



Recipes

Kedgeree

SERVINGS: 4

TIME: 30 MIN

Ingredients

350g smoked haddock
Milk for poaching the fish
4 eggs
100g spring onions
1L low salt veg stock
50g margarine
1-2tsp mild curry powder
500g basmati rice
200g frozen peas
200g frozen sweetcorn

Directions

1. Poach the fish in the milk for 10 mins and drain. Flake into pieces.
2. Place the eggs in a pan of cold water and bring to the boil. Boil for 10 minutes. When cool, remove the shells and roughly chop.
3. In a large pan, heat the margarine and stir fry the spring onions until soft.
4. Stir in the curry powder and rice.
5. Pour in the vegetable stock and bring to the boil. Turn down the heat and simmer until the liquid has been absorbed (10-12 minutes).
6. Five minutes before the end of cooking, add the frozen peas and sweetcorn.
7. Once the rice, peas and sweetcorn are cooked, stir in the flaked fish and eggs.
8. Serve.

Salmon and Broccoli Pasta

SERVINGS: 5

TIME: 40 MIN

Ingredients

600g fusilli
4tbsp sunflower oil
1 onion, finely chopped
2 garlic cloves, peeled and crushed
1 red pepper, deseeded
Chopped 200g broccoli florets
2 courgettes, sliced
500g salmon fillets
1 bay leaf
350g crème fraiche
Low salt vegetable stock
200g tomatoes cut into chunks
100g cheddar cheese, grated

Directions

1. Cook the pasta according to the pack instructions, drain and stir in 1 tbsp of oil to prevent from sticking.
2. Make the stock using 1 low salt stock cube and 600 ml boiling water
3. In a large pan, heat the remaining oil, add the onion, garlic and peppers and cook for 3-4 minutes.
4. Add the broccoli and courgettes and sauté for a further 7-8 minutes.
5. In another pan, cover the salmon fillets with water, add the bay leaves. Heat gently to simmering point and poach the fish for 5-6 minutes.
6. Drain the fish, flake into bite sized pieces and keep warm.
7. Add the crème fraiche to the vegetables and melt. Add the stock a little at a time to make a creamy sauce (you shouldn't need all 600 ml)
8. Now stir the tomatoes and the salmon into the sauce and bring to the boil. Take off the heat, and add the grated cheese to melt into the sauce.
9. Pour the sauce over the pasta and gently stir until all the pasta is coated in the sauce.
10. Serve immediately.

Chicken Paella

SERVINGS: 4

TIME: 45 MIN

Ingredients

2 chicken breasts sliced
½ packet of paella rice
2 ripe tomatoes
Cup of frozen peas
1L chicken stock
1 tsp smoked paprika
1 clove of garlic, finely chopped
½ onion chopped
1 red pepper, chopped
1 lemon
Parsley to garnish

Directions

1. Heat a few tablespoons of the olive oil in a frying pan and part cook the chicken pieces until browned.
2. Put aside until later – this will not be cooked right through and should not be eaten.
3. Add the garlic and onion and cook until soft.
4. Add the rice and smoked paprika and cook for a few minutes stirring to prevent it sticking to the pan.
5. Then add the chopped tomatoes and red pepper and fry over a medium heat for a few minutes.
6. Return the chicken to the pan to continue cooking it through.
7. Add half the stock and all of the frozen peas and cook for 10 mins over a medium heat.
8. Add the remaining stock and leave to cook for a further 10-15 mins until all the stock has been absorbed. Try not to stir.
9. Serve with lemon wedges and a generous sprinkle of parsley.

Any vegetable or meat can be substituted in this recipe. Prawns work well as do a handful of frozen vegetables.

Fried Rice with Chicken

SERVINGS: 4

TIME: 25 MIN

Ingredients

1 tbsp vegetable oil
1 red onion sliced
2 cloves of garlic, sliced
½ red chilli
2 chicken breast cut into strips
100g of peas or edamame beans
1 red pepper, thinly sliced
600g cooked brown rice
2 eggs, beaten
1 tsp soy sauce
Coriander, to serve

Directions

1. Cook the rice according to the packet and put aside.
2. Heat oil in frying pan and add the onion, garlic and chili and cook for 3-4 mins until golden.
3. Add the chicken and stir until it is starting to colour.
4. Add in the red pepper and fry for 2-3 mins.
5. Tip the pan to one side and add the eggs, stirring to scramble them and break them up.
6. Once the egg is cooked mix it through the chicken.
7. Add in the rice and peas and keep stirring or tossing.
8. Add the soy sauce and stir through the coriander

You could use prawns or any vegetable to replace the chicken. Add this while frying.

Potato and Cauliflower Curry

SERVINGS: 4

TIME: 30 MIN

Ingredients

1 tbsp vegetable oil
1 red chilli, diced
2 cloves garlic, minced
1 tbsp minced ginger
1 tsp garam masala
1/2 tsp dried turmeric
1/4 tsp cayenne pepper
4 medium potatoes, peeled
and chopped into 1-inch
pieces
1 cauliflower, cut into
florets
1 handful of frozen peas or
spinach
250ml low-sodium
vegetable stock
Coriander, to serve

Directions

1. In a frying pan over medium-high heat, heat oil. Add chili, garlic, and ginger and cook until fragrant, 1 minute.
2. Add garam masala, turmeric, and cayenne and cook until toasted, 1 minute more.
3. Add potatoes, cauliflower, and vegetable stock.
4. Add the peas or spinach and then reduce heat and cook, covered, until potatoes and cauliflower are tender, 15 minutes.
5. Garnish with coriander to serve.

Pearl Barley and Butternut Squash Risotto

SERVINGS: 2

TIME: 55 MIN

Ingredients

1 tbsp olive oil
1 onion, finely chopped
800g-1kg butternut squash,
peeled, seeds removed,
diced
2 garlic cloves, finely
chopped
1 litre low salt vegetable
stock
250g pearl barley, rinsed
1 tsp dried sage

Directions

1. Heat a large saucepan over a medium heat. Add olive oil, add the onion and squash along with a pinch of salt.
2. Gently fry for 10 minutes, or until the onion is translucent and the squash is softening.
3. Add the garlic and continue to cook for two minutes, or until aromatic.
4. In a separate pan, warm the stock and the dried sage.
5. Add the pearl barley to the onion and squash. Turn up the heat and cook for 2-3 minutes.
6. Turn down the heat to medium and add a ladleful of warm stock. Stir well to mix and, once absorbed, add another ladleful, stirring now and again.
7. Repeat this process until the stock is used up and the pearl barley is soft (about 30 minutes).

Tabbouleh

SERVINGS: 2

TIME: 45 MIN

Ingredients

50g bulgur wheat
30g parsley, finely chopped
20g mint, finely chopped
200g ripe tomatoes, diced
3 spring onions, thinly sliced
¼ cucumber, diced
Juice of a lemon
3 tbsp olive oil

Directions

1. Rinse the bulgur wheat in a sieve until the water runs clear. Drain well, then transfer to a bowl.
2. Pour over 200ml boiling water, cover with a lid or plate and leave to soak for 30 mins or so while you prepare the rest of the ingredients.
3. Keeping the parsley in a bunch, chop the leaves roughly. Now do the same with the mint. Put the chopped herbs in a large bowl and add the tomato, cucumber and spring onion.
4. Thoroughly drain the bulgur, then add to herb mix, along with lemon juice and olive oil.
5. Mix thoroughly, season and serve.

