

EAT WELL, FEEL WELL



COOKBOOK

HEALTHY MEALS FROM
PECKHAM PANTRY

PECKHAM PANTRY
STEERING GROUP MEMBERS

Pecan

Fighting Poverty in Southwark since 1989

In 1989, Pecan was created by 6 Churches gathering to discuss social action in the area due to unrest caused mainly by poverty.

Pecan's first project was tackling unemployment with their *Employment Preparation Course*, making employment support the oldest of all the projects at Pecan.

Today, we continue to fight poverty and its causes in our community, supporting people with Kindness, Belief and Hope.

Our current projects are Southwark Foodbank, Peckham Pantry, Women's Services, Employment Support and our community space, Together.

www.pecan.org.uk



Peckham Pantry

‘Your Local Pantries are all about dignity, choice and hope, bringing people together around food!’ - Your Local Pantry

Pecan set up its food project* Peckham Pantry at St Luke’s Church, Peckham in 2019 and it was based on the Your Local Pantry model.

St Luke’s Pantry opened for three hours each week and for a payment of £4.50 per shop, members could buy food, including fresh fruit and vegetables and store cupboard favourites up to the value of £15-20.

In 2020 Impact on Urban Health provided funding for Pecan to open up a second Pantry in Peckham Park Road.

Again, based on the Your Local Pantry's model with a £4.50 membership, but this Pantry is open from Tuesday - Saturday.

www.pecan.org.uk/peckham-pantry

*Pecan's food services are Southwark Foodbank, Peckham Pantry and we currently host Southwark Food Action Alliance



Contents

Introduction

Page - 5

Changes for a healthier diet

Page - 6

Breakfasts

Page - 7 - 10

Lunches

Page - 11 - 13

Dinners

Page - 14 - 19

Soups

Page - 20

Rice Dishes

Page 21 - 22

Vegetable Dishes

Page 23 - 26

Desserts

Page 27



Introduction

Welcome to the Peckham Pantry Community Cookbook

This cookbook is a collection of recipes - it's a celebration of creativity and the power of shared food.

Each recipe you'll find here has been contributed by members of the Peckham Pantry community, individuals who've found joy and comfort in turning simple ingredients into something truly special.

What makes this cookbook special is its focus on ingredients from the Pantry. Each recipe shows how you can create delicious, satisfying meals with what's available.

So, grab your apron, explore these pages, and let yourself be inspired. Try a dish you've never made before, share it with someone you care about, and join us in celebrating the joy of cooking and community.

Happy cooking!
The Peckham Pantry Team



Changes for a healthier diet

Herbs & spices add flavour & variety to your meals while being healthier for you than salt & sugar.

Alternatives to Salt

1. Herbs: Basil, Thyme, Rosemary, Oregano, Parsley or Dill
2. Spices: Paprika, Cumin, Turmeric, Chilli Powder, Curry Powder
3. Citrus: Lemon, Lime Juice & Zest
4. Vinegars: Balsamic, Apple Cider or Red Wine Vinegar
5. Garlic & Onion: Fresh, roasted or powdered

Alternatives to Sugar

1. Fruits: Fresh fruits, dried fruits or purées
2. Spices: Cinnamon, Nutmeg or Cardamom
3. Extracts: Vanilla, Almond or Coconut extract
4. Natural Sweeteners: Honey, Maple Syrup or Agave
5. Stevia or Monk Fruit: Calorie-Free Plant-Based Sweeteners

Making small changes can make a big difference to your diet.

Healthy Food Swaps

1. White Rice for Brown Rice
2. Minced Beef for canned Lentils (no added salt)
3. White Pasta for a wholemeal Pasta
4. Coconut Cream for plant-based Milk
5. Cup of Fruit Juice for fruit infused water
6. White sugar for mashed bananas in baking
7. Mayonnaise for homemade Hummus

Superfoods

1. Almonds
2. Avocado
3. Beetroot
4. Blueberries
5. Broccoli
6. Chia Seeds
7. Dark chocolate
8. Green Tea
9. Kale
10. Salmon
11. Spinach
12. Sweet Potatoes
13. Quinoa

Apple, Carrot & Pineapple Iced Smoothie

Breakfast

Makes: 2 | Prep: 10 mins | Cook: 0 mins

Ingredients:

2 large Apples
2 large Carrots
1 cup of Pineapple Chunks
1/2 cup of orange juice
1/4 cup ice cubes
1 tsp of Chia Seeds
1 tbsp Honey



Image: Canva

Instructions:

- 1. Wash and dry the fruit**
- 2. Core and chop the apples leaving skin on for extra fiber**
- 3. Peel and chop the carrots**
- 4. Add apples, carrots, pineapple, chia seeds, orange juice, ice cubes into a blender**
- 5. Blend on high until smooth**
- 6. Taste and add honey if desired, then continue to blend**
- 7. If the smoothie is too thick add a little water or juice**
- 8. Pour into a glass and serve immediately!**

TIP: add a small piece of fresh Ginger for a spicy kick!

