

# Easy Read Picture Recipes

5 simple recipes that use  
healthy fruit and vegetables





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## We made this book...

1. To provide easy to follow picture recipes for people with learning disabilities.
2. To provide simple recipes that use homegrown food.
3. To share vegetables and fruit that came from Trafford's market gardens in Greater Manchester.

## About this book...

We work with people with learning disabilities on a project called Growing Trafford's Roots. This project explores market gardening in Trafford, Greater Manchester. A market garden is a place where people grow fruit and vegetables to sell.

There used to be lots of market gardens in Trafford. Our recipes use fruit and vegetables that were grown in Trafford. We hope that these recipes help people to grow and cook their own food. Thank you to everyone on the project who helped to choose the recipes in this book.

### **Ruth Crawford**

*Youth Project Officer, TCV*

*A free PDF copy of this recipe book is available on our website:  
[www.tcv.org.uk/north](http://www.tcv.org.uk/north)*

## What is in this book?

1. Tomato salad
2. Carrot soup
3. Pea pasta
4. Turnip and lentil curry
5. Rhubarb cake



Tomato salad - pages 6-7



Pea pasta - pages 8-10



Carrot soup - pages 11-13



Turnip and lentil curry  
- pages 14-16



Rhubarb cake - pages 17-19

# Tomato salad

CLIBRAN'S VICTORY TOMATO was grown by William Clibran in Altrincham during the 1950s. These tomatoes are delicious to eat cooked or fresh.

*Feeds 4 people*

You will need:



6 tomatoes



1 handful fresh herbs:  
chives/thyme/parsley



1 onion



3 tablespoons  
olive oil



3 tablespoons white  
wine vinegar



1 tablespoon honey



salt and pepper

# Tomato salad

CONTINUED

Instructions:



1. Wash the tomatoes and herbs



2. Chop the tomatoes into slices



3. Chop the herbs into small pieces



4. Peel the onion



5. Chop the onion into thin slices



6. Add the tomatoes, herbs and onion to a bowl



7. Add the olive oil, white wine vinegar and honey



8. Add a little salt and pepper



9. Stir and leave for 10 minutes before enjoying

# Pea pasta

THE TIMPERLEY WONDER PEA has big pea pods and can be planted in spring or autumn.

*Feeds 4 people*

You will need:



400g pasta



200g peas



3 tablespoons olive oil



1 tablespoon lemon juice



1 tablespoon wholegrain mustard



20g fresh mint (or basil)



salt and pepper



# Pea pasta

CONTINUED

Instructions:



1. Wash the mint



2. Chop or tear the mint into small pieces



3. Stir olive oil, lemon juice and mustard together in a large bowl



4. Fill the kettle with water and turn it on



5. Put the pasta in a pan



6. Pour the hot water from the kettle over the pasta



7. Cook the pasta on a medium heat for 10 minutes



8. Add the peas to the pan and cook for 1 minute



9. Drain the pasta and peas

PEA PASTA CONTINUED OVERLEAF

# Pea pasta

CONTINUED

Instructions:



10. Add the peas, pasta, mint, salt and pepper to the large bowl



11. Stir everything together



13. Enjoy

# Carrot soup

THE ALTRINGHAM CARROT was a very popular long carrot that grew well in the sandy soils of Trafford.

*Feeds 4 people*

You will need:



250g red lentils



400g carrots



1 onion



1 vegetable stock cube



1 litre of water



2 handfuls fresh coriander



salt and pepper

CARROT SOUP CONTINUED OVERLEAF

# Carrot soup

COTINUED

Instructions:



1. Wash the carrots and coriander



2. Chop the coriander into small pieces



3. Peel the carrots



4. Chop the carrots into rounds



5. Peel the onion



6. Chop the onion into small pieces



7. Rinse the lentils using a sieve



8. Put 1 litre of water into the kettle and turn it on



9. Put the stock cube in a pan

# Carrot soup

CONTINUED

Instructions:



10. Pour the hot kettle water over the stock cube



11. Add the lentils, carrot and onion to the pan



12. Bring the pan to the boil by cooking at a high heat



13. Once it has boiled, cook on a low heat for 10 minutes



14. Stir in the coriander and a little salt and pepper



15. Continue to cook at a low heat for 10-15 more minutes until the lentils are soft



16. Enjoy

# Turnip and lentil curry

MANCHESTER MARKET TURNIP: This white turnip was grown on lots of market gardens in Trafford and was transported by boat along the Bridgewater canal to be sold at the Manchester markets.

