



YOU'RE NOT ALONE







HEALTH AND WELLBEING RECIPES
FOR OLDER PEOPLE



Created by Sinéad Delahunty of Delalicious

DELALICIOUS
FOR THE LOVE OF REAL FOOD



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After the hospital and the football pitch, the kitchen is generally where you will find chartered physiotherapist, Gaelic footballer, food blogger, cookbook author and private caterer, Sinéad Delahunty.

A passionate lover of all food, she shares her kitchen creations through her food blog - DELALICIOUS. Her blog and debut cookbook DELALICIOUS focuses on inspiring others to fuel their lives through healthy, wholesome and real food with quick and easy recipes for all. Sinéad is a self-professed pro at batch-cooking, making meals from scratch in minutes and cooking within a tight budget whilst juggling work, sport and blogging. With a passion for travel and sport, her recipes are influenced by foreign cultures with a focus on Irish produced ingredients and recipes for sporting performance.

Sinéad is delighted to be partnering with ALONE to share some of her favourite recipes and hope they bring lots of happiness to your kitchen.

Check out Sinéad's blog, www.delalicious.com, for more recipe inspiration or follow her on social media for more DELALICIOUS delights.

Facebook/Instagram/Twitter: @delaliciousfood



ALONE have worked alongside Sinéad of Delalicious to produce this "Cooking For Life" cookbook, giving you recipes to make healthy, quick and easy meals. We hope to provide a combination of hints, tips and advice specific to your own Health and Wellbeing.

In this instance, we want to demonstrate the importance of keeping a varied and balanced diet of proteins, carbs, fats and plenty of fruit and veg.

While our initiative is borne out of a response to COVID-19. There is a long-term plan to integrate Health and Wellbeing into our Social Prescribing model and provide national and local responses to Health and Wellbeing for all of our older people.

We hope you enjoy what we have created with Sinéad and discover new ways to let your taste buds dance!

Seán Moynihan,
CEO ALONE





BREAKFAST



Baked Oat Pots

SERVES 1

Ingredients

- 1 egg
- 1 tbsp plain yoghurt
- 30g oats

Filling Options:

Raspberry & Coconut

- 1 tbsp raspberries, 1 tbsp desiccated coconut

Carrot Cake

- 1/2 tsp ground cinnamon, 20g grated carrot, 4 walnuts, roughly chopped

Banana & Nuts

- 1/2 banana, sliced, 1 tbsp chopped mixed nuts

Method

1. Whisk the eggs and yoghurt together in an ovenproof dish or mug.
2. Add the oats and continue to whisk until well combined.
3. Stir through your desired toppings.
4. Bake in the oven at 200°C/180°C fan/400°F for 20-25 minutes or until a skewer comes out cleanly. You can also cook in a microwave on high for 2-3 minutes.
5. To serve: add an extra dollop of yoghurt on top.





Homemade Granola

MAKES 250G

Ingredients

- 200g oats
- 4 tbsp seeds: pumpkin, sunflower and flaxseed
- 2 tbsp desiccated coconut
- 25g fresh ginger
- 3 tbsp oil

Options:

Add nuts, dried fruit or other spices as you like to the recipe.

Method

1. Preheat an oven to 200°C/180°C fan/400°F.
2. Mix the oats, seeds and desiccated coconut together in a large mixing bowl.
3. Grate in the ginger and mix again.
4. Stir through the oil until the oats are well coated.
5. Evenly spread on a baking tray and place in the oven for 15-20 minutes or until golden.
6. Remember to stir the oats regularly to ensure an even golden colour.
7. Remove from the oven and allow to cool before storing in a resealable container.

Spicy Tomato & Eggs

SERVES 4

Ingredients

- oil
- 4 cloves garlic, minced
- 1 x 400g tin tomatoes
- 1 tbsp balsamic vinegar
- 1 tsp paprika
- 4 large handfuls spinach
- 8 eggs
- 3 tbsp plain yoghurt
- To serve: 4 tbsp plain yoghurt, 2 tsp paprika, 1 tsp lemon juice

Method

1. Preheat an oven to 200°C/180°C fan/400°F.
2. Heat one tablespoon of oil in a frying pan over a medium heat.
3. Add the garlic and cook until soft. Add the tomatoes and cook for a further 2 minutes.
4. Stir through the balsamic vinegar and paprika and allow the tomatoes to bubble up.
5. Stir through the spinach until well coated in sauce.
6. Whisk the eggs and yoghurt together before pouring into the ovenproof dish. Give the dish a swirl to get an even egg coating.
7. Place in the oven and bake for 25-30 minutes or until the eggs are cooked through.
8. For the spiced yoghurt sauce: whisk together the yoghurt, paprika and lemon juice until well combined.
9. Remove to a plate and drizzle over the sauce to serve.





