



# Nutrition

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**VEGETARIAN RECIPES**



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# Medical Disclaimer

Always consult your medical practitioner Doctor, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have or develop a medical condition.

Whilst our recipes can help most people lose weight as part of a calorie-controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information are provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.





# LOW CARB EGG BREAKFAST MUFFINS (Vegetarian)



## NUTRITION PER SERVING

- Kcals 259
- Fat 15g
- Carbs 16g
- Protein 20g

## INGREDIENTS

### Instructions

**Preheat the oven to 200°C/ 390°F.**

Wash and dice the pepper, onions and tomatoes. and put them in a large mixing bowl.

Wash the spinach, lightly chop it and add it to the bowl as well.

Add the eggs and salt. Mix well. Pro tip - crack the eggs separately before adding. That way if you get a dodgy one, it won't ruin the whole meal.

Optionally add some hot sauce, curry powder...whatever you like. Hot sauce is great!

Grease the muffin tin with oil and kitchen paper/baking brush and pour the egg mixture evenly into the muffin slots. (If you think they might still stick to the pan use some muffin cups or cut out some baking paper and to use as cups

Pop the tray into the oven for 15-18 minutes or until the tops are firm to the touch.

## METHOD

- 1 bell pepper (**your favourite colour**)
- 3 spring onions
- 4 little cherry tomatoes/one normal tomato
- 6 eggs
- 1 handful spinach/ green leaves
- 2 slices cheddar (**2 slices = around 50g; you can use different cheese too**)
- ½-1 tsp salt
- 4-5 splashes hot sauce (or curry powder)



# BREAKFAST BURRITO

## NUTRITION PER SERVING

- Kcals 366
- Fat 21g
- Carbs 26g
- Protein 16g



## INGREDIENTS

### Instructions

**PREP 5 MINS COOK 10 MINS SERVES 1**

Whisk the chipotle paste with the egg and some seasoning in a jug. Heat the oil in a large frying pan, add the kale and tomatoes.

Cook until the kale is wilted, and the tomatoes have softened, then push everything to the side of the pan. Pour the beaten egg into the cleared half of the pan and scramble. Layer everything into the centre of your wrap, topping with the avocado, then wrap up and eat immediately

## METHOD

- 1 tsp chipotle paste
- 1 egg 1 tsp rapeseed oil
- 50g kale
- 6 eggs
- 7 cherry tomatoes, halved
- ½ small avocado, sliced
- 1 wholemeal tortilla wrap, warmed



# TWO-MINUTE BREAKFAST SMOOTHIE



## NUTRITION PER SERVING

- Kcals 156
- Fat 3g
- Carbs 25g
- Protein 4g

## INGREDIENTS

### Instructions

#### PREP 2 MINUTES SERVES 2

Put all the ingredients in a blender and whizz for 1 min until smooth.

Pour the mixture into two glasses to serve

## METHOD

- 1 banana
- 1 tbsp porridge oats
- 80g soft fruit (**whatever you have – strawberries, blueberries, and mango all work well)**
- 150ml milk
- 1 tsp honey
- 1 tsp vanilla extract



# POACHED EGGS WITH BROCCOLI, TOMATOES & WHOLEMEAL FLATBREAD



## NUTRITION PER SERVING

- Kcals 383
- Fat 17g
- Carbs 31g
- Protein 22g

## INGREDIENTS

### Instructions

#### Prep 5 minutes Cook 6 Minutes Serves 2

Boil the kettle. Heat oven to 120C/100C fan/gas 1/2 and put an ovenproof plate inside to warm up. Fill a wide-based saucepan one-third full of water from the kettle and bring to the boil. Add the broccoli and cook for 2 mins. Add the tomatoes, return to the boil and cook for 30 secs. Lift out with tongs or a slotted spoon and place on the warm plate in the oven while you poach the eggs.

Return the water to a gentle simmer. Break the eggs into the pan, one at a time, and cook for 2 1/2 - 3 mins or until the whites are set and the yolks are runny.

Divide the flatbreads between the two plates and top with the broccoli and tomatoes. Use a slotted spoon to drain the eggs, then place on top. Sprinkle with the seeds and drizzle with the oil. Season with a little black pepper and the chilli flakes and serve immediately.

## METHOD

- 100g thin-stemmed broccoli, trimmed and halved
- 200g cherry tomatoes on the vine
- 4 medium free-range eggs (**fridge cold**)
- 2 wholemeal flatbreads
- 2 tsp mixed seeds (**such as sunflower, pumpkin, sesame and linseed**)
- 1 tsp cold-pressed rapeseed oil
- good pinch of chilli flakes



# MUSHROOM & BASIL OMELETTE WITH SMASHED TOMATO

## NUTRITION PER SERVING

- Kcals 196
- Fat 14g
- Carbs 4g
- Protein 14g



## INGREDIENTS

### Instructions

#### PREP 5 MINUTES COOK 15 MINUTES

Heat the grill to its highest setting and place the tomatoes on a square of foil underneath, turning occasionally to prevent burning. When the tomatoes are slightly scorched, remove from the grill, squashing them slightly to release the juices.

