

# Nutrition

CHOOSE RIGHT . LIVE WELL.



# Medical Disclaimer

Always consult your medical practitioner, registered dietitian or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breast feeding 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.

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# Recipe

## SMOKEY BEEF & BACON CHILLI



### NUTRITION INFO PER PORTION

Calories:	276
Protein:	38g
Carbohydrate:	13g
Fat:	8g

Prep Time:  
15 minutes:

Cook time:  
6-8 hr low:

Yield:  
6 portions

## Ingredient:

6 smoked bacon medallions cut into small cubes  
800g lean steak mince 4 stalks celery, chopped  
1 red onion, chopped 3 garlic cloves, chopped  
400g can of kidney beans, rinsed and drained  
400g passata 2 tbsp tomato puree  
1 tbsp chilli powder 1 tbsp cumin

1 tbsp smoked paprika 1 tsp salt  
2 tbsp Worcester sauce  
400g passata 2 tbsp tomato puree  
1 tbsp chilli powder 1 tbsp cumin  
1 tbsp smoked paprika 1 tsp salt  
2 tbsp Worcester sauce

## Method

Heat a large frying pan on a medium heat and cook the bacon, garlic and onion for a few minutes until the bacon starts to crisp-up then tip everything into the slow cooker. Add the mince to the frying pan, increase the heat to high and cook for a few minutes until it's brown then add it to the slow cooker too. Add all the remaining ingredients to the slow cooker, stir then cover with the lid and cook for 6-8 hours on low.

# Recipe

## Massaman Curry



### NUTRITION INFO PER PORTION

Calories:	476
Protein:	42g
Carbohydrate:	32g
Fat:	23g

Prep Time:  
15 minutes:

Cook time:  
8 hr low:

Yield:  
6 portions

## Ingredient:

1kg lean diced beef • 750g new potatoes, cubed  
1 onion, thinly sliced • 10g fresh ginger, grated  
10g garlic • 2 tbsp curry powder • 2 tbsp soy sauce  
1 tbsp fish sauce • 1 tsp chilli flakes  
400ml coconut milk (not light) • 50g peanut butter

1 tbsp brown sugar • 1 tsp lime juice  
1 tsp coconut oil • 1 tbsp cornflour

## Method

Place the potatoes in the slow cooker.

Heat the coconut oil in a frying pan on a medium heat and gently cook the onions, garlic and ginger for 5 minutes then transfer to the slow cooker.

Add everything else to the slow cooker. Mix through and cover. Cook on low for 8 hours

# Recipe

## Massaman Curry



### NUTRITION INFO PER PORTION

Calories:	499
Protein:	46g
Carbohydrate:	53g
Fat:	10g

Prep Time:  
30 minutes:

Cook time:  
50 min

Yield:

### Ingredient:

4 boneless, skinless chicken breasts (each weighing about 150g/5½oz), cut into 2.5cm/1in chunks  
2 tbsp sunflower or vegetable oil 25g/1oz butter  
2 onions (350g/12oz total weight), coarsely grated or very finely chopped  
2 garlic cloves, crushed or finely grated 25g/1oz fresh root ginger, peeled and finely grated  
2 tbsp medium or mild curry powder  
1 tsp ground turmeric 1 tbsp mango chutney  
75g/2¾oz dried red split lentils  
800ml/1½ pints chicken stock, made with 1 stock cube  
3 tbsp single cream freshly ground black pepper  
160g/5¾oz basmati rice, to serve

### Method

Season the chicken generously with pepper. Heat 1 tablespoon of the oil in a large, non-stick frying pan. Fry the chicken over a medium–high heat for 4–5 minutes, turning occasionally. Set aside. Place the remaining oil, butter and onions in a large, non-stick saucepan and cook over a medium heat for 8–10 minutes, or until the onions are well softened and lightly browned. Stir in the garlic, ginger, curry powder and turmeric and cook for a few seconds more, stirring constantly. Add the mango chutney, lentils and stock to the spiced onions and bring to a simmer. Cook, stirring regularly, for 15–20 minutes, or until the lentils are very soft. For an extra smooth sauce, blend using a stick blender. Add the chicken and 2 tablespoons of cream to the lentil mixture and simmer gently for 5–6 minutes, or until the chicken is cooked through. Add an extra splash of water if the sauce is too thick. Meanwhile, place the rice in a saucepan of boiling water and cook for 10–12 minutes, or according to the packet instructions. Drain and set aside. Serve the curry immediately, garnished with the remaining cream, with the freshly cooked rice.