Recipe by George: Steering Group

Banana Bread

Breakfast

Makes: 4 | Prep: 10 mins | Cook: 15 mins

Ingredients:

140g Butter
140g Caster Sugar
2 large Eggs
140g self-raising flour
1 tsp of Baking Powder
2 very ripe Bananas
50g icing sugar



Image: Canva

Instructions:

- 1. Pre-heat the oven to 180 degrees or gas mark 4.**
- 2. Grease the sides of a 2lb loaf tin and line the base and sides with parchment paper.**
- 3. Cream 140g softened butter and 140g caster sugar until light and fluffy, then slowly add 2 beaten large eggs with a little of the 140g flour.**
- 4. Fold in the remaining flour, 1 tsp baking powder and 2 mashed bananas.**
- 5. Pour the mixture into the loaf tin and cook for 50 mins. After 30 mins check the loaf every 5 mins with a skewer (you should be able to insert and remove it cleanly).**
- 6. Cool in the tin for 10 mins then remove to a wire rack.**
- 7. Mix 50g icing sugar with 2-3 tsp water to make a runny icing.**
- 8. Drizzle the icing across the top of the cake.**

Recipe by Fran: Peckham Pantry

Blueberry & Banana Iced Smoothie

Breakfast

Makes: 1 | Prep: 5 mins | Cook: 0 mins

Ingredients:

1 cup of frozen Blueberries
1/2 ripe Banana
1 cup of Milk
1/4 cup of cold water
5 small ice cubes
1 tbsp Honey
1/4 cup Greek Yoghurt

HIGH IN FIBER



Image: Canva

Instructions:

- 1. Add blueberries, banana, milk, yoghurt, honey and ice cubes into a blender**
- 2. Blend on high speed until it is smooth and creamy**
- 3. If the smoothie is too thick, add a little water or milk and blend again**
- 4. Pour into a glass and serve immediately!**

TIP: use a plant-based milk for a dairy free Smoothie!

Recipe by George: Steering Group

Scrambled Eggs on Toast

Breakfast

Makes: 2 | Prep: 5 mins | Cook: 10 mins

Ingredients:

2 Slices of wholemeal bread
2 Large Eggs
6 tbsp of Milk
Salt & Pepper

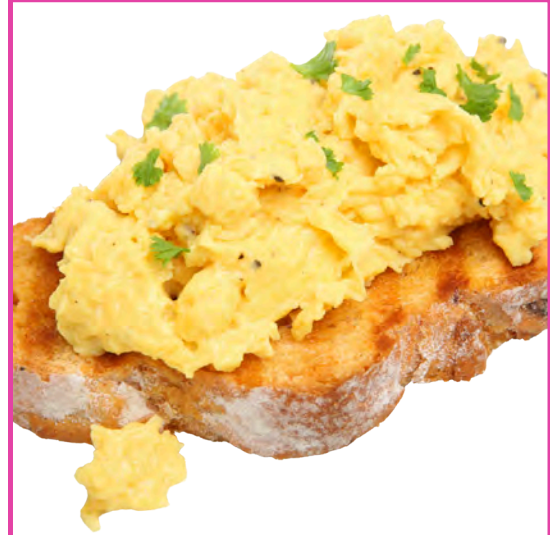


Image: Canva

Instructions:

- 1. Lightly whisk two large eggs, 6 tbsp of full cream milk, a pinch of salt & pepper together.**
- 2. Pour the mixture into a small non stick pan and stir with a wooden spoon until the mixture has a curd like texture.**
- 3. Remove from the heat and lightly toast the bread on both sides.**
- 4. Butter the bread and place the scrambled egg mixture on top and serve!**

TIP: add a splash of Worcester Sauce for extra flavour!