Cauliflower and Macaroni Cheese

SERVINGS: 5

TIME: 55 MIN

Ingredients

150g macaroni
200g cauliflower florets
50g unsaturated spread
45g flour
440ml milk
75g grated cheddar cheese
90g crushed cornflakes
(only if browning in the oven)
200g frozen peas/corn
45g chopped chives or
spring onion
30 cherry tomatoes

Directions

1. Cook the macaroni in boiling water according to pack instructions. Add the cauliflower florets to the macaroni 5 minutes before the end of cooking.
2. Melt the spread in a saucepan, mix in the flour to make a roux and cook for 3-4 minutes.
3. Gradually whisk in the milk, until a thick creamy sauce forms, add the grated cheese, peas and corn.
4. Continue to cook for 5 minutes.
5. Add the chives to the sauce.
6. Mix the macaroni, cauliflower and sauce together, and place into a large heat-proof dish.
7. Only if using oven-Mix the cornflakes and grated cheese together, and sprinkle over the top of the macaroni. Cook the macaroni and cauliflower cheese in a hot oven for 10-15 minutes until the topping is golden and bubbling.
8. Serve the macaroni with cherry tomatoes.

Cook's Tip – You could add chopped bacon, sliced mushrooms, peppers or tuna to the cheese sauce.

Spaghetti Bolognese

SERVINGS: 4

TIME: 55 MIN

Ingredients

500g lean mince
2 large onions, chopped
2 cloves garlic, finely
chopped
3 carrots, grated
200g mushrooms, chopped
1 tin of chopped tomatoes
2 tbsp tomato puree
1 tsp mixed herbs
500g uncooked spaghetti

Directions

1. Put the mince into a large cold frying pan and gently heat, stirring constantly.
2. When the meat has browned add the onion, garlic and carrot and cook until the onion has softened.
3. Add the mushrooms and then the tomatoes and mixed herbs.
4. Mix the tomato puree with a cup of water and add to the pan.
5. Simmer for 20-25 mins until the meat is soft.
6. Cook the spaghetti according to the packet.
7. Serve the bolognese on a bed of spaghetti.
8. Grated cheese can be added on top.

Courgette and Tomato Soup

SERVINGS: 8

TIME: 50 MIN

Ingredients

1 tbsp vegetable oil
2 onions chopped
1kg courgettes
1kg tomatoes
½ tsp turmeric
2 litres of stock (chicken or vegetable)

Directions

1. Gently fry the onion, courgettes and turmeric for about 5 mins, stirring occasionally.
2. Add the tomatoes and stock, cover and simmer for 30 mins.
3. When the courgettes are starting to break up, remove from the heat and blend using a stick blender.

Serve with crusty bread.

Grilled Chicken and Ratatouille

SERVINGS: 4

TIME: 30 MIN

Ingredients

2 large chicken breasts
1 onion, diced
3-4 cloves garlic, minced
1 tbsp olive oil
1 large aubergine
2 courgettes
2 tsp fresh thyme
1 red pepper, diced
1 yellow pepper, diced
1 tin of chopped tomatoes
1 tbsp chopped fresh basil,
to garnish

Directions

1. Butterfly cut chicken breasts into 4 portions and put aside until later.
2. Heat 1 tablespoon of oil and gently fry the garlic and onion for about 3 mins stirring occasionally.
3. Add the peppers, courgettes, aubergine and thyme. Stir and cover until the juices run from the vegetables. You may need to add a splash of water to prevent it sticking.
4. Add the tinned tomatoes and cook on a low heat for 10 mins.
5. While this is cooking heat the griddle pan and spray with oil.
6. When the pan is hot add the chicken and cook for a few minutes on each side.
7. Serve the griddled chicken on top of the ratatouille and garnish with chopped basil.

Serve with boiled baby potatoes

Frittata with Crusty Bread

SERVINGS: 6

TIME: 20 MIN

Ingredients

2 tbsp oil
1 leek, sliced
2 celery sticks, chopped
1 red pepper, deseeded and chopped
200g baby spinach, chopped
6 eggs, beaten
Black pepper
100g grated cheddar cheese

Directions

1. Put the oil in a large frying pan and heat. Add the leek, celery and red pepper and cook for about 5 minutes or until softened.
2. Add the spinach and cook for a further 2 minutes.
3. In a bowl, beat the eggs with a little black pepper. Pour the eggs over the vegetables.
4. Cook over a medium heat until the base begins to set. Sprinkle on the grated cheese and place under the grill or in the oven until the cheese melts and the frittata is set.

Serve with crusty bread or bread sticks.

Chilli Con Carne

SERVINGS: 4

TIME: 45 MIN

Ingredients

1lb lean mince
2 cloves garlic
1 large onion, chopped
1 red chilli, chopped
1 tsp ground cumin
½ tsp ground coriander
1 green pepper, chopped
2 handfuls of mushrooms,
sliced
Tin of red kidney beans,
drained and rinsed
Beef stock cube/pot
Tin of chopped tomatoes
Heaped tbsp tomato puree

Directions

1. Brown the mince in a frying pan and break up into small pieces with a wooden spoon.
2. When browned add the onions, garlic, chilli and spices and fry until the onions are transparent.
3. Add the green pepper and sliced mushrooms and fry for a few minutes.
4. Add the kidney beans, tomatoes and tomato puree.
5. Fill the empty tomato tin halfway with hot water and add in the stock cube.
6. When dissolved add this into the meat.
7. Continue to cook for about 20 mins, stirring occasionally.

Serve with boiled rice.

Yoghurt and Homemade Fruit Puree

SERVINGS: 5

TIME: 20 MIN

Ingredients

500g natural Greek Yoghurt
200g any fruit
combinations – apples,
pears, mango, banana,
berries, rhubarb, apricots
etc. Can be fresh or frozen.
2-4 tbsp water

Directions

1. Prepare your fruit if using fresh fruit e.g. Peel, core and roughly chop apples, peel mango and remove flesh from stone, wash and roughly chop rhubarb.
2. Place the fruit in a saucepan with the water.
3. Gently heat and bring to simmering point to make a puree.
4. Serve 50g of yoghurt with a heaped tbsp of the Fruit Puree.

Mushroom Stroganoff

SERVINGS: 5

TIME: 30 MIN

Ingredients

2 medium onions sliced
5 sticks celery chopped
1 tbsp olive oil
½ red pepper, cut into strips
450g mushrooms, quartered (leave whole if button)
1 tsp dried basil
1/2 pint vegetable stock
1/2 tbsp tomato puree
65ml low fat crème fraiche
2-3 tsp Cornflour, to thicken

Directions

1. Sauté onion and celery in a large pot until they are transparent.
 2. Add the mushrooms, pepper and basil and cook until the juices run.
 3. Add the stock and season.
 4. Cook gently for 10 mins.
 5. Remove from the heat and then thicken with cornflour mixed with equal parts of water stirring constantly until the sauce is thick.
 6. Return to a low heat and add the crème fraiche – do not allow to boil.
- Serve with brown or basmati rice.

Fruit Kebabs

SERVINGS: 4

TIME: 15 MIN

Ingredients

Pineapple
Strawberries
Bananas
Apples (any fruit can be used)
Cinnamon or all spice powder

Directions

1. Spray a griddle pan with oil and heat.
2. Cut the fruit into cubes and put onto the skewers.
3. Add a small sprinkle of cinnamon or all spice and place the skewers on the hot pan.
4. When the fruit start to brown turn and continue to cook until all sides are starting to brown.
5. Serve with natural low-fat yogurt or flavoured low fat/sugar yogurt if preferred.

Spicy Chickpea Stew

SERVINGS: 4

TIME: 30 MIN

Ingredients

1 onion, chopped
½ red pepper, chopped
½ yellow pepper, chopped
2 carrots, diced
1 red chili, finely chopped
2 cloves garlic, finely chopped
Small amount of olive oil
½ tsp turmeric
½ tsp chilli powder
2 teaspoons cumin
2 teaspoons Harissa paste
Tin of chopped tomatoes
Tin of chickpeas, rinsed and drained
300g baby potatoes, halved
Coriander, to serve
Natural yoghurt, to serve

Directions

1. Fry the first 6 ingredients for about 5 mins in olive oil until soft.
2. Add next 5 ingredients and continue cooking for about 2 mins.
3. Add the next 3 ingredients.
4. Cook until potatoes are soft.
5. Add vegetable stock if more fluid is needed.
6. Add chopped coriander just before serving.