# Recipe

## Chicken Tacos



### NUTRITION INFO PER PORTION

Calories:	496
Protein:	33g
Carbohydrate:	56g
Fat:	14g

Prep Time:  
30 minutes:

Cook time:  
30 min

Yield:

## Ingredient:

### *For the marinade*

2 garlic cloves, crushed or finely grated  
1 orange, zest and juice only  
2 large limes, zest and juice only  
2 tbsp Mexican hot chilli sauce  
2 tbsp tomato purée 1 tsp dried oregano  
1 tsp ground cumin 1 tsp flaked sea salt or ½ tsp fine salt  
1 tsp freshly ground black pepper  
*For the chicken*  
6 boneless, skinless chicken thigh fillets, fat trimmed

4 corn tortillas, warmed, to serve  
2 Little Gem lettuces, leaves separated, rinsed and dried, to serve  
1 ripe avocado (about 150g/5½oz), stoned, peeled and sliced, to serve  
soured cream or reduced-fat crème fraîche, to serve  
*For the pickled red onion*  
1 red onion, finely sliced  
1 tbsp white or red wine vinegar  
1 tbsp caster sugar

## Method

1.To make the marinade, place all the ingredients into a large bowl and mix well. Add the chicken and turn several times until well coated. Cover the bowl and put in the fridge to marinate for 30–60 minutes.

2.Preheat the oven to 220C/200C Fan/Gas 7. Line a large baking tray with baking paper. Place the marinated chicken on the prepared tray.

3.Brush the chicken generously with more of the marinade. Roast in the preheated oven for 20–25 minutes, or until the chicken is tender and cooked through and the marinade is slightly charred in places. The chicken is cooked through when the juices run clear with no trace of pink when the thickest part of the fillet is pierced with a skewer.

4.Meanwhile, make the pickled red onion. Put the onion in a heatproof bowl. Cover with just-boiled water and leave to stand for 10 minutes. Drain well and then stir in the vinegar and caster sugar. Leave to stand for at least 10 minutes before draining and serving.

5.Transfer the chicken to a board and tear into pieces with two forks. To serve, place the chicken on the warmed tortillas and top with the lettuce, avocado, pickled onions and soured cream.

# Recipe

## Sweet and sour chicken



### NUTRITION INFO PER PORTION

Calories:	288
Protein:	20g
Carbohydrate:	38g
Fat:	7g

Prep Time:  
30 minutes:

Cook time:  
10 min

Serve:  
4

## Ingredient:

1 x 425g/15oz can pineapple chunks in natural juice  
2 tbsp cornflour 2 tbsp dark soy sauce  
2 tbsp white wine vinegar 2 tbsp soft light brown sugar  
2 tbsp tomato ketchup ½ tsp dried chilli flakes  
2 boneless, skinless chicken breasts 2 tbsp sunflower oil  
1 medium onion, cut into 12 wedges

2 peppers, red, green, orange or yellow, deseeded and cut into chunks of about 3cm/1 ¼in  
1 x 225g/8oz can water chestnuts 2 garlic cloves, peeled and crushed  
25g/1oz piece fresh root ginger, peeled and finely grated  
freshly ground black pepper

## Method

1. To make the sauce, drain the pineapple in a sieve over a bowl and keep all the juice – you should have about 150ml/5fl oz. Put the cornflour in a large bowl and stir in three tablespoons of the pineapple juice to make a smooth paste. Add the remaining juice and 150ml/5fl oz water, then stir in the soy sauce, vinegar, sugar, ketchup and chilli flakes until thoroughly combined. Set aside.
2. Cut each chicken breast into eight or nine even pieces. Heat a tablespoon of the oil in a large non-stick frying pan or wok and stir-fry the onion and peppers for two minutes over a high heat. Drain the water chestnuts and cut them in half horizontally.
3. Add the remaining oil and the chicken to the pan and stir-fry for two minutes until coloured on all sides. Add the garlic, ginger, pineapple chunks and water chestnuts and stir-fry for 30–60 seconds.
4. Give the cornflour and pineapple mixture a good stir and add it to the pan with the chicken and vegetables. Stir well, season with some ground black pepper and bring to a simmer. Cook for 4–6 minutes until the sauce is thickened and glossy and the chicken is tender and cooked throughout, turning the chicken and vegetables a few times. Serve with a small portion of rice.