Recipe by Dawn: Steering Group

Cheesy Tuna Melts

Lunch

Makes: 2 | Prep: 10 mins | Cook: 10 mins

Ingredients:

200g can of Tuna
1/2 bunch of Spring Onions
4 tbsps of Mayonnaise
3 slices of crusty Bread
50g of grated Cheese
Salt & Pepper



Image: Canva

Instructions:

- 1. Preheat the grill on its highest setting.**
- 2. Drain the tuna, flake it into a bowl and mix with the spring onions and mayonnaise. Season with salt and pepper according to taste.**
- 3. Toast the bread under the grill until its nicely browned on both sides, then spread the tuna on top, covering the edges of the toast.**
- 4. Scatter over the cheese and put back under the grill until the cheese is bubbling.**
- 5. Cut in half, eat and enjoy!**

TIP: add a pinch of Paprika for added flavour!

Recipe by Bill: Steering Group

Creamy Courgette and Lemon Pasta

Lunch

Makes: 4 | Prep: 10 mins | Cook: 15 mins

Ingredients:

300g Pasta (Spaghetti)
2 medium Courgettes (sliced)
2 tbsp Olive Oil
2 Garlic cloves
1 Lemon (zest & juice)
100ml Heavy Cream
50g Grated Cheese
Salt & Pepper



Image: Carrie Carvalho

Instructions:

- 1. Cook the Spaghetti in a pan of boiling salted water according to the packet instructions (usually 10mins), reserve 1 cup of pasta water, then drain and set aside.**
- 2. Trim and thinly slice the courgettes, peel and grate the garlic.**
- 3. Heat the olive oil in a large pan add the garlic and sauté for 1-2 minutes.**
- 4. Add the courgettes and cook for another 5 - 7 minutes, stirring occasionally.**
- 5. Meanwhile, juice the lemon and zest; grate the cheese.**
- 6. Stir in the lemon zest and juice, Lower the heat and add the heavy cream and mix well.**
- 7. Add the cooked pasta to the pan, stir to coat well.**
- 8. Add some of the pasta water to loosen the pasta if there is not enough sauce.**
- 9. Stir in the grated cheese and season with salt & pepper if needed.**
- 10. Serve and enjoy!**

TIP: garnish with fresh Basil or Parsley!

Tomato Pasta Penne

Lunch

Makes: 2 | Prep: 5 mins | Cook: 15 mins

Ingredients:

300g Pasta Penne
400g Canned Tomatoes
Grated Cheese
Salt & Pepper



Image: Canva

Instructions:

- 1. Cook the Pasta Penne in a pan of boiling salted water according to the packet instructions (usually 10mins), then drain.**
- 2. Add the canned tomatoes to the pan, stir to coat well and continue to cook for another 3-4 mins.**
- 3. Add some of the pasta water to loosen the pasta if there is not enough sauce.**
- 4. Add seasoning if needed. Sprinkle with cheese on top and serve!**

TIP: add crushed Garlic for added flavour!

Recipe by Dawn: Steering Group

Bubble and Squeak

Dinner

Makes: 4 | Prep: 10 mins | Cook: 20 mins

Ingredients:

1 tbsp of Olive Oil
25g Unsalted Butter
600g of leftover boiled Potatoes
600g leftover Vegetables (sprouts, swede, carrots)
Salt & Pepper



Image: Canva

Instructions:

- 1. Heat the olive oil and butter in a medium sized frying pan.**
- 2. Put the leftover potatoes and vegetables into a bowl and mix together. Season with salt & pepper.**
- 3. Add the mixture to the frying pan patting it down into a flat, even layer, so it fills the base of the pan.**
- 4. Cook for 3 - 4 mins and then turn it over and repeat the process for approx 20 mins or until it becomes golden brown and crispy.**
- 5. Cut into wedges and serve!**

TIP: you can add onion, garlic or herbs of your choice for added flavour!