Serve with natural yoghurt, salad and/or boiled rice.

Hot Prawn and Watermelon Salad

SERVINGS: 4

TIME: 25 MIN

Ingredients

¼ watermelon
2 handfuls fresh coriander leaves
1 packet fresh rocket leaves
5 spring onions, finely sliced

Marinade
50g fresh root ginger, finely chopped
1 red chilli, finely sliced
1 green chilli, finely sliced
2 tbsp olive oil
Juice of 3 to 4 limes
Pinch of sea salt and freshly ground black pepper
Chopped mint, to serve
300g of raw Prawns (if using frozen these must be defrosted first)

Directions

1. Mix the ingredients for the marinade in a bowl.
2. Add the prawns to the marinade and combine.
3. Cover bowl and place in the fridge to marinate for 10 minutes.
4. Next make the salad. Toss all the salad ingredient together and mix well.
5. Put aside while you cook the prawns.
6. Pre-heat griddle pan on medium-high heat. Cook prawns for 2-3 minutes on each side or until they are pink and lightly charred.
7. Add any remaining marinade to the pan and heat through.
8. Remove from heat and serve on top of the watermelon salad.
9. Sprinkle with some chopped mint to serve.

Coriander Chicken and Pineapple Salsa

SERVINGS: 4

TIME: 50 MIN

Ingredients

Coriander Chicken

4 chicken breasts
¼ cup fresh lime juice
Zest of one lime or 1 tsp
2 tbsp olive oil
2 tbsp fresh chopped coriander
2 garlic cloves, chopped finely
Pinch of salt
1 tsp brown sugar or honey
1 tsp red chilli flakes (adjust to taste)
½ tsp ground Cumin

Pineapple Salsa

1 pineapple
1 red pepper
½ red onion
1 red chilli
Juice and rind of 1 lime
1 tsp fresh mint
½ tbsp fresh coriander

Directions

1. Add all the ingredients for the coriander chicken into a bowl and leave to marinade in the fridge for 30 minutes.
2. Next make the salsa. Chop the pineapple into chunks removing the central core.
3. Combine with the chopped onion, red pepper and chilli and add this to the pineapple.
4. Zest the lime and add this plus the lime juice.
5. Add the fresh herbs and mix thoroughly, then place this in the fridge while you cook the chicken.
6. Pre-heat griddle pan on medium-high heat.
7. Remove chicken pieces from the marinade and cook for 4-5 minutes on each side or until cooked right through and lightly charred.
8. Throw away any left-over marinade.

Serve with boiled rice.

Houmous, Pitta and Crudites

SERVINGS: 10

TIME: 10 MIN

Ingredients

600g chickpeas, canned in water, drained and rinsed
Juice of 1 lemon
4 cloves garlic, peeled
1 tsp ground cumin
4 tbsp sunflower or olive oil
20g chopped fresh parsley
10 pita breads (wholemeal or white)
20 cherry tomatoes
2 peppers, cut into strips
2 carrots, cut into batons

Directions

1. Place the chickpeas, lemon juice, garlic and cumin into a blender and blend into a thick paste.
2. Gradually add the oil a little at a time until you have a dipping consistency.
3. Prepare the tomatoes, peppers and carrots for crudités and toast the pita breads.
4. Serve 60g Houmous with 1 pita bread cut into strips and a mixture of the crudités.

Bean Stew

SERVINGS: 4

TIME: 60 MIN

Ingredients

1 chopped onion
1 tbsp olive oil
4 garlic cloves, minced
1 tin of chopped tomatoes
3 large carrots, chopped
3 celery sticks, chopped
1 cup of vegetable stock
1 tbsp Worcestershire sauce
1 tin kidney beans, rinsed and drained
1 tin of cannellini beans, rinsed and drained
2 tbsp tomato puree
1-2 tsp chili powder
1 tsp paprika

Directions

1. In a large frying pan or pot, sauté onions in oil until tender.
2. Add the garlic chilli powder and paprika and cook 1 minute longer.
3. Add the tomatoes, carrots, celery, stock and Worcestershire sauce. Bring to a boil. Reduce heat; cover and simmer for 15 minutes.
4. Stir in the beans and tomato puree. Cover and simmer for 30 minutes, stirring occasionally.
5. Taste and add extra chill to desired heat level.

Sweet Potato and Spinach Dahl

SERVINGS: 4

TIME: 30 MIN

Ingredients

200g red lentils
900ml vegetable stock
1 large onion, chopped
4 tomatoes, chopped
1 tsp turmeric
2 tsp garam masala
1 red chilli, finely chopped
2 large sweet potatoes, cut
into small pieces
4 handfuls of spinach

Directions

1. Put all the ingredients except the sweet potato and spinach into a large pot and simmer for 10 mins.
2. Add the sweet potato and cook until it is soft.
3. Stir in the spinach and cover until it has wilted.
4. Serve with low fat natural yogurt and wholemeal pitta bread.

Can also be served with boiled rice if a larger meal is required.

Wholewheat Pasta with Red Pepper Pesto

SERVINGS: 4

TIME: 30 MIN

Ingredients

2 large jarred red bell peppers
1 large clove garlic
2 tbsp pine nuts, lightly toasted
½ cup loosely packed basil leaves
Salt and pepper, to taste
Olive oil
Mixed roasted or grilled vegetables (You can also use frozen vegetable as a replacement)
300g wholewheat pasta

Directions

1. Lightly toast the pine nuts in a small frying pan on medium heat.
2. In a food processor, throw in the bell peppers, garlic clove, pine nuts, and basil.
3. Turn on the food processor and drizzle olive oil through the feed tube and mix it until a nice thick consistency. Season with salt and pepper.
4. Cook the pasta according to the packet.
5. 5 mins before the end add in frozen vegetables.
6. When the pasta is cooked drain, and rinse and return it to the pot over a low heat.
7. Add in the pesto stirring to prevent it sticking to the bottom of the pot.
8. Serve with a sprinkle of chopped basil.

Pesto can be kept in an airtight jar for up to 2 weeks, if it lasts that long.

If you cannot get jarred peppers you can cook them in the oven:

Slice the red bell peppers into large pieces and place skin side down on a large baking sheet. Drizzle olive oil over the bell peppers and sprinkle some salt. Place in oven for 20-25 minutes until peppers are soft and the edges slightly transparent. The skin that was touching the baking sheet should be slightly blackened, too.

Carrot and Chickpea Burgers

SERVINGS: 6

TIME: 30 MIN

Ingredients

750g carrots, peeled and
grated
1 can chickpeas, drained
and rinsed
1 small onion, roughly
chopped
1 tsp ground cumin
1 egg
2 tbsp olive oil
100g wholemeal
breadcrumbs
Zest 1 lemon
1 tsp lemon juice
3 tbsp sesame seeds

Directions

1. Put the chickpeas, onion, cumin and egg into a blender and blend until only a few chunks are remaining but stop before it is completely smooth.
2. Put this into a bowl and add in the grated carrot, lemon zest and juice, sesame seeds and breadcrumbs.
3. Mix well and then make into burger shapes.
4. Heat the griddle pan and spray with oil.
5. Cook the burgers for few minutes on each side until golden brown. Use more spray oil as needed.

Serve in toasted burger buns.

Mulligatawny Soup

SERVINGS: 5

TIME: 45 MIN

Ingredients

2 tbsp sunflower oil
1 large onion, finely
chopped
2 large carrots, diced
1 parsnip, diced
150g potato, diced
50g basmati rice
2 tbsp mild curry paste
1.2 litres vegetable stock
15g chopped fresh coriander
Freshly ground black
pepper
10 mini naan breads

Directions

1. Heat the oil in a large saucepan and add the onion. Cook for 3-4 minutes, until softened, then add the carrots, parsnip, potato, rice and cook for one minute.
2. Stir in the curry paste, then add the stock and mix well. Season with salt and freshly ground black pepper.
3. Bring to the boil, then reduce the heat, cover and simmer for 30 minutes, or until the vegetables are tender.
4. Put the soup into a blender and pulse a couple of times to purée it slightly, then stir in the coriander.
5. Ladle the soup into warm bowls and garnish with a few coriander leaves.
6. Serve with warm naan bread.

