big dreams  
(Mason)**

**The most valuable thing  
you can make is a mistake.  
You can't learn anything  
from being perfect. (Mia  
Wilkinson)**

# Welcome to the Aldershot Youth Voice Cook Book

This cook book has been created by the Army Welfare Service Youth Voice group and funded by, Hampshire and Isle of Wight Healthcare NHS Foundation Trust Grants as a resource to support young people's health and wellbeing. Inside you'll find a collection of favourite recipes chosen and cooked by young people-meals that bring comfort, boost mood, and taste great. Alongside these dishes are simple health and wellbeing activities designed to encourage healthy living in fun and practical ways. We hope this book inspires you to cook, share, and take care of yourself and those around you.

**ARMY  
WELFARE  
SERVICE**

  
**ARMY**  
BE THE BEST



# Recipes



Chicken Enchiladas

Spaghetti Carbonara

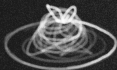
Chocolate Brownies

Homemade Pizza



Vanilla Cupcakes

Katsu Curry



Pancakes

Bloodies

Cookies



Lasagne

Chicken noodle soup





# Mindful Eating

As you take a bite of food, notice the feeling of the food in your mouth. What is its texture? Is it heavy or light on your tongue?

Begin chewing slowly. What tastes are you experiencing? Are there several different tastes such as salty, sour, and sweet?

As you swallow, become aware of your body's movements as it moves the food from your mouth to your stomach.

Pause before you continue to eat. How are you feeling?

Are you full, still hungry or somewhere in between?

Continue to eat mindfully being aware of as many sensations as you can.



Pause for a moment and observe the food you're about to eat. Take a few deep breaths. Notice the food's color and shape. Does it look appealing to you? Notice how the food makes you feel: excited, reminiscent, happy or anxious. What does the food smell like? Think beyond general descriptors – does the smell remind you of anything? What emotions does it bring forward? Be aware of your intention to begin eating as you move to take a bite of food.



# Chicken Enchiladas

## Ingredients & Equipment

### Ingredients:

1/2 tbsp of vegetable oil

1/2 of an onion

A clove of garlic

325g of chicken breast

1 pepper (can be any colour) 200g tin of black beans 250g passata

1 chicken stock cube 3

tortilla wraps Paprika

1 ball of mozzarella

### Equipment:

knife

chopping board frying pan

saucepan ovenproof dish

## Method

- 1) Preheat the oven to 200 degrees.
- 2) Slice the onion and the pepper. Finely chop the garlic. Cut the chicken into 1cm strips. Add the stock cube into a jug with 50ml of water
- 3) Heat the 1/2 tbsp of oil in the frying pan and cook the onion in the oil for 5-6 minutes until it becomes softened.
- 4) Stir in the garlic and add the paprika. Cook for one minute. Stir in the sliced chicken and the pepper. Cook for a further 4-5 minutes until chicken begins to turn golden.
- 5) Stir in the black beans, the chicken stock and half of the passata to the frying pan. Cook for 10-15 minutes until the sauce thickens and coats the vegetables.
- 6) Meanwhile, place passata into the saucepan with some paprika. Let this simmer gently over a medium heat for 5-8 minutes until it thickens slightly. Once it has thickened remove from the heat
- 7) Lightly oil your baking dish. Drain the ball of mozzarella and finely chop it into small cubes.
- 8) Spoon the chicken filling into the middle of each tortilla. Wrap and roll each tortilla. Transfer the tortilla into the oiled baking dish with the seam-side down. Spoon the tomato sauce over the top and scatter mozzarella over the top
- 9) 11. Bake for 20-25 minutes until the cheese and any exposed tortilla is golden.

# Wordsearch

L R E S I L I E N C E A E L H A H  
I N N O V H A P I Z L V U O G C I  
G R D O G E A X A T I O N N R C V  
R C P T H O U G H T F U L O L E E  
A O A P S S I T A T I V E U N P G  
T E R R N I O V E A C E F E L T H  
I C J X I T O N C C N T I O N A T  
T L O A O N A F U N A O R P T N L  
U I Y C N I G E O L V T I O A C N  
D E F I S E L I H A N E D S N E O  
E N U A V H T J O O I N X I I L E  
V C L H N A U L C E L P A T C A P  
P E X I X W E F N U A H X I O T E  
T O N A O C L O V E D U L V X E A  
F H L E A E F A N T A S T I C A C  
I E M I S O L O L C H V N T U L E  
R E H A P P I N E S S T A Y C A T