Recipe by Amal: Peckham Pantry

Chicken Tray-bake

Dinner

Makes: 4 | Prep: 5 mins | Cook: 25 mins

Ingredients:

8 Skinless Chicken Thighs
400g of prepared Potatoes
400g of baby Tomatoes
1 green or red Chilli
3 Garlic cloves
3 tbsps of Tomato Puree
3 tbsps of cooking oil
Mixed herbs or Thyme

GLUTEN
FREE



Image: Canva

Instructions:

- 1. Preheat the oven to 200 degrees or gas mark 6.**
- 2. Halve the chilli, discarding the seeds and remove the stalk. Mix the tomato purée, oil, garlic and chilli in a food processor and spread the mixture over the chicken.**
- 3. Add the chicken and potatoes to a large roasting tray, add salt & pepper, mixed herbs and mix together.**
- 4. Cook in oven for 30 mins then add the baby tomatoes and cook for another 15 mins or until the chicken is cooked.**
- 5. Serve with a green salad and crusty bread!**

TIP: par-boil the potatoes for 10mins. Replace potatoes with sweet potato (skin on).

Recipe by Bill: Steering Group

Gratin Dauphinois

Dinner

Makes: 4 | Prep: 10 mins | Cook: 35 mins

Ingredients:

1 kg Potatoes
330mls Milk
330mls Single Cream
1 Garlic clove
50g Butter
Salt & Pepper



Image: Canva

Instructions:

- 1. Peel and slice the potatoes into 3mm thick slices.**
- 2. Wipe them with a clean tea towel and place in a bowl.**
- 3. Season with salt and pepper; mixing well, gently.**
- 4. In a saucepan bring the milk and grated garlic to the boil.
Lower the heat and add the potatoes. Cook for 10 mins.**
- 5. Add the single cream, cook for 15 mins, stirring occasionally. Be careful not to crush the potatoes.**
- 6. Butter the gratin dish and arrange a layer of potato slices into the dish. Add another layer of potatoes and season, adding small pieces of butter over the surface.**
- 7. Preheat your oven and cook at 200 degrees\gas mark 6, for 10 minutes.**
- 8. Keep an eye on it when baking. If it is browning too quickly cover loosely with foil.**
- 9. Serve and enjoy!**

Recipe by Amal: Peckham Pantry

Hash Browns

Dinner

Makes: 8 | Prep: 10 mins | Cook: 20 mins

Ingredients:

**4 medium Potatoes,
shredded**

1 medium Onion

1 Egg

Vegetable Oil (for frying)

Salt & Pepper



Image: Canva

Instructions:

- 1. Rinse the shredded potatoes and squeeze out the excess water until dry. Place potatoes into a bowl.**
- 2. Add the Egg, a good pinch of salt & pepper. Mix the ingredients well.**
- 3. Heat the oil in a frying pan or skillet. When the oil is hot add spoonfuls of the potato mixture (like patties) and flatten.**
- 4. Cook for 2 -3 mins each side. Flip over once brown and crispy.**
- 5. Serve and enjoy!**

TIP: best served with Bacon and Eggs!

Recipe by Amal: Peckham Pantry

Mango Chicken Curry

Dinner

Makes: 4 | Prep: 10 mins | Cook: 20 mins

Ingredients:

2 ripe Mangoes (puréed)
500g Chicken breast (diced)
1 Onion (chopped)
2 Garlic cloves (minced)
1 tsp grated Ginger
2 tbsp curry powder
1 cup Coconut Milk
2 tbsp Vegetable Oil
Salt to taste



Image: Canva

Instructions:

- 1. Scoop out the flesh of the mangoes and purée with a blender.**
- 2. Peel and chop one onion, peel and mince 2 garlic cloves and grate 1 tsp of ginger.**
- 3. Heat oil in a large pan over a medium heat.**
- 4. Sauté onion, garlic and ginger for 5 mins or until fragrant.**
- 5. Stir in the curry powder, puréed mango and coconut milk. Bring to the boil.**
- 6. Add the chicken and simmer for 15 -20mins (or until tender) stirring occasionally.**
- 7. Serve and enjoy!**

TIP: best served with Rice and Naan!

Sweet Potato and Red Pepper Stew

Dinner

Makes: 400g | Prep: 5 mins | Cook: 55 mins

Ingredients:

1 small Sweet Potato
1 small Onion
1 Carrot
1 small Red Pepper
3 sprigs of Parsley
1/2 tbsp of Olive Oil
400g tin Chopped Tomatoes
60g frozen Peas



Weaning food for children



Image: Jamie Oliver

Instructions:

- 1. Peel and chop the sweet potato. Cook in boiling water for 15 minutes or until tender, then drain.**
- 2. Peel and chop the onion and carrot, deseed and dice the red pepper.**
- 3. Finely chop the parsley leaves.**
- 4. Heat the oil on a medium heat, add the onion and fry for 8-10 minutes. Add the carrot and pepper and cook for a further 5 minutes.**
- 5. Pour in the tomatoes and 1/2 tin of water and cook with the lid on for a further 25 minutes or until the vegetables are tender.**
- 6. Add the sweet potato, peas and parsley and cook for 1 minute to warm through.**
- 7. Allow to cool then blend to your desired consistency.**

Pumpkin and Lentil Soup

Soups

Makes: 4 | Prep: 5 mins | Cook: 45 mins

Ingredients:

1 Garlic clove
1 red Onion (chopped)
1 Carrot (chopped)
300mg Pumpkin (cubed)
100g red Lentils
2 ltrs Vegetable Stock
2 Bay Leaves
1 tsp Paprika Powder
Pumpkin seeds
Cream
Parsley



Image:Tropical Sun

Instructions:

- 1. Peel and chop the garlic, onion, carrot and dice the pumpkin (remove the skin and seeds).**
- 2. Add all the ingredients into a soup pot including the paprika powder, lentils, bay leaves and vegetable stock. Simmer gently for 45 minutes, stirring occasionally.**
- 3. Remove the bay leaves and blitz the rest with a blender until super smooth.**
- 4. Serve in a soup bowl, drizzle with cream, pumpkin seeds and parsley.**
- 5. Serve and enjoy!**

TIP: serve with crusty bread!

Jollof Rice

Rice Dishes

Makes: 4 | Prep: 15 mins | Cook: 30 mins

Ingredients:

400g plum Tomatoes (fresh or tinned)

1 medium Onion

1 red Pepper

100g Tomato purée

1 Bay Leaf

2 Garlic cloves

1/2 tsp of curry powder

1/2 tsp of dried Thyme

700ml Vegetable Stock

500g long grain rice

Pepper (pinch)



Image: Canva

Instructions:

- 1. Very finely chop the tomatoes, onions, red pepper (or use a blender). Add to a large saucepan, cover and cook over a medium-high heat for 6-8 mins.**
- 2. Add the tomato purée, bay leaf, garlic, curry powder and thyme. Simmer for a couple of minutes, stirring occasionally. Add the stock and bring to the boil.**
- 3. Once boiling, add the rice, stir well, turn down the heat, cover and let it simmer on a low heat for 15-20 mins.**
- 4. Check and stir occasionally ensuring that there is enough liquid to cook the rice, add extra water if needed.**
- 5. Once the rice is cooked, turn off the heat and leave to cool for a minute or two.**
- 6. Serve and enjoy!**

TIP: best served with grilled chicken, fish or meat!

Rice and Beans

Rice Dishes

Makes: 4 | Prep: 5 mins | Cook: 25 mins

Ingredients:

1 Onion (thinly sliced)
1 Garlic clove (crushed)
Sprig of Thyme
400g Tin Kidney Beans
400g Long Grain Rice
400 ml Coconut Milk
Salt & Pepper



Image: Canva

Instructions:

- 1. Peel and thinly slice the onion, crush or grate the garlic clove, drain the can of kidney beans.**
- 2. Add the onion, garlic, kidney beans and rice to the saucepan.**
- 3. Add the coconut milk to the pan and fill the empty can with water, and add that to the pan too.**
- 4. Bring to the boil, then lower the heat setting so that it is gently simmering (you will see tiny bubbles in the water). Simmer for 20 minutes, stirring occasionally.**
- 5. Carefully taste the rice to see if it is cooked. All of the liquid should have been absorbed.**
- 6. Season with salt and pepper to taste and add a sprig of fresh thyme**
- 7. Serve and enjoy!**

Tip: best served with chicken, pork or beef!

Recipe by Fran: Peckham Pantry

Air Fryer Roasted Vegetables

Vegetable Dishes

Makes: 4 | Prep: 5 mins | Cook: 25 mins

Ingredients:

**2 Sweet Potatoes
1 Large Courgette
1 Onion
1 Red Pepper
1 Yellow Pepper
2 tbsp of Olive Oil
Salt & Pepper**



Image: Pinterest

Instructions:

- 1. Wash and slice vegetables so that they are all the same size to ensure that they cook evenly.**
- 2. Add to the Air Fryer basket and cover with 2 tbsp of olive oil. Add salt and pepper and stir with a wooden spoon to ensure that all vegetables are evenly coated.**
- 3. Set your Air Fryer to cook on 200 degrees and cook for 25 mins or until tender.**
- 4. Give your Air Fryer basket a good shake half way through to stop vegetables from sticking.**
- 5. You can also try broccoli, cauliflower, squash and potatoes. Serve with roasted chicken or meatballs.**

TIP: add some dry seasonings for added flavour!