# Recipe

## Chicken skewers with tzatziki



### NUTRITION INFO PER PORTION

Calories:	137
Protein:	20g
Carbohydrate:	3g
Fat:	5g

Prep Time:  
10 mins

Cook time:  
15 min

Serve:  
8

### Ingredient:

4 skinless chicken breasts  
1 lemon 2 tsp oregano  
1 garlic clove 1 small yellow pepper  
1 small red pepper Wholemeal tortilla wraps, to serve  
Baby spinach leaves, to serve few sprigs flat-leaf parsley  
to serve

#### *For the tzatziki*

$\frac{1}{2}$  cucumber  $\frac{1}{4}$  garlic clove  
4 tbsp Greek yogurt 1 tbsp extra virgin olive oil  
You will need eight bamboo skewers

### Method

1. Soak eight bamboo skewers in water. Using sharp kitchen scissors, chop the chicken into small pieces. Pop into a plastic box with a lid. Pare strips of lemon zest from the lemon using a vegetable peeler, then juice the lemon as well. Add both the peel and the juice to the chicken in the box along with the oregano and the garlic, crushed in. Season generously, mix and put in the fridge for 15 mins with the lid on. Deseed and chop the peppers into similar-sized pieces to those of the chicken.

2. Heat a griddle pan to high while you get the chicken out. Discard the lemon zest and thread the chicken onto the skewers, alternating every few bits of chicken with a piece of red pepper followed by a piece of yellow pepper. Griddle for 10 mins, turning halfway.

3. While the skewers are cooking, make the tzatziki. Get a box grater and a bowl. Cut the cucumber into long lengths, discarding the watery seedy core. Grate into the bowl, then grate the  $\frac{1}{4}$  garlic clove. Season generously and stir in the Greek yogurt. Drizzle with a little extra virgin olive oil.

4. Serve the skewers hot off the griddle with the dip, or take the chicken and peppers off the skewers, leave to cool and pack into wholemeal wraps spread with a little tzatziki and rolled up with baby spinach and a few picked leaves of parsley.

# Recipe

## Cod with cucumber, avocado & mango salsa salad



### NUTRITION INFO PER PORTION

Calories:	272
Protein:	25g
Carbohydrate:	15g
Fat:	12g

Prep Time:  
5 mins

Cook time:  
8 min

Serve:  
4

### Ingredient:

2 x 125g skinless cod fillets  
1 lime, zested and juiced  
1 small mango, peeled, stoned and chopped (or 2 peaches, stoned and chopped)  
1 small avocado, stoned, peeled and sliced

1/4 cucumber, chopped 160g cherry tomatoes, quartered  
1 red chilli, deseeded and chopped 2 spring onions, sliced handful chopped coriander

### Method

- Heat oven to 200C/180C fan/gas 6. Put the fish in a shallow ovenproof dish and pour over half the lime juice, with a little of the zest, then grind over some black pepper. Bake for 8 mins or until the fish flakes easily but is still moist.
- Meanwhile, put the rest of the ingredients, plus the remaining lime juice and zest, in a bowl and combine well. Spoon onto plates and top with the cod, spooning over any juices in the dish.

# Recipe

## Ratatouille pasta salad with rocket



### NUTRITION INFO PER PORTION

Calories:	301
Protein:	13g
Carbohydrate:	44g
Fat:	5g

Prep Time:  
5 mins

Cook time:  
8 min

Serve:  
2

### Ingredient:

100g whole wheat penne  
leftover ratatouille ( $\frac{1}{2}$  quantity)  
6 Kalamata olives, sliced  
2 tsp balsamic vinegar  
2 handfuls rocket

### Method

1. Cook the pasta following the pack instructions, then drain and toss with the ratatouille (you could use the recipe from our Herb & garlic pork with summer ratatouille), olives and vinegar. Spoon into a container and top with the rocket. Toss the rocket through just before eating.