Loved	Self Control	Fun
Innovative	Thoughtful	Joyful
Fantastic	Happiness	Gratitude
Resilience	Relaxation	Caring
Acceptance	Positivity	Peace

# Viennese Biscuits

## Ingredients & Equipment

To bake:

75g margarine

38g of icing sugar or caster  
sugar 75g plain flour

To decorate:

1/2 tsp of vanilla essence  
to decorate ( optional )

1/2 a bar of chocolate  
cherries

Equipment:

bowl

whisk

piping bag and nozzle

baking tray

cooling rack

## Method

- 1.Pre-heat the oven to 160 degrees
- 2.Cream the margarine and sugar together until light and fluffy ( you may want to add a
- 3.little of the vanilla essence at this stage )
- 4.Add flour, a tablespoon at a time until it is all added
- 5.Place in a piping bag fitted with a star nozzle. Pipe strips about 8-9cm long or pipe in
- 6.whirls.
- 7.Bake for approximately 15-20 minutes until pale brown around the EDGES.
- 8.Leave for 2 minutes before gently placing onto a cooling rack. Once cool, decorate.



# Mindful Smells



First choose a scent. This could be anything from a candle, to coffee or even chopped orange slices.

Next set the scene. Sit in a quiet and comfy space where you won't be disturbed. Close your eyes if this makes you more comfortable.

Begin with a few deep breaths. Starting with three slow deep breaths to centre yourself. Inhaling through your nose and exhaling through your mouth.

Bring the scent close to your nose and gently inhale only focusing on the smell.



Now observe it. What does it remind you of? Is it strong, soft, earthy, citrusy or even spicy? How does it make you feel?

Try to stay present. If your mind wanders simply bring the scent close to you again and gently inhale. Spending roughly 2-3 minutes focusing on the smell.

Finally reflect and take a moment to think of how it made you feel and any memories it may have reminded you of.



# Spaghetti Carbonara

## Ingredients & Equipment

### Ingredients :

175g of bacon

2 large eggs

2 egg yolks

100g parmigiano reggiano

1/4 tsp black pepper

400g spaghetti

1 tbsp salt

1/2 cup of water ( to cook pasta ) 1 garlic clove

## Method

- 1) Cut bacon into 0.5cm thick slices
- 2) Place eggs and yolks into a large bowl. Whisk to combine. Then stir in the parmesan and pepper.
- 3) Bring 4 liters of water to the boil with salt. Add pasta and cook per the packet directions
- 4) Just before draining scoop out 1 cup of pasta cooking water then drain the pasta.
- 5) While the pasta is cooking, place bacon in a non-stick pan over medium heat. Cook until golden.
- 6) Tip the hot pasta into the pan and transfer into bowl with the egg. Add 1/2 a cup of pasta
- 7) cooking pasta. Stir vigorously using handle of a wooden spoon for 1 minute and watch as the sauce transforms from watery to creamy. Then serve



**MINDFUL COLOURING  
IS SIMPLE. EITHER  
USE THIS OR THE  
FOLLOWING  
COLOURING PAGES  
OR FIND YOUR OWN.  
SIMPLY TAKE YOUR  
TIME AND COLOUR  
AT YOUR OWN  
PAGE.**

# Chocolate Brownies

## Ingredients & Equipment

### Ingredients:

200g unsalted butter 200g dark chocolate chips 1 cup brown sugar  
3 eggs  
1 tsp vanilla extract  
1/2 cup plain flour  
1/4 cup cocoa powder pinch of salt  
180g dark chocolate block

## Method

- 1) Preheat oven to 180 degrees. Spray a square tin with oil and line with baking powder.
- 2) Place butter and chocolate chips in a heatproof bowl, microwave in 30 second bursts
- 3) until melted. Stir until smooth.
- 4) Add sugar and vanilla, mix, then add eggs and mix well until smooth and molten. Add
- 5) flour, cocoa and salt and stir until smooth. Stir in chopped chocolate, pour into pan.
- 6) Bake for 24 minutes until really gooey in the center.
- 7) Rest for 10 minutes before lifting out of the pan . Allow to cool for at least 20 minutes
- 8) before cutting.





# Homemade pizza

## Ingredients & Equipment

300g strong bread flour 1 tsp instant yeast  
1 tsp salt  
1 tbsp olive oil  
100 ml passata  
handful fresh basil  
1 garlic clove  
125g ball mozzarella handful of cherry tomatoes

## Method

making the base: Put the flour into a bowl. Then stir in the yeast and salt. Make a well, pour in 200ml warm water and the olive oil and bring together with a wooden spoon until you have a soft, fairly wet dough. Turn onto a lightly floured surface and knead for 5 mins until smooth. Cover with a tea towel and set aside. You can leave the dough to rise if you like, but its not essential for a thin crust.

making the sauce: Mix the passata, basil and crushed garlic together, then season to taste. Leave to stand at room temperature while you get on with shaping the base.