Break the eggs into a bowl and mix with a fork. Add a small splash of water and mix. Add the chives and some black pepper and beat some more. Set aside while you prepare the mushrooms.

In a non-stick frying pan, heat the butter over a medium heat until foaming. Add the mushrooms and cook for 5-8 mins until tender, stirring every few mins. Remove and set aside.

Briskly stir the egg mixture, then add to the hot pan (tilting it so that the mixture covers the entire base) and leave for 10 secs or so until it begins to set. With a fork, gently stir the egg here and there so that any unset mixture gets cooked.

While the egg mixture is still slightly loose, spoon the mushroom mix onto one side of the omelette, and top with the cream cheese and basil leaves. Flip the other side of the omelette over to cover, if you like. Leave to cook for 1 min more, then cut in half and slide each half onto a plate. Serve immediately with the tomatoes on the side.

## METHOD

- 2 tomatoes, halved
- 3 medium eggs
- 1 tbsp snipped chive
- 300g chestnut mushroom, sliced
- 1 tsp unsalted butter
- 2 tbsp low-fat cream cheese
- 1 tbsp finely chopped basil leaves



# OVERNIGHT OATS

## NUTRITION PER SERVING

- Kcals 348
- Fat 11g
- Carbs 46g
- Protein 13g



## INGREDIENTS

### Instructions

#### PREP 10 MINUTES SERVES 1

The night before serving, stir the cinnamon and 100ml water (or milk) into your oats with a pinch of salt.

The next day, loosen with a little more water (or milk) if needed. Top with the yogurt, berries, a drizzle of honey and the nut butter.

## METHOD

- 1/4 tsp ground cinnamon
- 50g rolled porridge oats
- 2 tbsp natural yogurt
- 50g mixed berries
- drizzle of honey
- 1/2 tbsp nut butter (**we used almond**)



# HOMEMADE MUESLI WITH OATS, DATES & BERRIES



## NUTRITION PER SERVING

- Kcals 487
- Fat 23g
- Carbs 46g
- Protein 17g

## INGREDIENTS

### Instructions

**PREP 5 MINUTES COOK 2 MINUTES SERVES 4**

Tip the oats into a frying pan and heat gently, stirring frequently until they are just starting

to toast. Add the pecans and seeds to warm briefly, then tip into a large bowl and toss so they cool quickly.

Add the dates and puffed wheat, mix well until thoroughly combined, then serve topped with the yogurt and fruit, and a sprinkling of cinnamon, if you like.

## METHOD

- 100g traditional oats
- 12 pecan nuts, broken into pieces
- 2 tbsp sunflower seeds
- 6 pitted medjool dates, snipped into pieces
- 25g high-fibre puffed wheat (**we used Good Grain**)
- 4 x 150ml pots bio yogurt
- 300g mixed berries, such as raspberries, strawberries and blueberries



# BANANA PANCAKES

## NUTRITION PER SERVING

- Kcals 243g
- Fat 15g
- Carbs 9g



## INGREDIENTS

### Instructions

#### PREP 5 MINUTES COOK 5 MINS SERVES 2

In a bowl, mash 1 large banana with a fork until it resembles a thick purée. Stir in 2 beaten eggs, a pinch of baking powder (gluten-free if coeliac) and a splash of vanilla extract.

Heat a large non-stick frying pan or pancake pan over a medium heat and brush with  $\frac{1}{2}$  tsp oil.

Using half the batter, spoon two pancakes into the pan, cook for 1-2 mins each side, then

tip onto a plate. Repeat the process with another  $\frac{1}{2}$  tsp oil and the remaining batter.

Top the pancakes with 25g roughly chopped pecans and 125g raspberries

## METHOD

- 1 large banana 2 medium eggs, beaten
- Pinch of baking powder (**gluten-free if coeliac**)
- Splash of vanilla extract 1 tsp oil
- 25g pecans, roughly chopped
- 125g raspberries



# PORRIDGE WITH BLUEBERRY COMPOTE



## NUTRITION PER SERVING

- Kcals 168
- Fat 2g
- Carbs 24g
- Protein 9g

## INGREDIENTS

### Instructions

#### PREP 5 MINUTES COOK 5 MINUTES SERVES 2

Put the oats in a non-stick pan with 400ml water and cook over the heat, stirring occasionally for about 2 minutes until thickened. Remove from the heat and add a third of the yogurt.