# Recipe

## Healthy Bolognese



### NUTRITION INFO PER PORTION

Calories:	387
Protein:	30g
Carbohydrate:	39g
Fat:	10g

Prep Time:  
5 mins

Cook time:  
20 min

Serve:  
3

### Ingredient:

100g whole-wheat linguine 2 tsp rapeseed oil 1 fennel bulb, finely chopped  
2 garlic cloves, sliced  
200g pork mince with less than 5% fat  
200g whole cherry tomatoes  
1 tbsp balsamic vinegar

1 tsp vegetable bouillon powder  
generous handful chopped basil

### Method

- 1.Bring a large pan of water to the boil, then cook the linguine following pack instructions, about 10 mins.
- 2.Meanwhile, heat the oil in a non-stick wok or wide pan. Add the fennel and garlic and cook, stirring every now and then, until tender, about 10 mins.
- 3.Tip in the pork and stir-fry until it changes colour, breaking it up as you go so there are no large clumps. Add the tomatoes, vinegar and bouillon, then cover the pan and cook for 10 mins over a low heat until the tomatoes burst, and the pork is cooked and tender. Add the linguine and basil and plenty of pepper and toss well before serving.

# Recipe

## Healthy fish & chips with tartare sauce



### NUTRITION INFO PER PORTION

Calories:	394
Protein:	35g
Carbohydrate:	41g
Fat:	9g

Prep Time:  
5 mins

Cook time:  
40 min

Serve:  
2

### Ingredient:

450g potatoes, peeled and cut into chips and wedged to serve

Small handful of parsley leaves chopped  
1 tbsp capers 2 heaped tbsp 0% Greek yogurt

1 tbsp olive oil, plus a little extra for brushing

2 white fish fillets about 140g/5oz each

Grated zest and juice of 1 lemon

### Method

1. Heat oven to 200C/fan 180C/gas 6. Toss chips in oil. Spread over a baking sheet in an even layer, bake for 40 mins until browned and crisp. Put the fish in a shallow dish, brush lightly with oil, salt and pepper. Sprinkle with half the lemon juice, bake for 12-15 mins. After 10 mins sprinkle over a little parsley and lemon zest to finish cooking.

2. Meanwhile, mix the capers, yogurt, remaining parsley and lemon juice together, set aside and season if you wish. To serve, divide the chips between plates, lift the fish onto the plates and serve with a spoonful of yogurt mix.

# Recipe

## Overnight oats



### NUTRITION INFO PER PORTION

Calories:	348
Protein:	13g
Carbohydrate:	46g
Fat:	11g

Prep Time:  
10 mins

Cook time:

Serve:  
1

### Ingredient:

¼ tsp ground cinnamon  
50g rolled porridge oats  
2 tbsp natural yogurt  
50g mixed berries

Drizzle of honey  
½ tbsp nut butter

### Method

- 1.The night before serving, stir the cinnamon and 100ml water (or milk) into your oats with a pinch of salt.
- 2.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.

# Recipe

## Homemade muesli with oats, dates & berries



### NUTRITION INFO PER PORTION

Calories:	478
Protein:	17g
Carbohydrate:	43g
Fat:	23g

Prep Time:  
5 mins

Cook time:  
2 mins

Serve:  
4

### Ingredient:

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  
generous sprinkling of ground cinnamon

### Method

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.

# Recipe

## Baked banana porridge



### NUTRITION INFO PER PORTION

Calories:	405
Protein:	12g
Carbohydrate:	53g
Fat:	15g

Prep Time:  
5 mins

Cook time:  
25 mins

Serve:  
2

### Ingredient:

2 small bananas, halved lengthways  
100g jumbo porridge oats ¼ tsp cinnamon  
150ml milk of your choice, plus extra to serve  
4 walnuts, roughly chopped

### Method

1. Heat oven to 190C/170C fan/gas 5. Mash up one banana half, then mix it with the oats, cinnamon, milk, 300ml water and a pinch of salt, and pour into a baking dish. Top with the remaining banana halves and scatter over the walnuts.
2. Bake for 20-25 mins until the oats are creamy and have absorbed most of the liquid.