Putting together: On a floured surface, roll out the dough into large rounds about 25cm across, using a rolling pin. The dough needs to be very thin as it will rise in the oven. Lift the rounds onto 2 floured baking sheets

Heat the oven to 240 degrees. Put another baking sheet or an upturned baking tray in the oven on the top shelf. Smooth sauce over bases with the back of a spoon. Scatter with cheese and tomatoes, drizzle with olive oil and season. Put one pizza, still on its baking sheet, on top of the preheated sheet or tray. Bake for 8-10 mins until crisp.

# Vanilla Cupcakes

## Ingredients & Equipment

110g butter ( softened )  
110g golden caster sugar  
1 tsp vanilla extract  
2 eggs  
110 g self raising flour 1-2 tbsp milk  
for the icing: 125g butter/ 185g icing sugar

## Method

- 1) Heat oven to 180 degrees. Line 12 holes in a shallow muffin tin with cupcake cases. Cream the butter and sugar together until the mixture is light and fluffy. Beat the eggs and vanilla in a jug, then beat into the butter mixture a little at a time.
- 2) Fold the flour into the mixture along with a little milk. Divide the mixture between the cases, filling each no more than half full
- 3) Cook the cakes for 12-15 mins. Cool in the tin for 5 mins, then lift them out gently and leave to cool completely.
- 4) To make the icing beat the butter until its very soft. Beat in the icing sugar a little at a time, then beat in a splash of the milk. Scrape the icing into an icing bag fitted with a star nozzle. Ice the cake in swirls, starting in the center and working outwards.

# **Mindfulness Body Scan**

**First lay down comfortably.**

**Now breath into your belly and exhale slowly.**

**Bring your attention to different parts of your body starting from your head and travelling all the way to your toes.**

**Continue this for five minutes or however long you are comfortable with.**



# Katsu Curry

## Ingredients & Equipment


4 tbsp rapeseed oil  
2 x 200g pouches of cooked rice  
1/2 large cucumber  
mint leaves  
lime wedges  
2 onions  
2 large carrots  
2 garlic cloves

thumb sized ginger  
1 tbsp curry powder  
1/2 tsp ground turmeric  
400ml coconut milk  
2 tsp maple syrup  
8 chicken mini fillets  
1 tbsp corn flour  
200g breadcrumbs

## Method

- 1) making the curry sauce: Heat 1 tbsp oil in a pan, cook the onions and chopped carrots until the onions are soft and starting to caramelize, for about 8 mins. Add the garlic and ginger and sizzle for another 30 seconds, then stir in the curry powder and turmeric. Once the spices are warmed through, add the coconut milk, maple syrup or honey and 100ml water. Season well, cover and simmer over a low heat for 20 mins.
- 2) making the katsu: Mix the corn flour with 4 tbsp of water and some seasoning. Dip the chicken or tofu into the flour mixture. Place the breadcrumbs in another bowl and dip the chicken or tofu in it.
- 3) When the onions and carrots in the curry sauce are soft, blitz using a hand or table-top blender.
- 4) Heat the oil in a frying pan and cook the chicken or tofu for 4-5 minutes on each side until golden. Warm the rice and divide between bowls. Top with the curry sauce, katsu chicken or tofu and serve with the cucumber, carrot ribbons, herbs and lime wedges.





## Mindful walking

Go to a place you like the look of.  
(Ideally outside)

walk through the location your in and  
along the path and feel the gravel or  
ground under your shoes.

As you walk begin to focus on the  
smells of what's around you.

Keep walking and then move your  
attention to what you can see. From  
trees to bird and the leaves to even rivers  
and ponds.

If you get the chance try to touch  
something. Feel the bark of the trees or  
the leaves on a bush or even the petals of  
a flower.



# Pancakes

## Ingredients & Equipment

100g plain flour  
2 large eggs  
300ml milk  
1 tbsp sunflower oil lemon wedges (optional) caster  
sugar (optional)



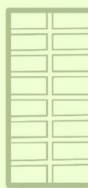
## Method

1. Put 100g plain flour, 2 large eggs, 300ml milk, 1  
tbsp sunflower and a pinch of salt into a bowl.  
Then whisk into a smooth batter.