Meanwhile, tip the blueberries into a pan with 1 tbsp water and the honey if using and gently poach until the blueberries have thawed and they are tender, but still holding their shape.

Spoon the porridge into bowls, top with the remaining yogurt and spoon over the blueberries.

## METHOD

- 6 tbsp porridge oats
- just under  $\frac{1}{2}$  x 200ml tub 0% fat Greek-style yogurt
- $\frac{1}{2}$  x 350g pack frozen blueberries
- 1 tsp honey (**optional**)



# EGGY SPELT BREAD WITH ORANGE CHEESE & RASPBERRIES

## NUTRITION PER SERVING

- Kcals 197
- Fat 10g
- Carbs 12g
- Protein 14g



## INGREDIENTS

## METHOD

### Instructions

#### PREP 5 MINUTES COOK 5 MINUTES

Beat the eggs and orange juice in a bowl wide enough to fit the bread in it. Soak the bread in the eggs and juice for 2 mins or so, turning halfway through. Meanwhile, in a small bowl, mix together the cheese and orange zest. Put the rapeseed oil in a non-stick frying pan over a high heat. When hot, add the eggy bread. Leave to cook for a couple of mins undisturbed, then flip and cook on the other side for another 1-2 mins.

Divide the bread between 2 plates, dollop the cheese on top, followed by the raspberries and honey, if you like

Serve with toasted pitta bread, 200g tub tomato salsa and a green salad

- 2 medium eggs 2 tbsp orange juice
- 2 slices spelt bread, halved
- 50g low-fat cottage cheese
- 1 tsp orange zest 1 tsp rapeseed oil
- 50g raspberries
- Clear honey, to serve (**optional**)



# FETA & CLEMENTINE LUNCH BOWL

## NUTRITION PER SERVING

- Kcals 357
- Fat 19g
- Carbs 29g
- Protein 13g



## INGREDIENTS

### Instructions

#### PREP 15 MINUTES COOK 15 MINUTES

Mix the onion with the lemon juice, lemon and clementine zest and garlic. Tip the lentils into two bowls or lunchboxes and drizzle over the balsamic and 1 tbsp oil.

Heat the remaining oil in a large non-stick wok, add the pepper and stir-fry for 3 mins. Tip in half the onion and cook until tender. Pile on top of the lentils, then mix the clementine's, remaining onions, feta, mint and walnut pieces.

## METHOD

- 1 red onion, halved and thinly sliced
- 1 lemon, zested and juiced
- 2 clementine's, 1 zested, flesh sliced
- 2 garlic cloves, chopped 400g can green lentils, drained
- 1 tbsp balsamic vinegar 1½ tbsp rapeseed oil
- 1 red pepper, quartered and sliced
- 60g feta, crumbled small handful mint, chopped
- 4 walnut halves, chopped



# FALAFEL BURGERS



## NUTRITION PER SERVING

- Kcals 161
- Fat 8g
- Carbs 18g
- Protein 6g

## INGREDIENTS

### Instructions

**PREP 10 MINUTES COOK 6 SERVES 4**

Drain a 400g can chickpeas and pat dry with kitchen paper.  
Tip into a food processor along with 1 small roughly chopped red onion, 1 garlic clove,  
handful of flat-leaf parsley, 1 tsp ground cumin, 1 tsp ground coriander, ½ tsp harissa paste  
or chilli powder, 2 tbsp plain flour and a little salt.  
Blend until smooth, then shape into four patties with your hands.  
Heat 2 tbsp sunflower oil in a non-stick frying pan, add the burgers, then  
quickly fry  
for 3 mins on each side until lightly golden.

## METHOD

- 400g can chickpea, rinsed and drained
- 1 small red onion, roughly chopped
- 1 garlic clove, chopped
- Handful of flat-leaf parsley or curly parsley
- 1 tsp ground cumin 1 tsp ground coriander
- 1/2 tsp harissa paste or chilli powder
- 2 tbsp plain flour 2 tbsp sunflower oil
- Toasted pitta bread, to serve
- 200g tub tomato salsa, to serve green salad, to serve



# BEETROOT HUMMUS TOASTS WITH OLIVES & MINT

## NUTRITION PER SERVING

- Kcals 381
- Fat 12g
- Carbs 47g
- Protein 16g



## INGREDIENTS

### Instructions

#### PREP 10 MINUTES COOK 3 MINUTES SERVES

Toast the bread – if the slices are quite long, halve them first.

Meanwhile, tip the chickpeas into a bowl with half the beetroot, the lemon juice, garlic and

oil, and blitz with a stick blender to make hummus. Spread on the toast, top with the remaining beetroot and scatter with feta, olives and mint.