# Recipe

## Potato & spring onion breakfast pancakes



### NUTRITION INFO PER PORTION

Calories:	553
Protein:	31g
Carbohydrate:	31g
Fat:	33g

Prep Time:  
15 mins

Cook time:  
30 mins

Serve:  
2

### Ingredient:

- |   |  |
|---|--|
| 140g floury potatoes (weighed after peeling), cut into large chunks | 2 tsp sunflower oil, plus extra if needed    |
| 50g self-raising flour  | Knob of butter                               |
| ½ tsp bicarbonate of soda   | 6 rashers streaky bacon (smoked or unsmoked) |
| 3 large eggs  |  |
| 5 tbsp milk   |  |
| 3 spring onions, finely chopped                                     |  |

### Method

- 1.Put the potatoes in a large pan of salted water and boil until tender. Drain well, tip back into the pan, shake for 1 min over a gentle heat to dry them off, then mash and leave to cool.
- 2.Put the cooled mash in a bowl with the flour and bicarb. Whisk 1 egg with the milk, season, tip into the bowl and whisk until smooth. Stir in the spring onions, reserving some to serve.
- 3.In a non-stick frying pan, heat half the oil and butter until sizzling, then spoon in half the pancake batter to make 3 pancakes. Cook for 1 min or so on each side until browned and set underneath, then flip and cook the other side. Keep warm in the oven while you make 3 more pancakes.
- 4.Wipe out the pan, add the bacon and sizzle until almost crisp. Push to one side and crack in the 2 remaining eggs - with a splash more oil if needed. Fry to your liking, then serve with the pancakes and bacon, sprinkled with the remaining spring onions.

# Recipe

## Poached eggs with broccoli, tomatoes & wholemeal flatbread



### NUTRITION INFO PER PORTION

Calories:	338
Protein:	22g
Carbohydrate:	31g
Fat:	17g

Prep Time:  
5mins

Cook time:  
6 mins

Serve:  
2

### Ingredient:

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

### Method

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.

# Recipe

## Mushroom baked eggs with squished tomatoes



### NUTRITION INFO PER PORTION

Calories:	-
Protein:	-
Carbohydrate:	-
Fat:	-

Prep Time:  
5 mins

Cook time:  
30 mins

Serve:  
2

### Ingredient:

2 large flat mushrooms (about 85g each), stalks removed and chopped  
rapeseed oil, for brushing  
½ garlic clove, grated (optional)  
A few thyme leaves  
2 tomatoes, halved  
2 large eggs  
2 handfuls rocket

### Method

Heat oven to 200C/180C fan/gas 6. Brush the mushrooms with a little oil and the garlic (if using). Place the mushrooms in two very lightly greased gratin dishes, bottom-side up, and season lightly with pepper. Top with the chopped stalks and thyme, cover with foil and bake for 20 mins.

Remove the foil, add the tomatoes to the dishes and break an egg carefully onto each of the mushrooms. Season and add a little more thyme, if you like. Return to the oven for 10-12 mins or until the eggs are set but the yolks are still runny. Top with the rocket and eat straight from the dishes.

# Recipe

## Bircher muesli with apple & banana



### NUTRITION INFO PER PORTION

Calories:	-
Protein:	-
Carbohydrate:	-
Fat:	-

Prep Time:  
5 mins

Cook time:  
Overnight

Serve:  
2

## Ingredient:

Eating apple, coarsely grated  
50g jumbo porridge oats  
25g mixed seeds (such as sunflower, pumpkin, sesame and linseed)  
25g mixed nuts (such as Brazils, hazelnuts, almonds, pecans and walnuts), roughly chopped  
 $\frac{1}{4}$  tsp ground cinnamon  
100g full-fat natural bio-yogurt  
1 medium banana, sliced  
25g organic sultanas

## Method

Put the grated apple in a bowl and add the oats, seeds, half the nuts and the cinnamon. Toss together well. Stir in the yogurt and 100ml cold water, cover and chill for several hours or overnight. Spoon the muesli into two bowls and top with the sliced banana, sultanas and remaining nuts.

# Recipe

## Healthy pancakes



### NUTRITION INFO PER PORTION

Calories:	53
Protein:	3g
Carbohydrate:	8g
Fat:	1g

Prep Time:  
15 mins

Cook time:  
30 mins

Serve:  
10 - 12

### Ingredient:

50g self-raising flour  
50g wholemeal or wholegrain flour 2 small eggs, separated  
150ml skimmed milk  
Berries and low-fat yogurt or fromage frais to serve

### Method

Sift the flours into a bowl or wide jug and tip any bits in the sieve back into the bowl. Add the egg yolks and a splash of milk then stir to a thick paste. Add the remaining milk a little at a time so you don't make lumps in the batter.

Whisk the egg whites until they stand up in stiff peaks, then fold them carefully into the batter - try not to squash out all the air.