Salmon Arribiata Pasta

SERVINGS: 4

TIME: 30 MIN

Ingredients

4 salmon fillets
300g wholewheat pasta
1 tbsp extra virgin olive oil
1 small finely chopped
1 green pepper, finely
chopped
1 tin of chopped tomatoes
¼ tsp red wine vinegar
2 garlic cloves, finely sliced
3 tsp dried oregano
1 tsp chilli flakes
Fresh basil

Directions

1. Heat the oil at a low heat and when hot add the garlic, onion and herbs.
2. Cook for a few minutes but do not let the garlic go brown.
3. Add the green peppers and fry for a few minutes
4. Add the chopped tomatoes and simmer gently for about 10 mins
5. While this is cooking put the pasta on to cook as per the instructions on the packet. When this is cooked put aside until the salmon has been cooked.
6. Gently heat the griddle pan and add a small amount of oil.
7. Fry the salmon skin side down for a few minutes until you can see it starting to change colour at the sides. Usually about 3 minutes.
8. Turn the salmon and fry for a further 2 minutes.
9. When the sauce has been cooking for 10 mins add the fresh basil and red wine vinegar.
10. Pour this over the cooked pasta and heat for a few minutes continuously stirring to prevent it from sticking to the pot.

Serve this in a bowl with the salmon placed on the top. Extra vegetables can be added to the sauce once it is cooked.

Tuna and Sweetcorn Burgers

SERVINGS: 4

TIME: 45 MIN

Ingredients

1 tin tuna in spring water
4 spring onions, finely
chopped
400g cold mashed potato
1 tin of sweetcorn, drained
Salt and black pepper
Plain flour, for dusting
1 egg, beaten
Vegetable oil, for frying

Directions

1. Peel the potatoes and chop into quarters.
2. Boil potatoes and when these are ready mash with a sprinkle of ground pepper and putaside.
3. Open the tuna and put into a large bowl and break up tuna with a fork.
4. Add the spring onion, sweetcorn and mashed potatoes.
5. Form the mixture into burgers and coat them lightly in plain flour.
6. Beat the egg in a shallow bowl. Dip the burgers in the egg and coat them in the flour oncemore.
7. Add the oil to a griddle pan over a medium heat.
8. Add the burgers and cook until golden and cooked through, 3-4 minutes per side.
9. Serve in a burger bun with a bed of lettuce and toppings of your choice.

Suggested toppings – sliced tomato, sliced avocado, sliced red onion.

Tomato, Lentil and Vegetable Pasta

SERVINGS: 5

TIME: 25 MIN

Ingredients

15ml sunflower oil
1 large onion chopped
2 celery sticks, washed and finely chopped
1 clove garlic, crushed
2 courgettes, grated
400g canned lentils
2 x 400g cans chopped tomatoes
2 tbsp tomato puree
Pinch dried mixed herbs
4 tbsp 60g cream cheese
450g wholewheat pasta
100g strong cheddar cheese, grated

Directions

1. Gently heat the sunflower oil in a saucepan and fry the onion, celery and garlic until soft.
2. Add the grated courgette and drained lentils and cook for 5 minutes.
3. Add the tomatoes, tomato puree and herbs. Bring to the boil and simmer for 10 minutes.
4. Stir in the cream cheese until melted.
5. Serve the sauce over cooked pasta bows and top with grated cheese.

Cook's tip: the sauce can be made in larger quantities and frozen.

Chickpea and Aubergine Tagine with Couscous

SERVINGS: 6

TIME: 35 MIN

Ingredients

1 onion, finely chopped
2 cloves garlic, crushed
1 aubergine, trimmed and diced
1 tbsp sunflower oil
2 tsp ground coriander
2 tsp paprika
1 tsp ground cumin
1 tsp ground cinnamon
1 tsp ground turmeric
400g can chickpeas in unsalted water
400g chopped canned tomatoes
300ml low salt vegetable stock
225g mushrooms, sliced
75g soft dried apricots, roughly chopped
225g couscous
1 tbsp dried mint

Directions

1. In a large pan heat the oil, add the onion and garlic and soften for 5-10 minutes. Add all the spices and cook for a further 3 minutes.
2. Add the chickpeas, tomatoes and stock.
3. In another pan, heat a little more oil and add the aubergine, lightly fry until beginning to evenly brown. Add the aubergine to the tomato mixture.
4. Add the mushrooms and apricots to the tagine, cover and simmer for 10-15 minutes.
5. In a large bowl, prepare the Cous Cous according to the pack instructions. Add the dried mint.

Serve the tagine on a bed of the Cous Cous.

Harissa and Chickpea Soup

SERVINGS: 4

TIME: 35 MIN

Ingredients

1 onion, chopped
Spray of oil
2 carrots, diced
2 stalks celery, diced
½ tsp ground cumin
2 tbsp harissa paste
400g tin chickpeas, drained
1L vegetable stock
2 tbsp tomato purée
Handful parsley leaves,
chopped

Directions

1. Cook the onion in the spray oil until softened.
2. Add the carrot and celery and cook for 5 minutes.
3. Stir in the cumin and harissa and cook for a minute.
4. Add the rest of the ingredients, season and bring to a simmer.
5. Cook for 15 minutes then stir in the parsley before serving.

Serve with warm crusty bread.

Fish and Tomato Curry

SERVINGS: 4

TIME: 30 MIN

Ingredients

1 tbsp vegetable oil
2 thinly sliced onions
400g cherry tomatoes,
halved
4 garlic cloves, finely
chopped
Thumb-sized piece ginger
finely chopped
3 tbsp curry paste
1 tin low-fat coconut milk
1 large handful coriander,
finely chopped, plus extra
sprigs to serve
500g fish pie mix or fish of
your choice

Directions

1. Heat 2 tsp oil in a pan and gently cook the onions for about 8 mins until soft and golden.
2. Add the garlic and ginger to the onions and fry for 3 mins more.
3. Add the cherry tomatoes and simmer for 10 mins until the tomatoes start to soften and the sauce is thickened.
4. Add the coconut milk and chopped coriander. Simmer again to thicken.
5. Carefully place fish in the pot and simmer until just cooked through.
6. Scatter over coriander sprigs and serve with brown rice.

Vegetable stock can be used as a replacement if you want to omit the coconut milk.

Boston Baked Beans with Sausages

SERVINGS: 4

TIME: 25 MIN

Ingredients

2 teaspoons olive oil
1 small brown onion, finely chopped
2 garlic cloves, crushed
1 tsp hot paprika
400g can diced tomatoes
2 tsp brown sugar
1 tbsp tomato paste
2 x 400g cans borlotti beans, drained, rinsed
6 low fat or vegetarian sausages

Directions

1. Cook the sausages by pricking the skin a few times and adding to a hot pan, without oil.
2. Keep turning to ensure these brown evenly.
3. Dispose of excess fat.
4. If using vegetarian sausages cook these according to the packet.
5. Put aside until later.
6. Heat the oil.
7. Add onion to frying pan. Cook, stirring, for 3 minutes or until onion is tender and light golden.
8. Add garlic and paprika. Cook, stirring, for 1 minute.
9. Add the tomatoes, sugar, tomato paste and beans.
10. Cook, stirring often, for 5 minutes or until heated through.

