



Family Habits: Fakeaways

Takeaways are a part of modern life. Often families are short of time or tired from a busy week at work and a takeaway meal can seem like a handy solution to get the family fed. But take away meals are often high in fat and calories so should be reserved for an occasional treat not a regular solution.

So we've said that takeaway food is full of calories and fat but what does that actually look like?

The first 2 columns in this table highlight the nutritional needs of an average 8 year old child.

The next 2 columns show the nutritional breakdown of an average Indian Takeaway of Chicken Tikka Masala, Pilau Rice, Naan bread and an Onion Bhaji.

The last column shows what is left from the child's daily allowance. As you can see there's not much left for them for the rest of the day and the meal contains more than the child's daily recommended limit of fat.

Nutritional Needs of an 8 year old	Value	Nutrition in an Indian Takeaway	Value	Left
Energy (Calories)	1720 kcal	Energy (Calories)	1549 kcal	171 kcal
Carbohydrates	229.7g	Carbohydrates	113g	116.7
Fat	66.9g	Fat	69g	-2.1
Protein	28.3g	Protein	25g	3.3
Sodium	2000mg	Sodium	1880mg	120
Sugar	50.5g	Sugar	16g	34.5

There are several strategies you can use to reduce the impact of takeaways on your family's health.

- Batch cook when you have time so there's always something handy when you're tired or short of time.
- Try meal recycling, so you cook once and eat twice. Cook a large batch of chilli for tea one night and use it for a jacket potato topping or to fill burritos the next.
- Plan your menu weekly so you're never left staring into the fridge wondering what to make for tea.
- If you do eat out or get a takeaway make healthier choices from the menu and discover new favourites.
- Try a Fakeaway recipe!

Fakeaways are a fantastic alternative to takeaways, there are a huge amount of recipes online for you to try and they are simple to make, totally delicious and so much healthier!

Why not start now and make this healthy Chicken Jalfrezi Curry for tea!

Chicken jalfrezi recipe

1,397kJ / 334kcal

41g protein

7.7g carbohydrate, of which 6.4g sugars

79g fat, of which 6g saturates

6.7g fibre

1.25g salt



Ingredients

- 30ml rapeseed oil
- 700g boneless chicken, cut into cubes
- 3 medium onions, chopped
- 2 bell peppers (any colour), chopped
- 4 green chillies, sliced
- 4 garlic cloves, finely chopped
- 20g fresh ginger, peeled and sliced into thin pieces
- 400g tin of chopped tomatoes
- 1 teaspoon salt (optional)
- 1 teaspoon turmeric powder
- 1 heaped teaspoon cumin seeds
- 1 teaspoon red chilli powder
- 1 teaspoon of garam masala
- 1.5 teaspoon coriander powder
- 250ml water
- fresh coriander to serve, finely chopped (optional)

Method

1. Heat the oil in a non-stick pan on a high heat. Add the chicken pieces and cook for 2 minutes. Add the cumin, turmeric, chilli powder and half a teaspoon of salt (if using). Mix well and fry on a medium heat for 3 to 4 mins, stirring frequently to stop the mixture from catching, until the chicken is lightly cooked and starting to turn white.
2. Remove the chicken and set aside, leaving the oil and juices in the pan. Fry the sliced onions on a medium heat for 7 minutes, until they're soft and beginning to turn golden. While the onions are cooking, blend the tinned tomatoes in a blender, or mash well using a masher or the back of a fork.
3. Add the ginger, garlic and peppers to the pan and cook for 2 minutes, then add the tomatoes, mix well and cook for another 2 minutes. Stir in the coriander powder, chilli powder, garam masala, cumin seeds and half a teaspoon of salt (if using), and cook for a further minute.
4. Add the chicken pieces back to the pan, stir well to coat in the mixture and cook for a couple of minutes. Add the green chillies, mix and fry on medium heat for another 2 minutes. Pour the water into the pot and stir, then cover and simmer on low heat for 10 to 15 minutes.

References

Healthier Families Recipes - <https://www.nhs.uk/healthier-families/recipes/chicken-jalfrezi/>

My Fitness Pal - <https://www.myfitnesspal.com/>

The Dairy Council (2014) Eating Well: The Primary School Years