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The healthy living cookbook

'This recipe book includes different recipe ideas for breakfast, soups, main meals and snacks. They have all been created with budget and time saving in mind and reflect a variety of cultures, foods and tastes. We hope there is something in here for everyone and that you enjoy making them as much as we enjoyed creating them!' — Xyla

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Cooked breakfast

Serves: 1

Nutritional information

Typical value	Per serving
Energy	441kcal
Fat	13g
Saturated fat	4g
Carbohydrate	44g
Fibre	14g
Protein	31g
Salt	1.7g

Allergens:
Gluten, Eggs. May contain soya.

Ingredients:

- 2 eggs
- 70g mushrooms
- 70g cherry tomatoes, halved
- 1 handful fresh baby spinach
- 1 garlic clove, minced
- 1 small can reduced-salt baked beans
- 1 kcal spray oil
- Black pepper
- 1 small slice of wholemeal bread

Method:

1. In a bowl, whisk together the eggs. Add a pinch of pepper.
2. In a non-stick frying pan, add some 1 kcal oil and the garlic and leave to cook for a minute.
3. Add the cherry tomatoes, mushrooms and spinach and sauté for 5-7 minutes.
4. In another pan, spray some 1 kcal oil and add the eggs. Let them sit without stirring for 20 seconds and then continuously stir until you reach your preferred consistency.
5. Meanwhile, place the baked beans in a saucepan over a medium heat for 5 minutes.
6. Toast the slice of wholemeal bread.
7. Combine the eggs, beans and vegetables and enjoy with the slice of bread!



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Blueberry oats

Serves: 1

Nutritional information

Typical value	Per serving
Energy	256kcal
Fat	7g
Saturated fat	3g
Carbohydrate	36g
Fibre	3g
Protein	11g
Salt	0.2g

Allergens:
Milk, Gluten.

Ingredients:

- 40g rolled oats
- 200ml semi-skimmed milk or dairy alternative
- 15g blueberries/raspberries

Method:

1. Place the oats and milk in a saucepan over a medium heat for around 10 minutes or until you reach your preferred consistency.
2. During the last 5 minutes mix in the blueberries/raspberries.
3. Serve and enjoy!



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Overnight oats

Serves: 1

Nutritional information

Typical value	Per serving
Energy	414kcal
Fat	23g
Saturated fat	7.4g
Carbohydrate	34g
Fibre	8.3g
Protein	14g
Salt	0.35g

Allergens:
Gluten, Tree nuts, Milk.

Ingredients:

- 2 tbsp plain Greek yoghurt
- 40g rolled oats
- 30g mixed berries
- 1 tbsp almond butter
- 1 tsp cinnamon

Method:

1. Mix together the oats, yoghurt, mixed berries, almond butter and cinnamon.
2. Place in a mason jar (any airtight container will work) and ensure the lid is firmly on.
3. Store overnight in the fridge and enjoy in the morning.



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Vegan yoghurt parfait

Serves: 1

Nutritional information

Typical value	Per serving
Energy	334kcal
Fat	19g
Saturated fat	11g
Carbohydrate	31g
Fibre	7.9g
Protein	5.4g
Salt	1g

Allergens:
None.

Ingredients:

- 250g dairy free yoghurt
- 110g strawberries, quartered
- 35g raspberries
- 10g blueberries
- 1 tbsp mixed seeds (pumpkin and sunflower seeds)

Method:

1. Place the yogurt, strawberries, blueberries and raspberries into a bowl and mix together.
2. Sprinkle the mixed seeds on top and enjoy!



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Banana pancakes

Serves: 2

Nutritional information

Typical value	Per serving
Energy	249kcal
Fat	8g
Saturated fat	2.2g
Carbohydrate	30g
Fibre	3g
Protein	13g
Salt	0.32g

Allergens:
Eggs, Gluten, Milk.

Ingredients:

- 1 medium ripe banana, peeled
- 2 medium eggs
- 40g porridge oats
- Cooking oil spray
- 100g low fat plain yoghurt
- 60g frozen berries (defrosted)

Method:

1. Mash the banana in a bowl using a fork.
2. Add the eggs and porridge oats to the mashed banana and stir well until all the ingredients are combined.
3. Heat a non-stick frying pan over a medium heat and spray with some oil.
4. Spoon a small amount of the batter into the pan, approx. 7cm in diameter, and cook for 1-2 minutes on each side (be careful when flipping the pancakes as they can be quite delicate).
5. Repeat the process with the remaining batter.
6. Serve the pancakes topped with plain yoghurt and berries.