Vegetable and Bean Curry with Rice

SERVINGS: 4

TIME: 30 MIN

Ingredients

50g unsaturated spread
2 onions, peeled and finely chopped
2 carrots, peeled and cut into sticks
25g flour
1 tbsp mild curry powder
½ tsp ground ginger
½ tsp ground cinnamon
½ pint milk
¼ pint vegetable stock
1 tbsp mango chutney
150g cauliflower florets
1 head of broccoli, cut into florets
400g can mixed beans in unsalted water, drained
125g mushrooms, washed and quartered
200g basmati rice

Directions

1. In a large saucepan melt the spread.
2. In a separate saucepan heat the milk.
3. Add the onion and carrots to the melted spread and cook for 4-5 mins until the onion has softened.
4. Add the flour, curry powder, ginger and cinnamon. Cook gently for 5 minutes before blending in the warmed milk and stock. Stir in the chutney.
5. Now add the cauliflower, broccoli, beans and mushrooms and bring to the boil.
6. Reduce the heat, and simmer for 15 minutes.
7. Meanwhile cook the rice according to the pack instructions.

Serve the curry on a bed of rice.

Mexican Eggs

SERVINGS: 4

TIME: 20 MIN

Ingredients

4 eggs
1 green pepper, chopped
2 courgettes, chopped
1 onion, finely chopped
1 red chilli, finely chopped
½ tsp oregano
½ tsp ground cumin
1 garlic clove, finely
chopped
150ml tomato passata
50g grated cheese
1 tbsp olive oil

Directions

1. Fry the onion, peppers, chilli, courgette, garlic, cumin and oregano in a large frying pan.
2. When starting to colour add the passata.
3. Stir to warm through, then make 4 holes in the middle of the salsa. Break 1 egg into each space.
4. Put the lid on the pan and cook for 3-4 minutes. The dish is ready when the eggs are cooked into the salsa and the whites are firm.
5. Sprinkle with cheese and fresh chopped coriander.
6. Serve with warm corn tortillas and hot sauce – to taste.

Turkey Burgers and Apple Coleslaw

SERVINGS: 4

TIME: 45 MIN

Ingredients

500g turkey mince
1 small red onion, finely
chopped
1 large egg, beaten
2 cloves garlic, minced
1 tbsp Worcestershire sauce
2 tbsp fresh coriander

Apple Coleslaw

½ red cabbage, finely sliced
1 large carrot, grated
1 red apple, cored and
grated
Low fat mayonnaise

Directions

1. Combine the cabbage, carrot and apple and add enough mayonnaise to bind.
2. Put this in the fridge until the burgers are ready.
3. In a large bowl, mix together turkey, egg, garlic, Worcestershire sauce, and coriander, then season with a small amount of salt and pepper.
4. Form the mixture into burgers.
5. Add the oil to a griddle pan over a medium heat.
6. Add the burgers and cook until golden and cooked through, 5 minutes per side.
7. Put into a burger bun and top the burger with the coleslaw.

Chicken Fajitas

SERVINGS: 5

TIME: 30 MIN

Ingredients

2 tablespoons Sunflower oil
3 medium skinless chicken breasts, cut into strips
1 tsp paprika
1 tsp ground cumin
2 medium onions, peeled and sliced
2 medium red peppers, deseeded and sliced
½ medium lettuce, shredded
110g mozzarella cheese
50g guacamole
10 tortilla wraps

Directions

1. Heat half the oil in a frying pan and cook the chicken strips over a medium heat until cooked through.
2. Remove to a plate.
3. Add the remaining oil to the pan and fry the onion and red pepper for approx. 10 minutes.
4. Return the chicken to the pan and stir in the paprika and cumin. Stir everything well together.
5. Fill the wraps with a spoonful of the chicken mixture adding the shredded lettuce, the mozzarella and the guacamole. Fold over and serve.

Chicken and Sweet Potato Curry with Rice

SERVINGS: 5

TIME: 60 MIN

Ingredients

10 boneless, skinless
chicken thighs
50g plain flour
30g oil
2 onions, chopped
6 tbsp tomato puree
2 tbsp mild curry powder
900ml chicken stock
2 eating apples, cored and
thinly sliced
1 sweet potato, peeled and
diced
50g chopped spinach (fresh
or frozen)
75g sultanas
10g brown sugar
450g rice

Directions

1. Pre heat oven to 180c, 350F, Gas 4.
 2. Coat the chicken in flour (3tbsp), and fry in 2 tbsp oil until golden brown. Drain and place in an oven-proof casserole dish.
 3. Fry the onion in 1 tbsp oil until golden, then add the tomato puree.
 4. Add the curry powder; continue to stir for a couple of minutes.
 5. Stir in 2 tbsp flour, and then add 300ml of the stock mixing well.
 6. Add the sweet potato, apple, sultanas and remaining stock.
 7. Season and add the brown sugar.
 8. Pour the sauce over the chicken thighs, add spinach and stir in, cover and cook in the oven for ½ hour.
- Serve with boiled rice.

Caribbean Chicken with Rice

SERVINGS: 4

TIME: 1 HOUR 40 MIN

Ingredients

600g skinless, boneless
chicken diced
Juice of 1 lemon
3 spring onions, shredded
2 cloves garlic, finely
chopped
2 tsp low salt soy sauce
1 onion, diced
1 tsp dried thyme
3 tomatoes, diced
2 tbsp unsaturated oil
1 tbsp tomato puree
350g rice
400g frozen peas

Directions

1. Squeeze the juice from the lemon over the chicken, add the spring onions, garlic, soy sauce, onion, thyme and tomatoes and mix well.
2. Leave to marinade for as long as you can, at least 1 hour.
3. Remove the chicken from the marinade, heat the oil in a deep frying pan and fry the chicken pieces, turning frequently until they are golden.
4. Spoon over the remaining marinade and add the tomato puree and approx. 125ml hot water – just enough to cover the chicken.
5. Cover the pan and simmer for 20 minutes until the sauce thickens and the chicken is tender.

Beef and Pineapple Stir Fry

SERVINGS: 4

TIME: 25 MIN

Ingredients

400g thinly sliced beef
1 tin of pineapple
chunks/rings in juice
2 tbsp low salt soy sauce
1 tbsp chilli sauce
1 tbsp rice wine vinegar
1 inch of fresh ginger grated
1 green pepper, sliced into
strips
4 spring onions, thinly
sliced
1 large carrot, thinly sliced

Directions

1. Drain the pineapple and keep the juice for the marinade.
2. Mix the soy sauce, 2 tablespoons of pineapple juice, chilli sauce and vinegar together.
3. Cut the beef into strips and add to the marinade
4. Set aside for 10 mins.
5. Heat a frying pan with 1 tsp of the oil.
6. Lift the steak from the marinade and fry until browned and then remove from the pan
7. Add the ginger and fry until golden. You may need to add a bit more oil.
8. Add the green pepper, spring onions, carrot and pineapple and return the steak to the pan.

Turkey Koftas with Tomato and Vegetable Rice

SERVINGS: 5

TIME: 50 MIN

Ingredients

Turkey Koftas
575g minced turkey
1 onion, peeled and finely chopped
1 tsp ground allspice
1 tsp dried chopped mint
1 egg, beaten
10 metal skewers

Tomato Rice
2 cloves garlic, peeled and chopped
15ml sunflower oil
225g long grain rice
225g canned chopped tomatoes
400g frozen mixed vegetables

Directions

1. First, prepare the tomato rice. Heat the oil in a pan and add the garlic, fry for 1 minute. Add the rice and stir over the heat for 1 minute until glossy.
2. Add the tomatoes plus 1 can full of water. Bring to the boil, cover and simmer for 10 minutes.
3. Put the turkey mince into a large bowl, add the onion and spices and the beaten egg. Mix very thoroughly.
4. Divide the Kofta mixture into 10 and shape each into a sausage around a skewer.
5. Add the mixed vegetables to the rice and return to the heat.
6. Arrange the skewers on an oven proof dish or grill pan and cook in a hot oven or under a hot grill for 12-15 minutes until browned all over.
7. To serve, remove the skewers from the Koftas and serve with a table spoon of the tomato and vegetable rice.