2. Set a medium frying pan over a medium heat.

3. When hot, cook your pancakes for 1 minute on  
each side until golden.

4. Serve with lemon, sugar or your favourite filling.



# Sudoku

4			3		7	6		
		3			2	8		
	2	8	5	1		7		4
1			8	2	3	9		
			7	5		1	2	8
		4			9			
6		2		4	8	3	5	1
	3			7		4		
		9				2	8	

Each line either horizontal or vertical must only have the numbers 1-9 once and each 3x3 square should also only have 1-9 once



# Blondies

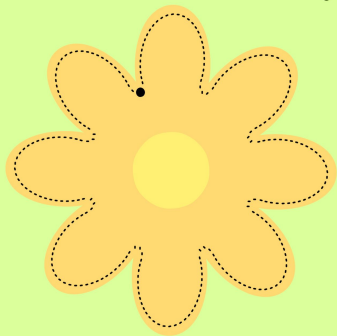
## Ingredients & Equipment

175g butter  
200g light brown soft sugar 100g caster sugar  
3 eggs  
1 tsp vanilla extract  
200g plain flour  
1/2 tsp baking powder  
200g white chocolate

## Method

- 1) Melt the butter and both sugars in a pan over a low heat.
- 2) Remove from the heat and leave to cool for 10 mins – this will stop the eggs from curdling when added.
- 3) Heat the oven to 180 degrees/ gas 4
- 4) Beat the eggs and vanilla into the cooled butter and sugar mixture until well-
- 5) combined.
- 6) Sieve in the flour and baking powder, then gently fold until you have a smooth
- 7) batter. Fold in the white chocolate, then scrape into the prepared tin.
- 8) Smooth the top and bake for 40-45 mins until the edges are coming away from
- 9) the sides of the tin, the top has a papery crust and a skewer inserted into the middle comes out with a few crumbs, but no liquid batter.

# Flower Breathing



Take a deep breath like you are smelling a flower.

Use your finger to slowly trace the dotted line around the flower.

Breath in through your nose for 2 petals and out through your mouth for 2 petals.

# Chicken Pasta Bake

## Ingredients & Equipment

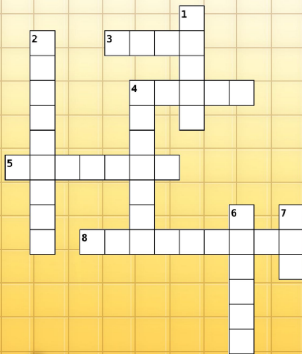
2 garlic cloves crushed  
1/4 tsp chilli flakes  
2 x 400g cans chopped tomatoes  
1 tsp caster sugar  
6 tbsp mascarpone  
4 skinless chicken breasts, sliced into strips

300g penne  
70g mature cheddar, grated  
50g grated mozzarella  
1/2 small bunch of parsley, finely chopped  
4 tbsp olive oil  
1 onion, finely chopped

## Method

- 1) Heat 2 tbsp of the oil in a pan over a medium heat and fry the onion gently for 10-12 mins. Add the garlic and chilli flakes and cook for 1 min. Tip in the tomatoes and sugar and season to taste. Simmer uncovered for 20 mins or until thickened, then stir through the mascarpone.
- 2) Heat 1 tbsp of oil in a non stick frying pan. Season the chicken and fry for 5-7 mins or until the chicken is cooked through.
- 3) Heat the oven to 200 degrees/ gas 7. Cook the penne following pack instructions. Drain and toss with the remaining oil. Tip the pasta into a medium sized ovenproof dish. Stir in the chicken and pour over the sauce. Top with the cheddar, mozzarella and parsley. Bake for 20 mins or until golden brown and bubbling.

# Crossword



## Down

1. drink plenty to stay hydrated
2. eating a variety keeps you healthy
4. green leafy veg high in iron
6. your bodies reaction to too much demand
7. a place to keep fit

## Across

3. form of exercise involving stretching
4. a good night of \_\_\_\_\_ helps the body recover
5. a simple activity to keep you fit
8. the opposite of healthy

# Cookies

## Ingredients & Equipment

150g salted butter, softened    1/4 tsp salt  
80g light brown sugar    200g plain chocolate chips  
80g granulated sugar  
2 tsp vanilla extract  
1 large egg  
225g plain flour  
1/2 tsp bicarbonate of soda

## Method

- 1) Heat the oven to 190C/fan170C/gas 5 and line two baking sheets with non-stick baking paper.
- 2) Put 150g softened salted butter, 80g light brown muscovado sugar and 80g granulated sugar into a bowl and beat until creamy.
- 3) Beat in 2 tsp vanilla extract and 1 large egg.
- 4) Sift 225g plain flour, 1/2 tsp bicarbonate of soda and 1/4 tsp salt into the bowl and mix it in with a wooden spoon.
- 5) Add 200g plain chocolate chips or chunks and stir well.
- 6) Use a teaspoon to make small scoops of the mixture, spacing them well apart
- 7) on the baking trays. This mixture should make about 30 cookies.
- 8) Bake for 8–10 mins until they are light brown on the edges and still slightly soft in the centre if you press them.
- 9) Leave on the tray for a couple of mins to set and then lift onto a cooling rack.

