

Family Recipes



Community
Trust

Stockport County Community Trust

The Club has always been a huge part of the community and acts as a hub for fans as well as the wider community in Stockport. County Community Trust is the Club's dedicated charity and their aim is to use the local community passion for sport and football and offer a range of programmes and activities to encourage learning and promote healthy lifestyles that will make a real difference to the lives of people in the local community.

County Community Trust focus on supporting children, adults, senior citizens and families across Stockport, Greater Manchester, Tameside, High Peak and East Cheshire. They provide community support by offering sports participation projects, social inclusion, health and wellbeing and disability provision. Through these activities the Trust aim to extend opportunity, choice and control benefitting attendees physically, socially, and emotionally.

Matt Burke, Head Chef

'The County Community Trust and I have clubbed together to create a recipe booklet for the local people of Stockport to try out for themselves.

We wanted to create a variation of healthy, filling and cost-effective recipes that can be enjoyed as family meals, lunches or snacks.

Each recipe costs under a fiver and feeds a minimum of four, making for the perfect family recipe booklet!



Cheesy Sausage & Tomato Pasta Bake

Serves: 4
Cost: £3.80



Sam Minihan

"This is one of my favourite meals to cook after a hard day of training"

- ✓ **1 tbsp cooking oil**
- ✓ **6 sausages (any flavour, cooked and sliced)**
- ✓ **2 garlic cloves, crushed**
- ✓ **1 tsp mixed herbs**
- ✓ **1 400g tin chopped tomatoes**
- ✓ **2 tbsp tomato puree**
- ✓ **300g penne or pasta shells**
- ✓ **200g soft cheese**
- ✓ **100g frozen spinach - defrosted & drained**
- ✓ **100g cherry tomatoes quartered**
- ✓ **150g grated cheddar cheese**

Preheat the oven to 190°C/Gas 6.

Heat the oil in a frying pan over medium heat, add the cooked, sliced sausage and add the garlic and the mixed herbs and cook for 2 to 3 minutes.

Add the tinned tomatoes and bring to a slow simmer, cooking for around 10 minutes. Whilst doing this, bring a large pan of water to the boil and cook the pasta until it's almost ready (for about 3 minutes less than the usual cooking time)

Remove the tomato sauce from the heat and stir in the soft cheese and spinach. (Add a ladle of the pasta cooking water to the sauce if needed) Drain the pasta and put it into a suitable sized casserole dish then pour over the sauce and stir well.

Season with salt and pepper if needed. Cover with grated cheese and cherry tomatoes and bake in the oven for 10-15 minutes until the cheese has melted and is golden brown. Serve with a nice side salad and garlic bread.

Sweet Chili & Garlic Chicken Stir Fry

Serves: 4
Light Lunch
Cost: £2.30



Macauley Southam-Hales

"This stir fry is perfect if you want something quick, easy and delicious!"

- ✓ **1 large chicken breast, skin off and sliced**
- ✓ **1 tsp Chinese 5 spice**
- ✓ **2 tbsp cooking oil**
- ✓ **1 tsp sweet chilli sauce**
- ✓ **2 nest egg noodles or rice noodles**
- ✓ **200g frozen peppers**
- ✓ **4 spring onions, sliced**
- ✓ **1 tbsp soy sauce**
- ✓ **1 tsp garlic puree**
- ✓ **Finely sliced spring onions and coriander**

Marinate the chicken in the Chinese 5 spice, half of the oil and sweet chilli sauce and leave for 10 mins.

Bring a pan of water to the boil, add the egg noodles and cook as per packet instructions, Drain the noodles and drizzle over a little oil and give a good mix.

Place a wok or large frying pan over a high heat and add the remaining oil. When hot, fry the chicken for 6 minutes, stirring occasionally to avoid sticking.

Add the veg and cook for a further 2 minutes, add garlic puree.

Add the soy sauce and fry for another 2-3 minutes giving a good mix. Finally, add the noodles and mix everything together.

Plate up and garnish with sliced spring onions and coriander if desired.

On The Go Fruity Oat Bars

Makes: 16
Cost: £2.20



Liam Hogan

"These healthy bars are brilliant for a bit of energy before training"

- ✓ **125g butter**
- ✓ **100g sugar**
- ✓ **3 tbsp golden syrup**
- ✓ **1 tsp mixed herbs**
- ✓ **270g porridge oats**
- ✓ *Choose one of the following:*
- ✓ **80g raisins**
- ✓ **80g sultanas**
- ✓ **80g cherries**
- ✓ **80g dried apricots**

Preheat the oven to 180°C/Gas 4

Line a 23 x 23cm baking tin with greaseproof or silicon paper.

Melt the butter, sugar, and syrup in a pan over a slow heat (be careful as this gets HOT).

Remove the pan from the heat and stir through the oats and your choice of dried fruit, mix well and tip the mixture into the tin, spreading it evenly and pushing it into the corners.

Bake for 20 minutes, then allow the mixture to cool and set completely before sliding out and slicing into squares.

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables

Frozen peas

Raisins

Chopped tomatoe

Potatoes

Whole grain cereal

Cous Cous

Porridge

Whole wheat pasta

Bagels

Rice

Spaghetti

Lentils

Beans lower salt and sugar

Tuna

Plain nuts

Chick peas

Lean mince

Low fat soft cheese

Semi skimmed milk

Soya drink

Plain Low fat yoghurt

Veg Oil

Lower fat spread

Beans, pulses, fish, eggs, meat and other proteins
Eat more sourced beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives
Choose lower fat and lower sugar options

Oil & spreads
Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Crustless Quiche Lorraine

12 Portions
Cost: £2.40



John Rooney

"These mini quiches are brilliant for a midday snack or a light lunch"

- ✓ 1 tbsp of oil
- ✓ 2 rashers of back bacon, diced
- ✓ 1 small red onion, diced
- ✓ 3 large free-range eggs
- ✓ 4 tbsp double cream
- ✓ 150g grated cheese
- ✓ 1 tomato, de-seeded and diced
- ✓ Cracked black pepper

Preheat the oven to 200°C/Gas 6.