## METHOD

- 2 slices seeded wholemeal soda bread
- 210g can chickpeas, drained
- 200g ready-cooked beetroot, sliced
- 1 tbsp lemon juice 1 small garlic clove
- 1 tsp rapeseed oil
- 30g feta, crumbled
- 6 pitted Kalamata olives, halved
- A few fresh mints leaves



# AVOCADO & BEAN TRIANGLES



## NUTRITION PER SERVING

- Fat 12g
- Carbs 44g
- Protein 12g

## INGREDIENTS

### Instructions

#### PREP 5 MINUTES SERVES 2

Follow our triangular bread thins recipe to make your own. While they bake, roughly mash the beans with the dill and a good squeeze of lemon then stir in the tomato.

Cut the bread triangles in half and top with the beans. Scoop the avocado into a bowl and roughly mash with a squeeze more lemon. Spoon the avocado onto the beans, scatter over the chopped onion, then garnish with the remaining dill.

## METHOD

- 3 triangular bread thins, (see our recipe)
- 210g can red kidney beans, drained
- 1 tbsp finely chopped dill, plus extra for garnish
- ½ lemon, for squeezing
- 1 tomato, chopped
- 1 small avocado
- 1 small red onion, finely chopped



# CELERY SOUP



## NUTRITION PER SERVING

- Kcals 163
- Fat 9g
- Carbs 15g
- Protein 3g

## INGREDIENTS

### Instructions

**PREP 15 MINUTES COOK 40 MINUTES SERVES 3-4**

Heat the oil in a large saucepan over a medium heat, tip in the celery, garlic and potatoes and coat in the oil. Add a splash of water and a big pinch of salt and cook, stirring regularly for 15 mins, adding a little more water if the veg begins to stick. Pour in the vegetable stock and bring to the boil, then turn the heat down and simmer for 20 mins further, until the potatoes are falling apart, and the celery is soft. Use a stick blender to purée the soup, then pour in the milk and blitz again. Season to taste. Serve with crusty bread.

## METHOD

- 2 tbsp olive oil
- 300g celery, sliced, with tough strings removed
- 1 garlic clove, peeled
- 200g potatoes, peeled and cut into chunks
- 500ml vegetable stock
- 100ml milk
- crusty bread, to serve



# SOFT POLENTA WITH ROAST SQUASH, KALE & HAZELNUTS

## NUTRITION PER SERVING

- Kcals 442
- Fat 23g
- Carbs 37g
- Protein 18g



## INGREDIENTS

## METHOD

### Instructions

#### PREP 25 MINUTES COOK SERVES 4

Boil the kettle, put the shallots in a bowl, pour over kettle-hot water and set aside for 10 mins. This will make them much easier to peel. Heat oven to 200C/180C fan/gas 6.

Once cooled a little, drain and peel the shallots, and halve any large ones. In a large roasting tin, toss the shallots and squash with 1 tbsp oil and some seasoning. Roast for 25 mins.

Add the thyme, garlic, chilli, nutmeg, kale, lemon zest and hazelnuts to the roasting tin. Season and toss with the remaining oil. Return to the oven for another 15 mins.

While the vegetables are roasting, bring the stock to the boil in a saucepan. Pour in the polenta in a thin, steady stream, whisking continuously. Cook for 2-3 mins, then add the milk, season well and stir in the cheese.

The polenta should have the consistency of loose mashed potato. Keep warm until ready to serve – the polenta will form a skin and thicken if left for too long, so cover with a piece of baking parchment, and stir in some extra milk if you need to.

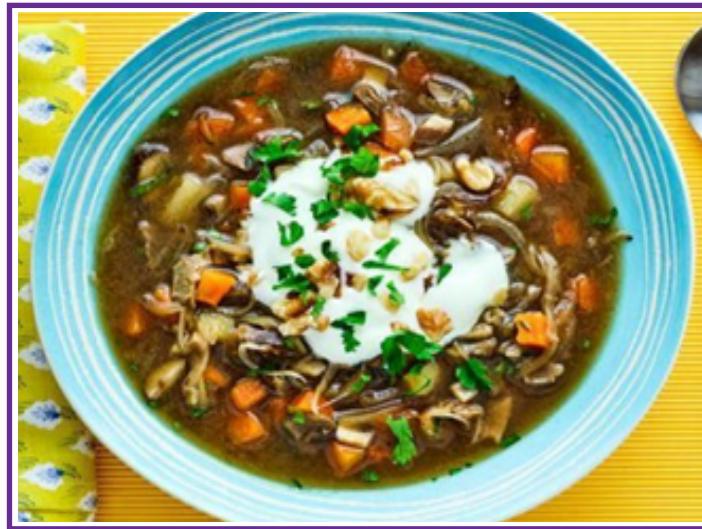
- 100g shallots
- ½ butternut squash, peeled and chopped into chunks
- 3 tbsp olive oil 3 thyme sprigs, leaves picked
- 2 garlic cloves, crushed ½ tsp chilli flakes
- freshly grated nutmeg (about ¼ of a whole nutmeg)
- 200g curly kale, tough stalks removed
- 1 lemon, zested and juiced
- 50g hazelnuts, halved or roughly chopped
- 700ml chicken stock or vegetable stock
- 150g fine polenta 50ml milk 50g parmesan