Heat a non-stick pan over a medium heat and pour in enough batter to make a pancake about 10 cm across. Cook for just under a minute until bubbles begin to pop on the surface and the edges are looking a little dry. Carefully turn the pancake over. If it is a bit wet on top, it may squirt out a little batter as you do so. In that case, leave it on the other side a little longer. Keep warm while you make the remaining pancakes. Serve with your favourite healthy toppings.

# Recipe

## Garlicky mushroom penne



### NUTRITION INFO PER PORTION

Calories:	436
Protein:	18g
Carbohydrate:	59g
Fat:	12g

Prep Time:  
20 mins

Cook time:  
15 mins

Serve:  
2

### Ingredient:

210g can chickpeas, no need to drain  
1 tbsp lemon juice  
1 large garlic clove  
1 tsp vegetable bouillon  
2 tsp tahini ¼ tsp ground coriander  
115g wholemeal penne 2 tsp rapeseed oil  
2 red onions, halved and sliced  
200g closed cup mushrooms, roughly chopped  
½ lemon, juiced generous handful chopped parsley

### Method

1. To make the hummus, tip a 210g can chickpeas with the liquid into a bowl and add 1 tbsp lemon juice, 1 large garlic clove, 1 tsp vegetable bouillon, 2 tsp tahini and ¼ tsp ground co-riander.
2. Blitz to a wet paste with a hand blender, still retaining some texture from the chickpeas.
3. Cook 115g wholemeal penne pasta according to the pack instructions.
4. Meanwhile, heat 2 tsp rapeseed oil in a non-stick wok or large frying pan and add 2 halved and sliced red onions and 200g roughly chopped closed cup mushrooms, stirring frequently until softened and starting to caramelize.
- 5.oss together lightly, squeeze over the juice of ½ a lemon and serve, adding a dash of water to loosen the mixture a little if needed. Scatter with a generous handful of chopped parsley.

# Recipe

## Salmon pasta salad with lemon & capers



### NUTRITION INFO PER PORTION

Calories:	-
Protein:	-
Carbohydrate:	-
Fat:	-

Prep Time:

-

Cook time:

-

Serve:

-

## Ingredient:

85g whole-wheat penne 1 tbsp rapeseed oil  
1 large red pepper, roughly chopped  
2 frozen, skinless wild salmon fillets (about 120g each)  
1 lemon, zested and juiced  
2 garlic cloves, finely grated  
1 shallot, very finely chopped  
2 tbsp capers 6 pitted Kalamata olives, sliced  
1 tsp extra virgin olive oil  
2 handfuls rocket

## Method

1.Cook the pasta following pack instructions. Meanwhile, heat the rapeseed oil in a frying pan, add the pepper, cover and leave for about 5 mins until it softens and starts to char a little. Stir, then push the pepper to one side and add the salmon. Cover and fry for 8-10 mins until just cooked.

2.Meanwhile, mix the lemon zest and juice in a large bowl with the garlic, shallot, capers and olives.

3.Add the cooked pepper and salmon to the bowl. Drain the pasta and add it too, with black pepper and the olive oil. Toss everything together, flaking the salmon as you do so. If eating now, toss through the rocket; if packing a lunch, leave to cool, then put in a container with the rocket on top and mix through just before eating.

# Recipe

## Burrito bowl with chipotle black beans



### NUTRITION INFO PER PORTION

Calories:	573
Protein:	16g
Carbohydrate:	72g
Fat:	21g

Prep Time:  
15 mins

Cook time:  
5-10 mins

Serve:  
2

### Ingredient:

125g basmati rice  
1 tbsp olive oil 2 garlic cloves, chopped  
400g can black beans, drained and rinsed  
1 tbsp cider vinegar  
1 tsp honey 1 tbsp chipotle paste  
100g chopped curly kale 1 avocado, halved and sliced  
1 medium tomato, chopped  
1 small red onion, chopped

### Method

Cook the rice following pack instructions, then drain and return to the pan to keep warm. In a frying pan, heat the oil, add the garlic and fry for 2 mins or until golden. Add the beans, vinegar, honey and chipotle. Season and warm through for 2 mins.

Boil the kale for 1 min, then drain, squeezing out any excess water. Divide the rice between big shallow bowls and top with the beans, kale, avocado, tomato and onion. Serve with hot sauce, coriander and lime wedges, if you like.