Fish Tagine

SERVINGS: 4

TIME: 50 MIN

Ingredients

Marinade

2 tbsp olive oil

4 garlic cloves, roughly
chopped

4 tsp ground cumin

2 tsp paprika

Bunch coriander, chopped

Juice and zest of 1 lemon

4 white fish fillets

Pinch of salt

Stew

1 tbsp olive oil

1 large onion, thinly sliced

2 garlic cloves, sliced

2 tsp ground cumin

2 tsp paprika

1 tin of chopped tomatoes

250ml fish/vegetable stock

100g pitted green olives

2 green peppers, sliced

300g baby potatoes, halved

lengthways

Directions

1. Par boil the potatoes for 5 minutes and then set aside until later.
2. To make the marinade, put the oil, garlic, cumin, paprika, three-quarters of the coriander and the salt in a small bowl.
3. Add the lemon juice, then blitz with a hand blender until smooth.
4. Spoon half over the fish fillets and turn them over to coat both sides. Set aside to marinate.
5. Heat the oil and fry the onions and garlic until softened and starting to colour, about 4-5 mins.
6. Add the cumin and paprika and cook for 2 mins more. Add the tomatoes, stock, olives and lemon zest, stir in remaining marinade and simmer, uncovered for 10 mins.
7. Stir in the peppers and potatoes, cover and simmer for 15 mins until the potatoes are tender.
8. Stir the remaining coriander into the tagine, then arrange the fish fillets on top and cook for 4-6 mins until the fish is just cooked.

Serve with salad and crusty bread.

Hummus and Red Lentil Kofta

SERVINGS: 4

TIME: 40 MIN

Ingredients

Kofta
Olive oil
125g red lentils
120ml vegetable stock
1 tbsp breadcrumbs
½ tsp hot paprika
½ tsp smoked paprika
2-3 sliced spring onions

Hummus
200g tinned chickpeas
Juice of 1 small lemon
100g frozen spinach
2tsp tahini
3 tbsp olive oil
½ tsp curry powder
Pinch of chilli powder
1tsp ground cumin
2 small cloves garlic

Directions

1. Simmer the lentils in a covered pan with the stock for 10-15 mins until soft.
2. Drain the lentils and leave to cool slightly.
3. Make the hummus by putting all the ingredient into a blender and puree until smooth. Put aside until later.
4. When the lentils have cooled puree in the blender
5. Put this along with the breadcrumbs, paprika, flour and spring onions into a bowl.
6. Mix together until it is a firm consistency and then using your hands make into small roundballs.
7. Shallow fry in batches, turning until they are brown all over.
8. Drain on kitchen paper.
9. Serve the koftas in warmed pitta bread with the hummus and a green salad with cherry tomatoes cut in half.

Lentil Soup

SERVINGS: 4

TIME: 50 MIN

Ingredients

1/3 litre jug of red lentils
3 large carrots
1/2 turnip
1 leek
4 medium potatoes
Vegetable stock

Directions

1. Make up the stock and put in large pot at a medium heat.
2. Wash the lentils a few times and then put into the stock, stir to prevent lentils from sticking to the pot.
3. Peel and grate the carrot and turnip and add to the stock.
4. Chop the leek and wash thoroughly in a colander under running water.
5. Peel the potatoes and cut into small chunks.
6. Add the leek and the potatoes and stir to combine.
7. Put the lid in and cook for 20-30 mins until the lentils and potatoes are soft.

Serve with warm crusty bread.

Mackerel Pate with Toast and Vegetable Sticks

SERVINGS: 4

TIME: 10 MIN

Ingredients

4 skinned smoked mackerel fillets
200g cream cheese (full fat)
Black pepper
1 tbsp lemon juice
10 slices bread
3 mixed peppers
4 carrots

Directions

1. In an electric mixer, blend the fish, cream cheese, pepper and lemon juice.
 2. Toast the bread and cut the peppers and peeled carrots into batons.
- Serve immediately.

Macaroni Cheese

SERVINGS: 4

TIME: 30 MIN

Ingredients

300g macaroni
50g unsaturated spread
45g plain flour
440 ml milk
75g grated cheese
200g frozen peas
45g chopped chives
30 cherry tomatoes
75g grated cheese, to top

Directions

1. Cook the macaroni in boiling water according to pack instructions.
2. Melt the spread in a saucepan, mix in the flour to make a roux and cook for 3- 4 minutes.
3. Gradually whisk in the milk, until a thick creamy sauce forms, add the grated cheese and peas and continue to cook for 5 minutes.
4. Add the chives to the sauce.
5. Mix the macaroni and sauce together, and place into a large heat-proof dish.
6. Mix the cornflakes and grated cheese together, and sprinkle over the top of the macaroni.
7. Serve the macaroni with the halved cherry tomatoes.

Halloumi Burgers with Red Pepper Houmous

SERVINGS: 4

TIME: 25 MIN

Ingredients

410g can chickpeas
1 large garlic clove
2 roasted red peppers from a jar
1 tbsp lemon juice
2 tbsp olive oil
½ tsp chilli powder
450g light halloumi, sliced into 1 cm pieces
4 seeded burger buns, sliced
Iceberg lettuce, shredded
2 large tomatoes, sliced

Directions

1. Rinse and drain the chickpeas, then put them into a food processor. Peel the garlic and crush inwith the chickpeas.
2. Season ground pepper and a sprinkle of salt.
3. Remove any stray seeds from the peppers, then add them to the processor with the lemonjuice, olive oil and chilli.
4. Blitz again until really smooth.
5. Put aside while you prepare the halloumi
6. Slice the halloumi and spray with oil.
7. Heat a large griddle pan to a high heat and fry the halloumi until charred lines appear, turn once and then take off and keep warm.
8. Slice the buns and place sliced side down in griddle pan for about a minute.
9. Assemble the burgers by spreading the houmous onto the bottom part ofthe buns, add the halloumi, top with the lettuce and tomatoes and finish with the bun top.

Fish and Vegetable Mornay

SERVINGS: 4

TIME: 30 MIN

Ingredients

4 pieces of white fish
1 head of broccoli, cut into florets
1 medium leek, sliced
400ml Skimmed milk
3 level tbsp cornflour
75g low-fat cheddar, grated

Directions

1. Put the milk and fish fillets into a wide saucepan and bring to a simmer.
2. Cover and cook for 4 minutes, until the fish is just cooked through.
3. Lift the fish onto a plate and pour the milk into a jug.
4. Steam the broccoli and leeks until tender but not soft and put aside.
5. Mix the cornflour with 3 tbsp cold water to make a paste.
6. Add the paste to the poaching milk and add to a saucepan.
7. Slowly bring to the boil, stirring continuously.
8. Add the grated cheese and the vegetables.
9. Season with ground pepper and a sprinkle of salt.
10. Add the fish taking care to keep it on one piece and allow this the heat through.
11. Serve with boiled carrots and boiled potatoes or on a bed of cooked pasta.

Mushroom Soup

SERVINGS: 4

TIME: 35 MIN

Ingredients

500g mushrooms
2 cloves garlic
2 sticks celery, chopped
1 large onion
1 tsp dried thyme
1 litre vegetable stock
100ml semi-skimmed milk
Splash of soy sauce

Directions

1. Add the onion, garlic, celery, thyme and mushrooms to a large pot with enough water to cover the bottom of the pot.
2. Put the lid on and gently fry until the juice runs from the mushrooms, you may need to add a little more water to stop the mushroom sticking to the pot.
3. Add vegetable stock, stir well, add milk and cook for about 15-20.
4. Remove from the heat and add a splash of soy sauce.
5. Blend until smooth using a hand blender.

Serve with crusty bread.