# MUSHROOM & POTATO SOUP

## NUTRITION PER SERVING

- Kcals 315
- Fat 15g
- Carbs 33g
- Protein 12g



## INGREDIENTS

### Instructions

#### PREP 15 MINUTES COOK 30 MINUTES SERVES 4

Heat the oil in a large pan. Tip in the onions and fry for 10 mins until golden. Meanwhile, pour 1.2 litres boiling water over the dried mushrooms and stir in the bouillon.

Add the fresh mushrooms and garlic to the pan with the potatoes, thyme and carrots, and continue to fry until the mushrooms soften and start to brown.

Pour in the dried mushrooms and stock, cover the pan and leave to simmer for 20 mins. Stir in the parsley and plenty of pepper. Ladle into bowls and serve each portion topped with 2 tbsp yogurt and a quarter of the walnuts. The rest can be chilled and reheated the next day.

## METHOD

- 1 tbsp rapeseed oil 2 large onions, halved and thinly sliced
- 20g dried porcini mushrooms
- 3 tsp vegetable bouillon powder
- 300g chestnut mushrooms, chopped
- 3 garlic cloves, finely grated
- 300g potato, finely diced
- 2 tsp fresh thyme 4 carrots, finely diced
- 2 tbsp chopped parsley 8 tbsp bio yogurt & 55g walnut pieces



# SPICED HALLOUMI & PINEAPPLE BURGER WITH ZINGY SLAW

## NUTRITION PER SERVING

- Kcals 264
- Fat 14g
- Carbs 19g
- Protein 11g



## INGREDIENTS

### Instructions

**PREP 20 MINUTES COOK 5 MINUTES SERVES 2**

Heat the barbecue. Put the cabbage, carrot, radish and coriander in a bowl. Pour over the lime juice, add ½ tbsp oil and the chilli flakes, then season with salt and pepper. Give everything a good mix with your hands. This can be done a few hours before and kept in the fridge.

Mix the remaining oil with the chipotle paste then coat the halloumi slices in the mixture. Put the halloumi slices on a sheet of foil and put on the barbecue with the pineapple (or use a searing hot griddle pan if cooking inside). Cook for 2 mins on each side until the cheese is golden, and the pineapple is beginning to caramelise. Brush the buns with the remaining chipotle oil, then put your burger buns, if using, cut-side down, on the barbecue for the last 30 seconds of cooking to toast.

Assemble your burgers with the lettuce or buns. Start with a handful of the slaw, then add halloumi and pineapple. Serve with the remaining slaw.

## METHOD

- ½ red cabbage, grated 2 carrots, grated
- 100g radishes, sliced
- 1 small pack coriander, chopped
- 2 limes, juiced 1 tbsp cold-pressed rapeseed oil
- Big pinch of chilli flakes
- 1 tbsp chipotle paste
- 60g halloumi, cut into 4 slices
- 2 small slices of fresh pineapple
- 1 Little Gem lettuce, divided into 4 lettuce cups, or 2 small seeded burger buns, cut in half, to serve (**optional**)



# COCONUT & SQUASH DHANSAK



## NUTRITION PER SERVING

- Kcals 320
- Fat 17g
- Carbs 29g
- Protein 9g

## INGREDIENTS

### Instructions

**PREP 5 MINUTES COOK 15 MINUTES SERVES 4**

Heat the oil in a large pan. Put the squash in a bowl with a splash of water. Cover with cling film and microwave on High for 10 mins or until tender. Meanwhile, add the onions to the hot oil and cook for a few mins until soft. Add the curry paste, tomatoes and coconut milk, and simmer for 10 mins until thickened to a rich sauce.

Warm the naan breads in a low oven or in the toaster. Drain any liquid from the squash, then add to the sauce with the lentils, spinach and some seasoning. Simmer for a further 2-3 mins to wilt the spinach, then stir in the coconut yogurt. Serve with the warm naan and a dollop of extra yogurt.