# Recipe

## Chicken Satay Salad



### NUTRITION INFO PER PORTION

Calories:	353
Protein:	38g
Carbohydrate:	24g
Fat:	10g

Prep Time:  
15 mins

Cook time:  
5-10 mins

Serve:  
2

### Ingredient:

1 tbsp tamari 1 tsp medium curry powder  
1/4 tsp ground cumin 1 garlic clove, finely grated  
1 tsp clear honey  
2 skinless chicken breast fillets (or use turkey breast)  
1 tbsp crunchy peanut butter (choose a sugar-free version with no palm oil, if possible)  
1 tbsp sweet chilli sauce 1 tbsp lime juice a little sunflower oil, for wiping the pan  
2 Little Gem lettuces hearts, cut into wedges  
1/4 cucumber, halved and sliced  
1 banana shallot, halved and thinly sliced  
generous handful coriander, chopped seeds from 1/2 pomegranate

### Method

Pour the tamari into a large dish and stir in the curry powder, cumin, garlic and honey. Mix well. Slice the chicken breasts in half horizontally to make 4 fillets in total, then add to the marinade and mix well to coat. Set aside in the fridge for at least 1 hr, or overnight, to allow the flavours to penetrate the chicken.

Meanwhile, mix the peanut butter with the chilli sauce, lime juice, and 1 tbsp water to make a spoonable sauce. When ready to cook the chicken, wipe a large non-stick frying pan with a little oil. Add the chicken and cook, covered with a lid, for 5-6 mins on a medium heat, turning the fillets over for the last min, until cooked but still moist. Set aside, covered, to rest for a few mins.

While the chicken rests, toss the lettuce wedges with the cucumber, shallot, coriander and pomegranate, and pile onto plates. Spoon over a little sauce. Slice the chicken, pile on top of the salad and spoon over the remaining sauce. Eat while the chicken is still warm.

# Recipe

## BLT Pasta Salad



### NUTRITION INFO PER PORTION

Calories:	332
Protein:	18g
Carbohydrate:	35g
Fat:	13g

Prep Time:  
10 mins

Cook time:  
10 mins

Serve:  
1

### Ingredient:

25g pasta bows  
2 cooked crispy bacon rashers, broken into pieces  
15g spinach, chopped  
6 cherry tomatoes, halved  
½ tbsp crème fraîche  
¼ tsp wholegrain mustard

### Method

The night before school, cook the pasta following pack instructions and run under cold water to cool quickly. Mix in the bacon, spinach, tomatoes, crème fraîche and mustard, and season with a little salt. Spoon into an airtight container and keep overnight in the fridge.

# Recipe

## Help-yourself tuna rice salad



### NUTRITION INFO PER PORTION

Calories:	328
Protein:	14g
Carbohydrate:	49g
Fat:	10g

Prep Time:  
30 mins

Cook time:  
-

Serve:  
8

### Ingredient:

Approx. 900g/2lb cold cooked rice (about 400g/14oz uncooked rice)  
400g tuna in Springwater  
200g frozen petits pois, defrosted  
2 red peppers, peeled with a potato peeler, deseeded and diced  
3 tomatoes, chopped into small chunks  
5 spring onions, finely sliced  
bunch flat-leaf parsley, chopped  
large handful stoned green olives, roughly chopped  
4 tbsp mayonnaise juice 1 lemon  
2 tbsp extra-virgin olive oil

### Method

The cooked rice will have probably clumped together, so break it up in a large mixing bowl. Flake in the tuna, then mix in the peas, peppers, tomatoes, spring onions, parsley and olives, if you're using them. Stir through the mayonnaise, lemon juice and olive oil and season to taste. Cover the bowl with cling film or place in a large plastic container and let your household serve themselves whenever they are hungry.

# Recipe

## Veggie Chickpea Burgers



### NUTRITION INFO PER PORTION

Calories:	423
Protein:	14g
Carbohydrate:	64g
Fat:	13g

Prep Time:  
30 mins

Cook time:  
30 mins

Serve:  
8

### Ingredient:

3-4 tbsp sunflower oil 1 onion, roughly chopped  
2 garlic cloves, thinly sliced  
1 tsp ground cumin 1 tsp ground coriander  
400g tin chickpeas, drained and rinsed  
100g/3½oz hummus 50g/2oz plain flour  
½ tsp salt freshly ground black pepper  
50g/2oz pine nuts or cashews

### Method

8 pitta breads, warmed  
mixed green salad 8 tbsp plain yoghurt (optional) 8 tsp chilli sauce

#### *Method*

Heat 1 tablespoon of the oil in a non-stick frying pan over a medium heat. Add the onion and garlic and fry gently for 4-5 minutes, or until softened, stirring regularly. Stir in the cumin and coriander and fry for 1-2 minutes, or until fragrant. Remove from the heat and set aside to cool for 5 minutes.

