

# Spring into Wellness

## Factsheet - Creative Challenge



action  
mental  
health



## Get creative!

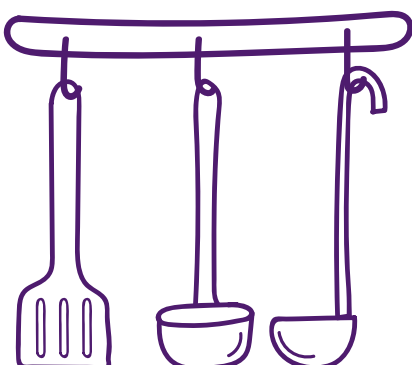
You can choose to get creative in any way you wish, but here's one fun example: your very own **Come Dine IN with Me**. So, for the month of February, get out your favourite ingredients and set yourself a cooking challenge to create a home-cooked meal for your loved ones. And if you're on your own, you can make a spectacular meal for yourself without the complaints if it doesn't turn out the way you'd hoped.

Cooking for others is a form of altruism, which can make people feel happy and connected to others. When performing an act such as cooking for others it can be tremendously confidence-boosting and heighten self-esteem. There's nothing quite like the feel-good factor that can come from rustling up your loved one's favourite meal. And the psychological benefits are two-fold: your dinner guest feels cared for, and in addition, the chef feels great too.

Here are some simple and delicious recipes to try out on Valentine's day to show someone you care. Why not cook together, sharing tips and tasting as you go?

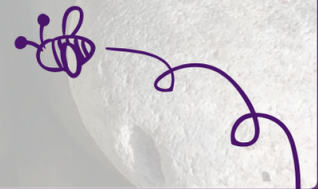
**There are endless ways to get creative and host an amazing night for your household, so grab your apron and get cooking.**

To help us fundraise, why not share your fabulous meal ideas online with family and friends, and donate the cost of a restaurant night out to Action Mental Health.



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## Starter

### Prawn Slider, Mango & Chilli Salsa

150g cooked prawns  
dill (chopped)  
salt & pepper  
2 tbsp mayo  
1 tbsp sriracha sauce  
1 lime juice

#### Method

In a bowl mix prawns, dill, mayo & sriracha. Toss well squeeze over lime juice & season.

### Mango salsa

1/2 mango (finely diced)  
1/2 red onion (diced)  
chives (finely chopped)  
1 tsp chilli sauce  
1 lime zest

Simply mix all in a little bowl and chill well.



## Main

### Tandoori chicken legs

Tandoori mix  
1 tsp ground ginger  
1 tsp ground cumin  
1 tsp ground coriander  
1 tsp ground turmeric  
1/2 tsp Maldon salt  
1/2 tsp smoked paprika  
1/4 tsp cayenne pepper  
Simply mix all above and used when required.

### Marinade

100ml yoghurt  
2 garlic cloves (grated)  
1 lemons (zest & juice)  
1 tbsp tandoori mix

### Chicken

Place marinade overnight into a mixing bowl with chicken covered.  
Now set your oven 200c and place chicken legs onto a roasting tray for 35 - 40 minutes until cooked through. Serve hot or cold.

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## Dessert

### 5 Minute Mocha Pots

200g milk or dark chocolate with coffee, broken into chunks  
300ml pot double cream  
1 tsp vanilla extract  
2 tbsp. crème fraîche



#### STEP 1

Melt the chocolate in the microwave for 2 mins, stirring halfway through, or over a pan of gently simmering water. Leave to cool a little.

#### STEP 2

Using an electric whisk, whip the double cream with the vanilla in a bowl until lightly whipped. Fold in the cooled, melted chocolate until fully combined.

#### STEP 3

Split the mixture between four small bowls or ramekins and serve topped with a dollop of crème fraîche. If you aren't serving straight away, chill in the fridge and then add the crème fraîche just before bringing to the table.



Don't forget to tag and share your recipes and photos of you Dining **IN** with us. Happy Cooking! And thank you for supporting the work of Action Mental Health.

## Additional Resources

You can find plenty of recipes and resources online, plus details on how to donate within your **fundraising pack**.