## METHOD

- 1 tbsp vegetable oil
- 500g butternut squash (**about 1 small squash**), peeled and chopped into bite-sized chunks (**or buy a pack of ready-prepared to save time**), see tip, below left
- 100g frozen chopped onions
- 4 heaped tbsp mild curry paste (**we used korma**)
- 400g can chopped tomatoes
- 400g can light coconut milk
- mini naan bread, to serve
- 400g can lentils, drained 200g bag baby spinach
- 150ml coconut yogurt



# MISO-ROASTED AUBERGINE STEAKS WITH SWEET POTATO



## NUTRITION PER SERVING

- Kcals 344
- Fat 8g
- Carbs 54g
- Protein 6g

## INGREDIENTS

### Instructions

#### PREP 20 MINUTES COOK 1 HOUR SERVES 2

Heat oven to 180C/160C fan/gas 4. Peel the aubergine with a potato peeler and roughly spread the miso paste all over it – the best way to do this is with the back of a spoon.

Put it in a roasting tin along with the sweet potato wedges. Pour 225ml boiling water into the base of the tin, then add the oil, ginger and garlic. Sprinkle a pinch of salt over the wedges and place in the oven. After 30 mins, pour another 125ml boiling water into the base of the tin and roast for another 20 mins. Repeat, adding 50ml boiling water and the spring onions, and roast for 10 mins more.

Check the aubergine is cooked by inserting a knife in the centre – if it is ready it will easily slide in and out, and the aubergine will be soft on the inside.

Sprinkle the chopped parsley over the potato wedges, slice the aubergine into 2cm thick 'steaks' and serve on top of the potatoes. If there is no sauce in the bottom of the tin, add 3 tbsp water to loosen up the miso, then pour the miso gravy over the aubergine steaks and sprinkle with cracked black pepper.

## METHOD

- 1 large aubergine (about 375g)
- 2 tbsp brown miso paste (we used Clearspring)
- 350g sweet potatoes, unpeeled and cut into chunky wedges
- 1 tbsp sunflower oil thumb-sized piece ginger, grated
- 1 garlic clove, grated Pinch of pink Himalayan salt
- 8 spring onions, sliced diagonally
- Small pack parsley, leaves chopped



# POACHED SALMON WITH TARRAGON



## NUTRITION PER SERVING

- Kcals 383
- Fat 25g
- Carbs 5g
- Protein 34g

## INGREDIENTS

### Instructions

**PREP 10 MINUTES COOK 10-15 MINUTES SERVES 4**

Zest the lemon and cut into wedges. Mix together the crème fraîche, tarragon, garlic, lemon zest and a squeeze of juice, season to taste and set aside.

Bring a large shallow pan of salted water to the boil and cook the green beans for 3 mins until just done. Remove with a slotted spoon, drain and cool under cold running water before tossing with the crème fraîche mixture.

Bring the pan back to the boil, then turn the heat down to a very gentle simmer and slide in the salmon pieces. Poach for 8-10 mins or until cooked to your liking.

Remove from the pan and put on kitchen paper before plating up. Serve with the green beans and baby new potatoes.

## METHOD

- 1 lemon 200g half-fat crème fraîche
- Small pack tarragon, leaves only, chopped
- 1 garlic clove, crushed to a paste
- 400g green beans, trimmed and halved
- 4 salmon fillets
- cooked baby new potatoes, to serve



# MEDITERRANEAN FISH GRATINS

## NUTRITION PER SERVING

- Kcals 372
- Fat 11g
- Carbs 16g
- Protein 46g



## INGREDIENTS

### Instructions

#### PREP 25 MINUTES COOK 55 MINUTES

Heat the oil in a large, wide non-stick saucepan or sauté pan and gently fry the onion, fennel, garlic and coriander seeds for 15 mins, stirring regularly until the vegetables are softened and lightly coloured. Pour the wine into the pan and add the tomatoes, tomato purée, saffron and bay leaf.

Season and bring to a gentle simmer. Cook for about 15 mins, stirring occasionally, until thick.

Heat oven to 220C/200C fan/gas 7. Stir the lemon juice and most of the parsley into the tomato mixture, pop the raw fish pieces and prawns on top and stir well. Cover tightly with a lid and simmer gently over a medium heat for 4-5 mins or until the fish is almost cooked. Stir a couple of times as the fish cooks, taking care not to let it break up.

Ladle the hot tomato and fish mixture into 6 individual pie dishes – they will each need to hold around 350ml. Mix the cheese, breadcrumbs, remaining parsley and a little ground black pepper together and sprinkle over the top. Bake on a baking tray for 20 mins or until the pies are golden brown and bubbling. Serve with green salad, if you like.