Place in a food processor, add half of the chickpeas and all the hummus and flour. Season with salt and pepper. Blend to a rough paste.

Add the remaining chickpeas and the pine nuts. Pulse for a few seconds until the chickpeas and pine nuts have broken down but retain some texture. Season to taste.

Divide the chickpea mixture into 8 portions. Roll each into a ball, flatten between your palms into a burger shape approximately 1.5cm/½in thick. Heat the remaining oil in a large, non-stick frying pan. Add the burgers in batches and fry for 3-4 minutes on each side, or until golden-brown and crisp on both sides and heated through.

# Recipe

## Sweet potato soup



### NUTRITION INFO PER PORTION

Calories:	257
Protein:	7g
Carbohydrate:	33g
Fat:	11g

Prep Time:  
30 mins

Cook time:  
30 mins

Serve:  
4

### Ingredient:

1 tbsp olive oil  
1 onion, roughly chopped  
2 large carrots, peeled and roughly chopped  
4cm/1½ inches fresh root ginger, finely chopped  
1 garlic clove, crushed  
½ tsp dried red chilli flakes

700g/1lb 10oz sweet potatoes, peeled and cubed  
1.2 litres/2 pints vegetable stock  
salt and freshly ground black pepper

### Method

Heat the oil in a large, lidded saucepan over a medium-high heat. Add the onion and carrots and cook until softened. Stir in the ginger, garlic and chilli flakes and fry for 2-3 minutes, or until fragrant. Stir in the sweet potatoes and stock. Turn up the heat and bring the pan to the boil. Reduce the heat to low and simmer with the lid on for 15 minutes, or until the sweet potato is tender.

Remove the pan from the heat and blend the soup, using a stick blender, until smooth. Alternatively, tip it into a food processor and blend. Season to taste and serve.

# Recipe

## Smoky beef stew



### NUTRITION INFO PER PORTION

Calories:	341
Protein:	42g
Carbohydrate:	18g
Fat:	12g

Prep Time:  
10 mins

Cook time:  
3 hr

Serve:  
6-8

### Ingredient:

1kg stewing beef, cut into large chunks  
2 onions, chopped  
800g (2 cans) chopped tomatoes  
2 tsp each sweet paprika, ground cumin and mild chilli powder  
2 tbsp red or white wine vinegar  
2 tbsp caster sugar  
400g can butter beans, rinsed and drained

### Method

Heat oven to 160C/ 140C fan/gas 3. Mix the beef, onions, tomatoes, spices, vinegar and sugar in a casserole dish. Cover and bake for 2½ hrs. Stir in the beans and bake for 30 mins more (with the lid off if the casserole is a little wet or lid on if good consistency), until the beef is tender.

Cool, then freeze in 6-8 portions in small food bags or plastic containers. Defrost in microwave or overnight in fridge, then heat in the morning and transfer to a thermos container, or heat in the microwave at lunchtime.

# Recipe

## Speedy Meatball Stew



### NUTRITION INFO PER PORTION

Calories:	286
Protein:	-
Carbohydrate:	28g
Fat:	11g

Prep Time:  
5 mins

Cook time:  
15 mins

Serve:  
4

### Ingredient:

2 medium potatoes, peeled and cut into bite-size cubes  
1 tbsp olive oil 250g small lean beef meatball  
1 onion, chopped  
2 garlic cloves, chopped  
1 tbsp chopped rosemary  
560ml jar passata 200g frozen peas  
few parmesan shavings, to serve (optional)

### Method

Boil the potatoes for 10 mins until tender. Meanwhile, heat the oil in a large saucepan. Season the meatballs, then brown them all over for about 5 mins. Remove from the pan, drain off any excess fat, then add the onion, garlic and rosemary. Fry gently for 5 mins.

Add passata to the pan, bring to a simmer, then add the meatballs. Simmer for 5 mins or until everything is cooked through. Add the potatoes and peas, then simmer for 1 min. Pack into a flask or reheat at work, add Parmesan, if using, and eat with good crusty bread.



ENJOY HEALTHY  
**FOOD**