Recipe by Dawn: Peckham Pantry

Chickpea & Cauliflower Curry

Vegetable Dishes

Makes: 2 | Prep: 10 mins | Cook: 30 mins

Ingredients:

1 tbsp of Vegetable Oil
1 small Onion
1 Garlic Clove
1 tbsp of grated Ginger
1 tbsp of Curry powder
2 tsp of ground Turmeric (optional)
400g Coconut Milk
1 small Cauliflower
400g tinned Chick Peas
1 lemon (cut into wedges)



Image: BBC Food

Instructions:

- 1. Heat the oil in a saucepan and fry the onions for 5 minutes. Add garlic and ginger and fry for 2 minutes, then stir in the spices and cook for 30 seconds.**
- 2. Add coconut milk, cauliflower and tin of chickpeas including liquid. Partially cover the pan and bring to the boil, then simmer for 8 minutes or until the cauliflower is tender and the sauce has thickened.**
- 3. If the liquid reduces too much add some water. If the sauce is too thin take the lid off to allow the sauce to reduce.**
- 4. Squeeze in the juice of one or two lemon wedges and season to taste.**

TIP: best served with rice or naan bread and extra lemon wedges!

Tchap

Vegetable Dishes

Makes: 4 | Prep: 10 mins | Cook: 15mins

Ingredients:

1 cup Sweetcorn (fresh or canned)

1 cup Cornflour

1/2 tsp Salt (or to taste)

Cooked Spinach

Baking paper/ Foil for wrapping

Palm Oil (optional, for serving)



Image: Canva

Instructions:

- 1. Blend sweetcorn into a smooth paste, then mix with salt and cornflour.**
- 2. Using baking paper, wrap small quantities of the mixture into tight parcels, then cover the parcels in a layer of tin foil.**
- 3. Steam the parcels until the mixture has slightly hardened.**
- 4. When the parcels are ready, unwrap them, transfer the mixture to a separate pot, smash it with a wooden spoon, adding a bit of palm oil, cooked spinach and salt to taste!**

TIP: spinach is optional but adds to the flavour!

Recipe by Esther: Voices for Southwark

Vegetable One Pot

Vegetable Dishes

Makes: 4 | Prep: 10 mins | Cook: 30 mins

Ingredients:

2 tbsps of Olive Oil
1 large Onion
2 Garlic cloves
1 Swede
2 large Potatoes
400g Beans
2 tsp dried Thyme
1-2 litres Vegetable Stock
Spinach
Parsley
Salt & Pepper



Image: Pinterest

Instructions:

1. Heat the oil in a saucepan with a tight fitting lid.
2. Add onions and fry for 10 minutes stirring occasionally.
3. Add garlic, parsley, swede and potatoes and stir occasionally for 10 minutes.
4. Add beans, stock, thyme, salt, pepper. Make sure vegetables are covered in stock and cook until tender.
5. Add spinach and parsley and cook for 10 more minutes.
6. Taste and adjust the seasoning.
7. Serve piping hot!

TIP: alternatively, allow to cool, then divide into airtight containers and store in the fridge for a healthy lunchbox.

Recipe by Fran: Peckham Pantry

Fruit Salad

Desserts

Makes: 4 | Prep: 15 mins | Cook: 0 mins

Ingredients:

Half a Pineapple

250g of Blueberries

2 Bananas

1 Red and Green Apple

1/2 cup of Orange Juice

GLUTEN
FREE



Image: Canva

Instructions:

- 1. Wash and dry the apples, core and quarter them, cut into bite sized pieces.**
- 2. Top and tail the pineapple, then cut in half, and with a sharp knife cut away the skin. Cut the pineapple in half again and cut out the core of the fruit, then cut into bite sized pieces.**
- 3. Peel and slice the bananas into thick pieces.**
- 4. Put all of the prepared fruit into a bowl, add the blueberries and orange juice.**
- 5. Mix everything together and store in the fridge until ready to serve!**

TIP: add a drizzle of honey for added flavour!

Recipe by Bill: Steering Group



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Thank you for your support!