LUNCH





Roast Tomato Soup

SERVES 6

Ingredients

- oil
- 2 sweet red peppers, de-stalked, de-seeded and halved
- 500g ripe vine tomatoes
- 1 large onion, diced
- 3 cloves of garlic, minced
- 3 tbsp roughly chopped basil
- 1 litre hot vegetable stock

Method

1. Preheat an oven to 200°C/180°C fan/400°F.
2. Combine the red peppers and tomatoes with 1 tablespoon of oil in a large high-sided baking tray. Place in the oven and roast for 30 minutes or until the skin blisters.
3. In a large saucepan, sauté the onions and garlic over a medium heat until soft through.
4. Add the roasted tomatoes, peppers, basil and stock and stir to combine.
5. Bring to the boil, reduce to a simmer and cook for 5 minutes.
6. Blend until smooth using a handheld blender.



Mushroom & Herb Oat Quiche

SERVES 4

Ingredients

- 30g oats
- 110g plain flour
- pinch of salt
- 90g cold butter or coconut oil, cubed
- oil
- 1 red onion, peeled and thinly sliced
- 3 cloves garlic, minced
- 300g mushrooms
- 4 eggs
- 2 tbsp plain greek-style yoghurt
- 40g hard cheese (white cheddar, parmesan, manchego), grated
- 20g soft cheese (feta, goat's cheese, camembert)
- 2 tbsp fresh herbs

Method

1. Make the pastry by mixing the oats, flour and salt together in a large mixing bowl. Use your fingertips to rub in the butter until the mix comes together and forms a large ball.
2. Leave the pastry in a ball, cover with a plate and place in the fridge for at least 20 minutes.
3. Heat 1 teaspoon of oil in a frying pan over a low heat. Add the red onion and continue to cook until soft through.
4. Remove the onions from the pan, add 1/2 teaspoon of oil and the garlic. Once the garlic begins to soften, add the mushrooms and cook for 5 minutes. Add the onions back into the pan and remove from the heat.
5. Whisk the eggs, yoghurt and grated hard cheese together.
6. Preheat the oven to 200°C/160°C fan/400°F. Remove the pastry from the fridge and roll out on a lightly floured surface with a rolling pin or empty glass bottle until 1/2 inch thick.
7. Press the pastry into an ovenproof pie dish, trim the edges as required. Spread the mushroom and onion mix into the base. Pour over the egg mix and top with the soft cheese and herbs.
8. Bake in the oven for 20 minutes or until the filling is just set.
9. Serve with salad.

Crunchy Carrot, Broccoli & Nut Salad

SERVES 4 AS A SIDE

Ingredients

- sea salt
- 1/2 head broccoli, cut into small florets
- 2 carrots, grated
- 1 tbsp rapeseed or olive oil
- 1/2 tbsp apple cider vinegar
- 1/2 tbsp honey
- 1 tbsp roasted walnuts/peanuts/almonds, roughly chopped

Method

1. Bring a saucepan of salted water to the boil.
2. Add the broccoli, cover with a lid and remove from the heat. Allow to cook for 5 minutes until just tender. Strain and refresh until cold under running cold water.
3. In a large mixing bowl, whisk the oil, vinegar and honey together.
4. Once the broccoli is fully cooled and drained, add with the carrots to the mixing bowl.
5. Stir through the dressing and nuts until fully combined.





DINNER



Pea & Feta Smoked Fishcakes

MAKES 15 FISHCAKES

Ingredients

- 250g fresh smoked fish fillets e.g. haddock, coley
- 220g fresh salmon fillets
- 150ml milk
- 250g potatoes, washed and peeled if not New Season or Queens potatoes
- 200g frozen peas, defrosted
- 1 red chilli, de-seeded and finely diced
- zest of 1 lemon
- 2 tbsp fresh parsley, coriander or mint, roughly chopped
- 50g feta cheese

Method

1. Preheat an oven to 200°C/180°C fan/400°F and line a baking tray with parchment paper.
2. Place the fish in the base of an ovenproof pyrex® or ceramic roasting or casserole dish.
3. Pour the milk over the fish, place a lid on top and poach in the oven for 15 minutes or until the fish is flaky soft through.
4. While the fish cooks, boil or steam the potatoes until soft through.
5. Remove the fish from the dish and set aside on a plate.
6. Add the cooked potatoes to the milk and mash together.
7. Return the fish to the mashed potatoes with all the remaining ingredients except for the feta.
8. Roll tablespoonfuls of the mixture into cakes between your palms and place on the lined baking tray. Continue until no mixture remains.
9. Crumble the feta over the top of the fishcakes and bake in the oven for 15 minutes or until golden crisp on top.
10. Remove from the oven and serve immediately. Allow to cool fully before storing in the fridge or freezer.



Spinach, Chickpea & Squash Korma

SERVES 4

Ingredients

- 1 tbsp oil
- 1 red onion, finely diced
- 1 tsp cumin
- 1 tsp curry powder
- 1 tsp ground ginger
- 1 medium squash, pumpkin or sweet potato, cubed
- 1 x 400g tin chickpeas, drained and rinsed
- 50g tomato paste
- 2 tsp dried veg stock or 1/2 veg stock cube
- 200ml water
- 250g spinach, roughly chopped
- 50g fresh coriander, roughly chopped

Method

1. Heat the oil in a large saucepan over a medium heat. Add the onion and cook until softened through.
2. Stir through the spices until fragrant.
3. Stir in the squash, chickpeas and tomato paste. Cover with the veg stock and water.
4. Bring to a gentle simmer without a lid and cook for 25 minutes or until the squash begins to soften. Make sure to stir the pot regularly as the liquid will reduce.
5. Stir in the spinach and coriander until the spinach begins to wilt.
6. Serve with a dollop of yoghurt.