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Layered granola

Serves: 1

Nutritional information

Typical value	Per serving
Energy	316kcal
Fat	7.1g
Saturated fat	0.7g
Carbohydrate	41g
Fibre	5g
Protein	19g
Salt	0.22g

Allergens:
Gluten, Tree nuts, Milk.

Ingredients:

- 35g low sugar granola
- 125g 0% fat Greek yoghurt
- 1 tsp vanilla extract
- 1 small banana, peeled
- 1 tsp chia seeds

Method:

1. Place the granola in the bottom of a bowl or dessert glass.
2. Place the yoghurt in a bowl and add the vanilla extract. Mix well until combined.
3. Layer the yoghurt mixture onto the granola.
4. Slice your banana finely and layer this on top of the yoghurt.
5. Sprinkle your chia seeds over the top and your dish is ready to eat.



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Sweet potato hash

Serves: 2

Nutritional information

Typical value	Per serving
Energy	431kcal
Fat	21g
Saturated fat	4.9g
Carbohydrate	37g
Fibre	8.1g
Protein	22g
Salt	0.67g

Allergens:
Eggs.

Ingredients:

- 300g sweet potatoes, diced into bite sized chunks
- 10 spring onions, finely sliced
- 150g spinach
- 160g white mushrooms, finely sliced
- Paprika
- 4 medium eggs
- ½ avocado, diced into bite sized chunks
- 1 tsp olive oil
- Black pepper, to taste
- Hot sauce (optional)



Method:

1. Preheat the oven to 220°C/200°C fan/gas mark 7.
2. Season your sweet potatoes with paprika and spread them out evenly on to the baking tray. Place in the oven and cook for 18 minutes.
3. In the meantime, add a small amount of oil to a large frying pan over a medium heat and cook your mushrooms until soft. Once soft add your spring onions to the pan for a further 2-3 minutes. Season with black pepper as you go.
4. Then add your spinach to the pan and cook until the spinach is wilted.
5. Whilst doing this, cook your eggs. These can be scrambled or poached based on your preference.
6. Once the sweet potato is cooked, add this and the avocado to the pan with the rest of the ingredients and gently mix for 1-2 minutes until all ingredients are evenly mixed.
7. Serve the ingredients in the pan onto your plate and top with the eggs. If you want more spice, then add your hot sauce onto the top.







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Blueberry and banana breakfast smoothie

Serves: 1

Nutritional information

Typical value	Per serving
Energy	420kcal
Fat	10g
Saturated fat	1.4g
Carbohydrate	60g
Fibre	9.7g
Protein	17g
Salt	0.08g

Allergens:
Gluten, Soya.

Ingredients:

- 1 large ripe banana
- 100g blueberries (fresh or frozen)
- 100g spinach (optional)
- 40g oats
- 250ml soya milk, unsweetened
- 1 tsp flaxseeds, milled

Method:

1. Peel the skin off the banana and cut into small pieces.
2. Place all the ingredients into a blending beaker and blend together to reach your desired consistency (add water if needed).
3. Pour into a glass to serve.



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Carrot and red pepper soup

Serves: 4

Nutritional information

Typical value	Per serving
Energy	159kcal
Fat	7.5g
Saturated fat	1.1g
Carbohydrate	17g
Fibre	7.8g
Protein	1.9g
Salt	0.15g

Allergens:
Celery.

Ingredients:

- 2 tbsp olive oil
- 1 medium white onion
- 5 large carrots
- 1 medium red pepper
- 1 large celery stick
- 2 large garlic cloves, minced
- 1 low salt vegetable stock cube (made with 900ml water)
- 1 tsp dried thyme
- 1 bay leaf
- Black pepper, to taste

Method:

1. Roughly chop the onion, red pepper, celery, and carrots.
2. Heat the olive oil in a pan over a low heat and cook the onions and celery until soft.
3. Add the carrots and pepper and cook for another 5 minutes.
4. Add the garlic, thyme and bay leaf and stir for another minute.
5. Pour in the stock and increase to a medium heat, bringing the stock to a boil.
6. Allow to simmer for 20 minutes and ensure the carrots have become soft.
7. Remove the bay leaf from the pan, then use a hand blender to puree or blend using a food processor.
8. Add black pepper to taste and serve.



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Tomato and basil soup

Serves: 1

Nutritional information

Typical value	Per serving
Energy	108kcal
Fat	0.7g
Saturated fat	0.3g
Carbohydrate	18g
Fibre	5.4g
Protein	4.2g
Salt	0.28g

Allergens:
Celery.