Grease a regular 12-hole cupcake tray with butter and add a little plain flour to each hole, shaking around so each hole is fully coated in flour. Shake out the excess flour and throw away. Your tray is now non-stick (if you want to make flour less quiche, simply use silicon muffin cases)

Place a frying pan over a medium heat, fry the bacon and onion together until the bacon is cooked and crispy.

In a bowl, whisk the eggs, cream and cracked black pepper, then add the cheese and tomato to the egg mix.

Add in the bacon and onion, then pour the mix into the muffin tray.

Bake for about 14-16 minutes until they start to go golden brown and set.

Simple Pin-Wheel Pizza Slices

Makes: 8
pastries
Cost: £1.80



Ben Hinchliffe

"These tasty roll ups are easy to make and great for when you need a snack on the move"

- ✓ 1 packet ready rolled puff pastry
- ✓ 1 tbsp tomato puree
- ✓ 1 tbsp tomato ketchup
- ✓ 1 pinch of mixed herbs
- ✓ 1 pinch of black pepper
- ✓ 20g grated parmesan cheese (optional)
- ✓ 50g grated cheddar or grated mozzarella
- ✓ Sliced cooked meats or veg of your choice (peppers, onions, ham, sausage etc)

Preheat the oven to 200°C/Gas 6 and line a baking tray with baking paper.

Mix the tomato puree, tomato ketchup, mixed herbs, and black pepper together in a small bowl.

Un-roll the puff pastry and place onto baking tray.

Spread over the tomato sauce and add cheese (plus toppings of choice)

Season with black pepper and herbs

Roll up lengthways into a large sausage shape, and slice into 8 pieces.

Lay the pin wheels on the baking tray. (Sprinkle top with parmesan if using)

Cook for 10-15 minutes until the pastry is golden.

Healthy Chicken Donner Kebab

Makes 4
Kebabs
Cost: £4.80



Ryan Croasdale

"This healthy alternative to a kebab is brilliant after a long matchday"

- ✓ **1 tsp cayenne pepper**
- ✓ **1 tsp chilli powder**
- ✓ **1 tsp salt**
- ✓ **1 tsp black pepper**
- ✓ **4 tsp garlic powder**
- ✓ **1 tsp dried oregano**
- ✓ **4 tsp onion powder**
- ✓ **1 tsp dried mixed herbs**
- ✓ **500g minced chicken breast or lean lamb**
- ✓ **Wholemeal Pitta bread**
- ✓ **Chilli sauce and mint yogurt dressings to serve**
- ✓ **Mixed Salad: cucumber, lettuce, raw cabbage, tomatoes & onion**

Pre-heat oven to 180°C and line a 1kg loaf tin with parchment paper.

Put the mince into a bowl and add the spices. Mix well into the meat - get your hands into it and work it all together, GET STUCK IN!

Once the mince & spices are well mixed, form it into a loaf shape.

Place in the loaf tin and press into the corners. Cook for around 20 to 30 mins (cook until juices run clear).

Once cooked wrap the loaf tin tightly in foil for at least 10 minutes before slicing the meat (this will allow the juices to soak back into the meat).

Serve in toasted pitta bread with the salad mix and dressings.

Stockport County Fixture List 21/22 Season

August 2021

21	Sat	H	Dagenham & Redbridge
28	Sat	A	Southend United
31	Tue	H	Grimsby

September 2021

04	Sat	A	Boreham Wood
11	Sat	H	Yeovil
14	Tue	A	Maidenhead United
18	Sat	A	FC Halifax Town
25	Sat	H	Wrexham

October 2021

02	Sat	A	Weymouth
09	Sat	H	Yeovil Town
16	Sat	--	FA Cup 4th Round Qualifying
23	Sat	A	Notts County
26	Tue	H	Barnet
30	Sat	A	Dover Athletic

November 2021

06	Sat	--	FA Cup 1st Round
13	Sat	H	Bromley
20	Sat	A	Woking
23	Tue	H	King's Lynn Town
27	Sat	A	Wealdstone

December 2021

04	Sat	H	Eastleigh
11	Sat	A	Torquay United
18	Sat	--	FA Trophy 3rd Round
26	Sun	H	Altrincham
28	Tue	A	Solihull Moors

January 2022

03	Mon	A	Altrincham
08	Sat	H	Chesterfield
15	Sat	--	FA Trophy 4th Round
22	Sat	A	Dagenham & Redbridge
25	Tue	H	Maidenhead United
29	Sat	A	Barnet

February 2022

05	Sat	H	Dover Athletic
12	Sat	A	Bromley
19	Sat	H	Woking
26	Sat	H	Weymouth

March 2022

05	Sat	A	Aldershot Town
12	Sat	H	Notts County
19	Sat	H	Wealdstone
22	Tue	A	King's Lynn Town
26	Sat	A	Eastleigh

April 2022

02	Sat	H	Torquay United
09	Sat	H	Southend United
15	Fri	A	Grimsby Town
18	Mon	H	Solihull Moors
23	Sat	A	Yeovil Town
30	Sat	H	Boreham Wood

May 2022

02	Mon	A	Chesterfield
07	Sat	A	Wrexham
15	Sun	H	FC Halifax Town



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Trust**

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