Courgette and Ricotta Fritters

SERVINGS: 4

TIME: 30 MIN

Ingredients

2 medium courgettes
400g ricotta cheese
100g flour
2 large eggs, beaten
2 tbsp chives, chopped
1 tbsp lemon zest
1 tsp salt
1 tsp garlic powder
½ tsp pepper,
Olive oil

Parsley Yoghurt Sauce

1 tub plain low-fat Greek
yogurt
40g crumbled feta
½ cup flat-leaf parsley
leaves
2 tbsp lemon juice

Directions

1. Over a large mixing bowl, grate cleaned courgette on the coarse side of the grater.
2. Put the courgette in a sieve and press down to remove excess moisture. you can also do this with your hands.
3. Add in ricotta and next seven ingredients. Mix until all ingredients are thoroughly combined. Set aside to rest while preparing yogurt sauce.
4. In the bowl of a small food processor, combine the yogurt and remaining four ingredients. Puree until all ingredients are thoroughly combined.
5. Heat oil in a large non-stick frying pan over medium heat.
6. Drop the fritter batter by heaping a large spoonful into the pan, leaving space between for them to spread.
7. Working in batches depending on pan size
8. Using the back of a spatula, gently press down on the batter to flatten the fritters. Once edges are golden, flip fritters over and continue cooking, approximately 3-4 minutes each.
9. Remove from the pan and place on a paper towel lined plate.
10. Repeat batches until all batter is used.
11. Transfer to serving plates. Serve with yogurt sauce.

Cullen Skink

SERVINGS: 4

TIME: 45 MIN

Ingredients

2 skinless and boneless
smoked haddock fillets
135ml water
1 onion
600ml semi-skimmed milk
500g potatoes
25g low fat spread
Ground black pepper

Directions

1. Wash, peel and dice potatoes. Place in a large pan with boiling water and cook until soft, approximately 20 minutes.
2. Peel onion and chop finely.
3. Place the haddock in a medium sized frying pan with enough water to cover it, no more. Bring to the boil and add the chopped onion, then turn down the heat and simmer gently.
4. When the haddock is cooked, separate the flakes using a fork. If they don't separate easily a little more cooking is needed.
5. In a small pan, bring milk to the boil and then add this to the fish.
6. Drain potatoes, return to the pan then add low fat spread and mash using a masher or fork until smooth.
7. Stir potato into the fish, to thicken the soup and add black pepper to taste.

Chicken and Broccoli Pasta

SERVINGS: 4-5

TIME: 40 MIN

Ingredients

75g unsaturated spread
1 large onion, peeled and chopped
2 leeks, trimmed and sliced
75g plain flour
500 ml milk
200g grated cheddar cheese
15 ml unsaturated oil
2 tsp mixed herbs
3 boneless, skinless chicken breasts, cut into bite sized pieces
3 boneless, skinless chicken thighs, cut into bite sized pieces
200g broccoli florets
200g sweet corn, canned or frozen
450g pasta bows

Directions

1. In a medium saucepan, melt the spread, add the onions and sliced leeks and soften for 5-10 minutes. Stir in the flour to make a roux.
2. Gradually, add the milk to the roux to make a white vegetable sauce.
3. Melt half the cheese into the sauce and set aside.
4. Put a large pan of water onto boil, to cook the pasta bows. Cook for 3-4 minutes shorter than recommended on the pack to allow for additional cooking in the oven.
5. While the pasta is cooking, in the same pan, blanch the broccoli florets for 5 minutes. Drain the pasta and broccoli and set aside.
6. In a frying pan, heat the oil and brown the chicken pieces for 5-8 minutes, add the mixed herbs and sweet corn.
7. Add the chicken and sweet corn to the cheese sauce. Then pour the sauce over the pasta and broccoli and stir well.

Spinach and Mushroom Tagliatelle

SERVINGS: 4

TIME: 30 MIN

Ingredients

1 tbsp olive oil
Bunch spring onions, finely sliced
3 garlic cloves, finely chopped
½ box of mushrooms, finely sliced
½ tsp dried thyme
300g fresh spinach, washed
200ml soya yogurt
300g dried egg free tagliatelle

Directions

1. In a large frying pan gentle heat the oil and fry the spring onions and garlic for a few minutes.
2. Add the mushrooms and fry until all the water had evaporated.
3. Add the spinach into the pan, stirring regularly as it wilts. Continue cooking over a medium heat until most of the water has evaporated.
4. Remove the pan from the heat and stir in the soya yogurt.
5. Return the pan to the heat, and gently heat through until the sauce has thickened.
6. Meanwhile, cook the pasta in a large pan of boiling water, according to packet instructions.
7. Drain the pasta and toss with the mushroom and spinach sauce.

Serve immediately.

Pizza Quesadillas

SERVINGS: 4

TIME: 15 MIN

Ingredients

Homemade tomato sauce –
see separate recipe
8 flour tortillas

Filling 1

200g grated cheddar cheese
1 packet wafer-thin ham

Filling 2

200g mozzarella
100g fresh spinach or leek

Directions

1. Lay 2 tortillas out side by side.
2. Put 4 tablespoons of homemade tomato sauce on each and top with your chosen filling.
3. Place another tortilla on top of each .
4. Heat a large frying pan and cook the tortillas one at a time unit they are starting to gentlybrown.
5. Flip the tortilla over and repeat on the opposite side. (ask the facilitators for help if you needto).
6. Repeat with the other tortillas.

If you want to serve these all at the same time, the cooked tortillas can be kept warm in the oven on at a low heat or returned to the pan just before serving to warm through.

You can add just about anything to these as a filling and it is a good way of using up any leftover vegetables and meat that you have. Strips of chicken, peppers and onion work well here or even bakedbeans and cheese.

Fish Fingers

SERVINGS: 4

TIME: 30 MIN

Ingredients

85g panko breadcrumbs
Zest of 1 lemon
1 tsp dried oregano
1 beaten egg 1 tbsp Olive oil
400g skinless white fish,
sliced into 12 strips

Directions

1. Mix the panko, oregano and lemon zest and put on a plate.
2. Beat the egg in a shallow bowl.
3. Lay out the fish, egg and breadcrumbs and an empty plate/tray in a row.
4. Dip the fish strips into the egg, then roll them in the breadcrumbs.
5. Set aside and leave for 10 mins to allow the breadcrumbs to stick well.
6. Place a small amount of oil in a large frying pan and gently fry 3 or 4 at a time for a few minutes on each side until golden.
7. Transfer the fish fingers to a baking tray and bake for 20 mins at 200C/180C fan/gas 6 until golden.

Fresh breadcrumbs can be used in place of Panko – make these with day old bread. This can be made in a food processor or by grating the bread.

A healthier way to cook these is to oven bake them. This will reduce the amount of fat that you use.

Southern Fried Chicken

SERVINGS: 4

TIME: 50 MIN

Ingredients

1 tsp dried basil
1 tsp dried oregano
1 tsp paprika
1 tsp ground ginger
1 tsp garlic granules
1 tbsp black pepper
200g flour
100g panko breadcrumbs
2 eggs, mixed with a little milk
4 chicken breasts, sliced into long thin strips

Directions

1. Mix the Panko and the herbs and spices and put on a large plate.
2. Beat the egg with a little milk in a shallow bowl.
3. Put the flour on a large plate.
4. Lay out the chicken, flour, egg and breadcrumbs and an empty plate/tray in a row.
5. Dip the chicken strips into the flour then the egg, and finally the breadcrumbs.
6. Set aside and leave for 10 mins to allow the breadcrumbs to stick well.
7. Place a small amount of oil in a large frying pan and gently fry 3 or 4 at a time for a few minutes on each side until golden.
8. Transfer the chicken to a baking tray and bake for 20 mins at 200C/180C fan/gas 6 until golden.

Fresh breadcrumbs can be used in place of Panko – make these with day old bread. This can be made in a food processor or by grating the bread.

A healthier way to cook these is to oven bake them. This will reduce the amount of fat that you use.