## METHOD

- 3 tbsp olive oil 1 large onion, thinly sliced
- 1 fennel bulb (**about 250g/9oz**), trimmed and thinly sliced
- 3 large garlic cloves, finely sliced
- 1 heaped tsp coriander seeds, lightly crushed
- 150ml white wine 2 x 400g cans chopped tomatoes with herbs
- 2 tbsp tomato purée good pinch of saffron
- 1 bay leaf 1 tbsp fresh lemon juice
- 1 small bunch flat-leaf parsley, leaves roughly chopped
- 900g mixed skinless fish fillets, (**anything you like**) cut into chunks
- 350g raw peeled king prawn 75g finely grated parmesan
- 50g panko or coarse dried breadcrumbs green salad, to serve (**optional**)



# CAULIFLOWER, PANEER & PEA CURRY



## NUTRITION PER SERVING

- Kcals 321
- Fat 14g
- Carbs 21g
- Protein 23g

## INGREDIENTS

### Instructions

#### PREP 10 MINUTES COOK 45 MINUTES SERVES 4

Heat 1 tbsp of oil in a large non-stick frying pan, add the paneer and fry gently until crisp.

Remove with a slotted spoon and set aside. Add the remaining oil and the cauliflower to the pan and cook for 10 mins until browned. Add the onions, and a little more oil if needed, and cook for a further 5 mins until softened. Stir in the garlic and curry paste, then pour in the passata and 250ml water, and season.

Bring to a simmer, then cover and cook for 18-20 mins or until the cauliflower is just tender.

Add the frozen peas and crispy paneer to the pan and cook for a further 5 mins. Stir through most of the coriander and garnish with the rest. Serve with basmati rice or naan bread, raita or your favourite chutney.

Season sauce and toss in half the mint and coriander. Cover and simmer for 2 mins. Sprinkle over remaining herbs and serve with couscous and yogurt.

## METHOD

- 2 tbsp sunflower oil
- 225g pack paneer, cut into cubes
- 1 head of cauliflower, broken into small florets
- 2 onions, thickly sliced 2 garlic cloves, crushed
- 2 heaped tbsp tikka masala paste 500g carton passata 200g frozen peas
- Small pack coriander, roughly chopped Basmati rice or naan breads, to serve
- Raita or your favourite chutney, to serve



# PAN-COOKED FETA WITH BEETROOT SALSA & BEAN MASH

## NUTRITION PER SERVING

- Kcals 296
- Fat 8g
- Carbs 34g
- Protein 18g



## INGREDIENTS

### Instructions

#### PREP 10 MINUTES COOK 7 MINUTES SERVES 2

Mix the beetroot and the onion in a bowl with the lime zest, a good squeeze of juice, seasoning and dill.

Heat the tsp oil in a non-stick pan and gently cook the garlic until softened then tip in the beans, and some of the juice from the can with seasoning. Mash the beans, keeping them quite chunky, then keep warm.

Toss the slices of feta in a little flour. Heat a non-stick frying pan, wipe with a little oil then cook the feta for a few minutes on each side until golden and warmed through, flipping over to make sure they're cooked evenly. Spoon the bean mash onto plates, top with the feta and half the salsa then scatter with extra dill. Serve with the rocket on the side and the rest of the salsa in a bowl.

## METHOD

- 100g vegetarian, light feta, thickly sliced
- a little flour, for dusting
- 65g pack rocket for the salsa & beans
- 250g cooked beetroot, diced
- ½ red onion, finely chopped grated zest and juice ½ lime
- 2 tbsp chopped dill, plus extra for sprinkling
- 1 tsp olive oil, plus a little extra for cooking
- 1 garlic clove, finely chopped 400g can cannellini beans



# SPICY BABY AUBERGINE STEW WITH CORIANDER & MINT



## NUTRITION PER SERVING

- Kcals 148
- Fat 7g
- Carbs 16g
- Protein 5g

## INGREDIENTS

### Instructions

**PREP 10 MINUTES COOK 45 MINUTES SERVES 4**

Heat oil in a heavy-based saucepan, add the onions and garlic and cook until they begin to colour. Add the chillies, coriander and cumin seeds.

When the seeds give off a nutty aroma, toss in the whole aubergines, coating them in the onion and spices.

Tip in tomatoes and sugar, cover and gently cook for 40 mins, until aubergines are tender.

## METHOD

- 2 tbsp olive oil 2 red onions, sliced
- 4 garlic cloves, smashed
- 2 red chillies, deseeded and sliced, or 2-3 dried red chillies left whole
- 2 tsp coriander seeds, toasted and crushed
- 2 tsp cumin seeds, toasted and crushed
- 16 baby aubergines, left whole with stalk intact
- 2 x 400g cans chopped tomatoes 2 tsp sugar
- Bunch mint leaves, roughly chopped
- bunch coriander, roughly chopped
- Couscous and yogurt to serve



# SOMERSET STEW WITH CHEDDAR & PARSLEY MASH



## NUTRITION PER SERVING

- Kcals 169
- Fat 4g
- Carbs 24g
- Protein 9g

## INGREDIENTS

### Instructions

**PREP 15 MINUTES COOK 35 MINUTES SERVES 4**

Heat oil in a large pan and fry the onion, garlic, carrot and leek until soft but not coloured.