*Feeds 4 people*

You will need:



2 garlic cloves



2 tomatoes



2 turnips



1 tablespoon of olive oil



spices: half teaspoon ground cumin, half teaspoon garam masala...



...half teaspoon ground coriander, half teaspoon salt



160g red lentils



450ml water



175ml coconut milk



1 tablespoon lemon juice



best eaten with rice or naan bread

# Turnip and lentil curry

CONTINUED

Instructions:



1. Wash the turnip and tomatoes



2. Peel the garlic



3. Put the garlic through a garlic press



4. Peel the turnip



5. Chop the turnip into small pieces



6. Chop the tomatoes into small pieces



7. Put the oil in a pan and heat at a medium heat



8. Add the garlic to the pan and cook for 2 minutes



9. Add the tomatoes and turnip to the pan and cook for 4 more minutes

TURNIP AND LENTIL CURRY CONTINUED OVERLEAF

# Turnip and lentil curry

CONTINUED

Instructions:



10. Rinse the lentils using a sieve



11. Add the lentils, spices, water and coconut milk to the pan



12. Bring the pan to a boil by cooking at a high heat



13. Once it has boiled, cook on a low heat for 20 minutes



14. Add lemon juice



15. Enjoy



# Rhubarb cake

TIMPERLEY EARLY RHUBARB was first grown in Timperley by Harold Warburton in the 1930s. It can be picked as early as February.

*Feeds 8 people*

You will need:



125g butter (and a bit extra for greasing the cake tin)



125g caster sugar



5 tablespoons of  
caster sugar



125g self raising flour



700g rhubarb



2 tablespoons of milk



3 eggs



2 teaspoons vanilla  
extract



icing sugar to  
sprinkle over the top  
of the cake

**RHUBARB CAKE CONTINUED OVERLEAF**

# Rhubarb cake

CONTINUED

Instructions:



1. Wash the rhubarb



2. Chop the rhubarb into small chunks



3. Grease the cake tin with butter



4. Preheat the oven to 190 °C



5. Put the butter and sugar in a large bowl



6. Beat the butter and sugar together using a spoon, whisk or mixer until the mixture looks fluffy



7. Crack open the eggs and beat them into a jug



8. Add the eggs to the cake mixture a little bit at a time and beat well after each



9. Add the vanilla extract to the cake mixture

# Rhubarb cake

CONTINUED

Instructions:



10. Gently fold the flour and milk into the mixture using a spatula



11. Scrape the mixture into the cake tin



12. Add the rhubarb and 5 tablespoons of sugar to a bowl and stir well



13. Spread the sugary rhubarb over the top of the cake mixture



14. Put the cake in the oven to cook for 40 minutes



15. Put a fork into the middle of the cake. If the fork comes out clean the cake is ready



16. Leave to cool in the tin



17. Sprinkle icing sugar over the cake



18. Enjoy

## Notes



# The Conservation Volunteers

Every day, The Conservation Volunteers (or TCV as we're known) works across the UK to create healthier and happier communities for everyone. We do this by connecting people and green spaces to deliver lasting outcomes for both.

We recognise that each community and the people living there have different needs. Whether improving wellbeing, conserving a well-loved outdoor space or bringing people together to promote social cohesion, combat loneliness or enhance employment prospects, TCV works together with communities to deliver practical solutions to the real-life challenges they face.

For almost 60 years we have adapted our work with volunteers to reflect the changing needs of communities in the UK and, by giving people a sense of purpose and belonging, we have empowered them to take control of their lives and outdoor spaces for the benefit of all.

Whilst our activities vary, our inclusive approach has remained consistent; bringing people and places together to create happy, healthy and connected communities for everyone.

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