Homemade Burgers

SERVINGS: 4

TIME: 30 MIN

Ingredients

1 small onion, finely chopped
200g mushrooms, finely chopped
450g extra-lean minced beef
2-3 tsp finely chopped fresh thyme (or 1 tsp dried thyme or mixed herbs)
Freshly ground black pepper
Drizzle of oil for frying
4 burger buns
Iceberg or little gem lettuce leaves
120g beef tomatoes, sliced
Cheddar cheese cut into 4 thin slices

Directions

1. Heat the oil in small frying pan and cook the onion and mushrooms over a medium heat for five minutes, or until well softened, stirring regularly. Tip into a large bowl and leave to cool for five minutes.
2. Add the beef, thyme and lots of ground black pepper. Mix well and form into two balls. Flatten into burger shapes, each around 2cm³/₄in thick.
3. Clean the pan and return to the hob.
4. Put the burger in without oil and cook the burgers over a medium-low heat for 10 minutes, turning occasionally, until browned on the outside and cooked through inside.
5. Serve the burgers in the bun on a bed of lettuce and top with a slice of tomato and a slice of cheddar cheese tomatoes.

Homemade Tomato Sauce

SERVINGS: 1 LITRE

TIME: 60 MIN

Ingredients

20g celery
1 onion
2 cloves garlic
75g leek
3 tins chopped tomatoes
140g of carrots
2 tsp sunflower oil
50g tomato puree
½ low salt vegetable stock
cube
1 tsp dried basil or oregano

Directions

1. Roughly chop the peeled and washed carrots, onion, celery and crushed garlic.
2. Put in a medium pot with the oil, herbs and the crumbled stock cube.
3. Sweat the vegetables for approx. 15 mins.
4. Add the tomato puree and continue to cook for another minute and then add the tinned tomatoes.
5. Bring to the boil and then reduce heat and simmer for 30-40 mins.
6. Puree the sauce with a blender.

Sweet Potato Burgers

SERVINGS: 2

TIME: 40 MIN

Ingredients

1 large sweet potato
1 small onion, finely chopped
½ bunch of chives
½ tsp smoked paprika
1 tbsp marjoram
Pinch of ground cumin
Pinch of ground all spice
2 tsp Dijon mustard
2 tbsp flour
40g fresh breadcrumbs
½ tsp garlic granules
Oil, for frying
Burger rolls
Sliced tomatoes, cucumber, lettuce
Coriander sprigs, to serve

Directions

1. Peel the sweet potato and chop into small pieces.
2. Cook in boiling water for 10- 15 mins until soft and then drain in a sieve.
3. Mash the sweet potato until smooth and add the chopped onion and chives.
4. Stir in the spices and mustard and mix until evenly distributed.
5. Add the flour and mix thoroughly again.
6. Make into even shaped burgers.
7. Mix the garlic powder through the breadcrumbs and spread evenly onto a plate.
8. Turn the burgers in the breadcrumbs until evenly covered.
9. Gently fry in hot oil until golden.
10. Drain on kitchen paper.
11. Serve in burger buns on a bed of lettuce and top with slices of tomato, cucumber and a few coriander sprigs.

Easy Pad Thai

SERVINGS: 4

TIME: 20 MIN

Ingredients

200g noodles
140g frozen peas
200g frozen prawns/or
thinly sliced chicken
1 tbsp sunflower oil
100g beansprouts
Small bunch spring onions
sliced
2 eggs, beaten
2 tbsp roasted peanuts
1 tbsp soy sauce
1 tbsp sweet chilli sauce
Small bunch coriander,
leaves only chopped

Directions

1. Bring a pan of water to the boil, add the noodles as per packets instructions.
2. Drain, and set aside while you heat the oil in a large frying pan.
3. Fry the prawns or chicken for 2-3 mins then add the noodles, peas, beansprouts and spring onions, tossing to coat in the oil for a few mins.
4. Push everything to one side of the pan and pour in the egg. Stir until cooked, then mix everything well.
5. Toss through the peanuts, soy and sweet chilli sauce so everything is combined.
6. Scatter with the coriander and serve.

Chinese Chicken Curry

SERVINGS: 4

TIME: 30 MIN

Ingredients

2 chicken breasts, chopped
2 large onions (1 finely chopped for the sauce & 1 roughly chopped)
Large handful of frozen peas
1 tbsp oil
3 cloves garlic, finely chopped
1-inch fresh ginger, peeled and finely chopped
1tsp flour
1tsp madras curry powder
1tsp brown sugar
Pinch of five spice powder
Water (can use chicken stock)

Directions

1. Chop the chicken breasts and fry in a little oil with the roughly cut onion until the chicken is browned all over.
 2. Put aside until later.
 3. Heat the oil and add the finely chopped onion. Cook until it is transparent.
 4. Add the ginger and garlic and continue frying for 2 mins.
 5. Add the flour and curry powder and cook for a few minutes (it should be like a paste).
 6. Add the five spice, sugar and then add the water(stock) a little at a time until the sauce is the right consistency.
 7. Return the chicken and the onion mixture to the pan and add the peas.
 8. Heat through for 5 minutes to ensure that the chicken is thoroughly cooked.
- Serve with boiled rice.

Dirty Dogs

SERVINGS: 4

TIME: 25 MIN

Ingredients

Homemade tomato sauce-
see separate recipe

4 low fat or vegetarian
sausages

4 hot dog buns

1 onion, thinly sliced

Directions

1. Place the sliced onion in a pan with 50mls of water.
2. Cover and cook until soft. You may need to add extra water.
3. Drain the onions and put aside for serving.
4. Cook the vegetarian sausages as instructed on the packet or prick the meat sausages and place in a pan without oil.
5. When these are cooked put each sausage in a hot dog bun and top with homemade tomato sauce and onions.

Add mustard if you like.

Creamy Rice Pudding

SERVINGS: 5

TIME: 20 MIN

Ingredients

50g pudding rice
1 pint whole milk
15g sugar
50g raisins (dried apricots
or cherries can be used as a
replacement)

Directions

1. Place all the ingredients in a saucepan and gently bring to the boil, stirring all the time.
 2. Simmer for 15-20 minutes until the rice is thick and creamy.
- Serve immediately.

Smoothies

SERVINGS: 1

TIME: 5 MIN

Directions

1. Blend all the ingredients together until thoroughly combined.

Ingredients

Strawberry and Banana

1 cup strawberries, frozen

1 banana, peeled

1 vanilla Greek yogurt

½ cup milk

Refreshing Raspberry

1 cup frozen raspberries

1 cup milk

½ cup vanilla Greek yogurt

½ cup chopped cucumber, peeled and seeded

1 tsp honey

4-5 mint leaves

Spiced Mango

1 pot of Greek yogurt

¾ cup milk

1 cup mango pieces, frozen

1 tsp honey

1 tsp fresh turmeric, grated

¼ tsp fresh ginger, grated

Toffee Banana

1 banana, peeled

1 low fat/low sugar toffee yogurt

½ cup milk

Chocolate Beetroot Cake

SERVINGS: 10

TIME: 50 MIN

Ingredients

3 eggs
50g cocoa powder
150g self-raising flour
2 tsp baking powder
175g light muscovado sugar
300ml pint sunflower oil
225g raw beetroot, peeled
and coarsely grated (about 2
medium beetroots)
1 pot of creme fraiche

Directions

1. Preheat the oven to 180C/160CFan/Gas 4. Grease and line a 30x23cm/12x9in baking tin with baking paper.
2. Break the eggs into a large mixing bowl.
3. Add the cocoa, flour, baking powder and sugar.
4. Stir a little using a wooden spoon then gradually mix in the oil and beat until combined to give a thick batter.
5. Once smooth, stir in the grated beetroot.
6. Spoon into the prepared tin and bake for about 35 minutes, or until risen and springy to the touch.
7. Remove and set aside to cool.

Serve in slices with the crème fraîche or cream.

To avoid staining your hands wear plastic gloves to grate the beetroot.

Enjoy as a treat!