# Answers

## Wordsearch



## Sudoku

4	1	5	3	8	7	6	9	2
7	6	3	4	9	2	8	1	5
9	2	8	5	1	6	7	3	4
1	5	7	8	2	3	9	4	6
3	9	6	7	5	4	1	2	8
2	8	4	1	6	9	5	7	3
6	7	2	9	4	8	3	5	1
8	3	1	2	7	5	4	6	9
5	4	9	6	3	1	2	8	7



# Lasagne

## Ingredients & Equipment

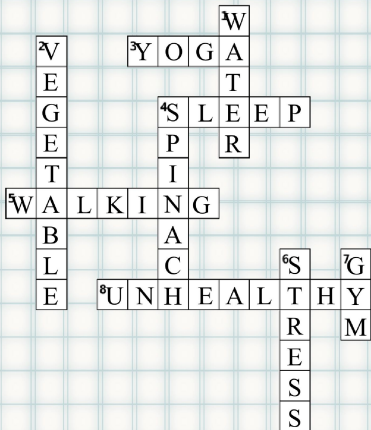
2 olive oil plus extra for the dish  
750g lean beef mince  
90g pack prosciutto  
800g passata or half our basic tomato sauce 200ml hot beef stock  
nutmeg

300g fresh lasagne sheets  
white sauce  
125g ball mozzarella, torn into thin strips

## Method

- 1) To make the meat sauce, heat 2 tbsp olive oil in a frying pan and cook 750g lean beef mince in two batches for about 10 mins until browned all over.
- 2) Finely chop 4 slices of prosciutto from a 90g pack, then stir through the meat mixture.
- 3) Pour over 800g passata or half our basic tomato sauce recipe and 200ml hot beef stock. Add a little grated nutmeg, then season.
- 4) Bring up to the boil, then simmer for 30 mins until the sauce looks rich.
- 5) Heat the oven to 180C/160C fan/gas 4 and lightly oil an ovenproof dish
- 6) Spoon one third of the meat sauce into the dish, then cover with some fresh lasagna sheets from a 300g pack. Drizzle over roughly 130g ready-made or homemade white sauce. Repeat until you have three layers of pasta. Cover with the remaining 390g white sauce, making sure you can't see any pasta poking through
- 7) Scatter 125g torn mozzarella over the top. Arrange the rest of the prosciutto on top. Bake for 45 mins until the top is bubbling and lightly browned.

# Crossword Answers





# Chicken Noodle Soup

## Ingredients & Equipment

2 tbsp sweetcorn ,canned or frozen  
2-3 mushrooms ,thinly sliced

2 spring onions, shredded

2 tsp soy sauce , plus extra for serving  
mint

900ml chicken or vegetable stock (or Miso soup mix)

1 boneless, skinless chicken breast (about 175g)

1 tsp chopped fresh ginger

1 garlic clove ,finely chopped

50g wheat noodles

## Method

- 1) Pour the stock into a pan and add the chicken breast, ginger and garlic. Bring to the boil, then reduce the heat, partly cover and simmer for 20 mins, until the chicken is tender.
- 2) Put the chicken on a board and shred into bite-size pieces using a couple of forks. Return the chicken to the stock with the noodles, sweetcorn, mushrooms, spring onion and soy sauce. Simmer for 3-4 mins until the noodles are tender.
- 3) Ladle into two bowls and scatter over the remaining spring onion, mint or basil leaves and chili, if using. Serve with extra soy sauce.

**Am I good enough?  
Yes I am. (Samens  
Mehmood)**

**If you can't love yourself first  
how do you expect to love  
anyone else. (Harley)**

**The same boiling water that makes  
an egg turn hard will make a  
potato turn soft so you need to  
dictate your environment and not  
let your environment dictate you.  
(Mary Kate)**

**I have courage to change  
what I cannot accept and  
accept what I cannot  
change. (Alexa)**



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