Slow-Cooked Beef Curry

SERVES 5

Ingredients

- 1 tsp oil
- 2 small onions, diced
- 3 cloves garlic, minced
- 1 small red chilli, seeds removed and diced
- 1 tsp ground coriander
- 1 tbsp curry powder
- 4 tbsp tomato paste
- 3 bay leaves (if you don't have these at hand, just leave out!)
- 1 x 400g tin coconut milk
- 300ml hot stock or bone broth
- 500g round steak or beef shin, medium sized cubes
- 2 tbsp plain flour or rice flour
- sea salt
- black pepper
- 1 x 400g tin chickpeas, drained & rinsed
- 300g spinach

Method

1. Heat the oil in a large saucepan over a medium heat. Add the onions, garlic and chilli and cook until soft through.
2. Stir through the spices and tomato paste.
3. Add the bay leaves, coconut milk and stock. Stir and allow to simmer over a low heat.
4. Get two sheets of greaseproof paper. Place a third of the beef between the sheets and flatten with a rolling pin or wooden spoon. Remove and repeat with the remaining beef.
5. Mix the flour, salt and pepper with the beef until well coated.
6. Heat a non-stick dry frying pan over a medium heat. Add the beef in batches, browning on all sides and adding to the curry base. Repeat with remaining beef.
7. Bring the saucepan to a boil, cover and return to a simmer. Allow the beef to cook for 90 minutes or until cooked fully and tender through. Make sure to stir the contents regularly to ensure they don't stick and burn to the base of your saucepan.
8. Just before serving, stir through the chickpeas and spinach until the spinach is wilted and chickpeas are warm through.
9. Serve with grains or mashed potato.



BAKING



Oat & Seed Yoghurt Loaf

MAKES 1 LOAF

Ingredients

- 300g oats
- 2 tbsp pumpkin & sunflower seeds
- 2 tsp bread soda
- 500g natural yoghurt

Method

1. Preheat an oven to 200°C/180°C fan/400°F.
2. Place all the dry ingredients in a large mixing bowl.
3. Add in the yoghurt and mix thoroughly.
4. Place oat mix into a lined loaf tin, sprinkle some more seeds on top and bake for about 40 mins or until a knife comes out clean.



Dark Chocolate & Berry Brownies

MAKES 16 BROWNIES

Ingredients

- 125g butter
- 50g castor sugar
- 1 tsp vanilla
- 3 eggs
- 52g plain flour
- 1 tsp baking powder
- 30g cocoa powder
- 50g dark chocolate, roughly chopped into chunks
- 1 tbsp fresh or frozen berries, cranberry sauce or any fruit jam
- 3 tbsp Greek or high protein yoghurt/mascarpone/cream cheese

Method

1. Preheat an oven to 200°C/180°C fan/400°F and line a square sandwich tin with parchment paper.
2. Melt the butter in a saucepan or microwave proof bowl on medium in the microwave for 3 minutes.
3. Place the sugar in a large mixing bowl, pour over the melted butter and whisk to combine well until the sugar is well coated and beginning to dissolve.
4. Whisk the eggs together separately and keep 1/2 of one egg to the side. Pour the remaining 2.5 eggs into the sugar and butter mix and whisk together until well combined.
5. Sieve in the flour, baking powder and cocoa powder and stir together with a large wooden spoon or spatula until no flour remains.
6. Stir through the dark chocolate chunks.
7. Spread the brownie mix evenly across the prepared tin. Spread the berries, sauce or jam on top and swirl through the top of the brownie mix with a fork.
8. Whisk the remaining 1/2 egg with the yoghurt until smooth and spread over the top of the brownie mix like the berries.
9. Bake in the oven for 20 minutes or until a skewer comes out clean. The brownies should still have a slight wobble.
10. Allow to cook in the tin for 5 minutes, remove from the tin and allow to cool fully on a wire rack.

Apple & Oat Cinnamon Squares

MAKES 12 SQUARES

Ingredients

- 150g oats
- 30g walnuts
- 2 tbsp desiccated coconut
- 1 tsp baking soda
- 1 tsp ground cinnamon
- 150g stewed apple
- 100g carrot, grated
- 200g vanilla yoghurt
- 1 tbsp flaked almonds

Method

1. Heat an oven to 200°C/180°C fan/400°F and line a square sandwich tin with parchment paper.
2. Place all the dry ingredients in a large mixing bowl.
3. Add the apple, carrot and yoghurt. Mix together until well combined.
4. Place the mixture into the prepared tin and evenly spread out.
5. Sprinkle the flaked almonds over the top and bake for 20 minutes.
6. Remove from the tin and allow to cool on a wire rack.
7. Store in an airtight container and the squares will keep fresh for 3 days.







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