Add the tomato purée, chopped tomatoes, butter beans, flageolet beans, cider, stock and thyme and simmer for 15-20 mins until the stew has thickened and the veg are tender.

Meanwhile, if you're adding sausages to any portion, snip each sausage into 3-4 chunks. Heat the olive oil in a frying pan and brown the chunks for 5 mins, then stir in appropriate portions of the stew and gently simmer for the remaining cooking time. Serve with the mash.

## METHOD

- 1 tbsp oil 1 onion, finely chopped
- 1 garlic clove, finely chopped
- 1 large carrot, finely chopped
- 1 leek, chopped 1 tbsp tomato purée
- 400g can chopped tomato
- 200g can butter bean, drained
- 400g can flageolet bean, rinsed and drained
- 200ml dry cider
- 250ml vegetable stock few sprigs thyme, leaves only
- Cheddar & parsley mash 2 sausages Veggie 1 tsp olive oil



# WINTER VEGETABLE PIE



## NUTRITION PER SERVING

- Kcals 388
- Fat 8g
- Carbs 62g
- Protein 15g

## INGREDIENTS

### Instructions

#### PREP 15 MINUTES COOK 45 MINUTES SERVES 4

Heat 1 tbsp of the oil in a flameproof dish over a medium heat. Add the onions and cook for 10 mins until softened, then stir in the flour and cook for a further 2 mins. Add the carrots, cauliflower, garlic and rosemary, and cook for 5 mins, stirring regularly, until they begin to soften.

Tip the tomatoes into the vegetables along with a can full of water. Cover with a lid and simmer for 10 mins, then remove the lid and cook for 10-15 mins more, until the sauce has thickened, and the vegetables are cooked. Season stir in the peas and cook for 1 min more.

Meanwhile, boil the potatoes for 10-15 mins until tender. Drain, then place back in the saucepan and mash. Stir through enough milk to reach a soft consistency, then add the remaining olive oil and season.

Heat the grill. Spoon the hot vegetable mix into a pie dish, top with the mash and drag a fork lightly over the surface. Place under the grill for a few mins until the top is crisp golden brown.

## METHOD

- 2 tbsp olive oil 2 onions, sliced
- 1 tbsp flour 300g (about 2 large) carrot, cut into small batons
- ½ cauliflower, broken into small florets
- 4 garlic cloves, finely sliced 1 rosemary sprig, leaves finely chopped
- 400g can chopped tomato
- 200g frozen pea 900g potato, cut into chunks
- Up to 200ml/7fl oz milk



# MEXICAN BEAN BURGERS WITH LIME YOGURT & SALSA

## NUTRITION PER SERVING

- Kcals 195
- Fat 3g
- Carbs 33g
- Protein 11g



## INGREDIENTS

### Instructions

#### PREP 10 MINUTES COOK 10 MINUTES SERVES 6

Heat grill to high. Tip the beans into a large bowl, then roughly crush with a potato masher.

Add the breadcrumbs, chilli powder, coriander stalks and ½ the leaves, egg and 2 tbsp salsa, season to taste, then mix together well with a fork.

Divide the mixture into 6, then wet your hands and shape into burgers.

The burgers can now be frozen. Place on a non-stick baking tray, then grill for 4-5 mins on each side until golden and crisp. To cook from frozen, bake at 200C/fan 180C/gas 6 for 20-30 mins until hot through.

While the burgers are cooking, mix the remaining coriander leaves with the yogurt, lime juice and a good grind of black pepper. Split the buns in half and spread the bases with some of the yogurt. Top each with leaves, avocado, onion, a burger, another dollop of the lime yogurt and some salsa, then serve.

## METHOD

- 2 x 400g/14oz cans kidney beans, rinsed and drained
- 100g breadcrumb
- 2 tsp mild chilli powder
- small bunch coriander, stalks and leaves chopped
- 1 egg 200g tub fresh salsa
- 150ml low-fat natural yogurt
- juice ½ lime
- 6 wholemeal burger buns, sliced avocado, sliced red onion and salad leaves, to serve

## About Healthy Diet

A healthy diet is one that helps maintain or improve overall health. A healthy diet provides the body with essential nutrition: fluid, macronutrients, micronutrients, and adequate calories.

A healthy diet may contain fruits, vegetables, and whole grains, and includes little to no processed food and sweetened beverages.

The requirements for a healthy diet can be met from a variety of plant-based and animal-based foods, although a non-animal source of vitamin B12 is needed for those following a vegan diet. Various nutrition guides are published by medical and governmental institutions to educate individuals on what they should be eating to be healthy. Nutrition facts labels are also mandatory in some countries to allow consumers to choose between foods based on the components relevant to health.



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