Ingredients:

- 1 medium onion, chopped
- 1 medium carrot, chopped
- 1 celery stick, chopped
- 1 can chopped tomatoes
- 1 tbsp tomato paste
- 1 handful fresh basil leaves, chopped
- Black pepper, to taste

Method:

1. Dry fry the onion, carrot and celery in a pan until translucent. Add some water if you feel the mixture is too dry.
2. Add the tomato paste and cook for an additional 3 minutes.
3. Add the canned tomatoes and 1.5L of boiling water.
4. Leave to simmer over a gentle heat for 20-30 minutes.
5. Season with black pepper to taste.
6. Blend with a hand blender to reach your desired consistency.
7. Serve into bowls, sprinkle some fresh basil on top and enjoy!



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Pumpkin, carrot and chocho soup

Serves: 4

Nutritional information

Typical value	Per serving
Energy	138kcal
Fat	4g
Saturated fat	0g
Carbohydrate	19g
Fibre	8g
Protein	3g
Salt	0.1g

Allergens:
None.

Ingredients:

- 300g pumpkin
- 2 Jamaican chocho (chayote/chow chow)
- 6 medium carrots
- 2 garlic cloves, minced
- 1 medium onion
- 3cm fresh ginger
- 1 pint water
- White pepper
- 1 tbsp rapeseed oil

Method:

1. Peel and chop the pumpkin, chocho, carrots and onion into equal sized chunks.
2. Place the vegetables in a pot with 1 tbsp rapeseed oil, garlic, ginger and white pepper.
3. Cook over a medium heat for around 10-15 minutes.
4. Add the water and simmer for around 30 minutes or until the vegetables have softened.
5. Blend with a hand blender. Add some additional water if needed to reach desired consistency.
6. Serve in bowls and enjoy!



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Okra and fish soup with fufu

Serves: 2-3

Nutritional information

Typical value	Per serving
Energy	491kcal
Fat	3.9g
Saturated fat	0.8g
Carbohydrate	65g
Fibre	8.2g
Protein	43g

Allergens:
Gluten, Fish, Crustaceous, Celery.

Ingredients:

For the stew

- ½ onion
- 1 garlic clove, diced
- 1 tsp ground ginger
- 1 heaped tsp tomato puree
- 200g tomato passata (or canned chopped tomatoes)
- ½ tsp cayenne pepper (adjust quantity to desired spice level)
- 15 okra pods, approx. 150g (fresh or frozen)
- 100g small prawns
- 2 fillets of white fish (approx. 200g)
- 1 fish/chicken stock cube
- 500ml water
- Salt and pepper to taste

For the semolina fufu

- 160g semolina
- 320ml water



Method:

For the stew:

1. Finely dice the onions, chop the okra into small pieces and the fish into inch sized cubes.
2. To make the stock, bring 500ml of water to the boil and add the stock cube, allow it to dissolve and turn down the heat.
3. In the meantime, in another saucepan add 3-4 tablespoons of water and bring to a medium heat. Add the chopped onions and cook whilst stirring frequently, adding some extra water if the onions start to stick to the saucepan.
4. Add diced garlic and ground ginger and allow to cook for 1 minute.
5. Add the tomato puree and optional cayenne pepper.
6. Pour in the tomato passata and cook over a medium heat for 5 minutes to allow the mixture to thicken. Stir regularly to prevent burning.
7. Add the prawns, fish chunks and okra to the stew and stir gently for 1-2 minutes.
8. Then pour the hot stock into the stew and simmer until the fish is cooked and the okra is soft, this should take approximatively 10-15 minutes.

For the fufu:

9. Bring 320ml of water to the boil in a saucepan.
10. Turn the heat down to low and add the semolina. Stir constantly to prevent formation of lumps. Continue stirring and allow to cook for about 5-8 minutes until you reach your preferred consistency.
11. Let the fufu cool down in a bowl, then divide the mixture into two equal portions and with your hands shape into two balls. If it's too sticky, it may help to wet your hands and the mixture with water before shaping. If you prefer you can simply spoon out the fufu into two small side bowls, rather than shaping.











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Lentil soup

Serves: 4

Nutritional information

Typical value	Per serving
Energy	386kcal
Fat	8.4g
Saturated fat	1.3g
Carbohydrate	54g
Fibre	10g
Protein	18g
Salt	0.5g

Allergens:
Gluten. May contain Soya.

Ingredients:

- 2 onions, chopped
- 3 garlic cloves, minced
- 2 tbsp olive oil
- 2 carrots, chopped
- 1 tbsp curry powder
- 1 tsp turmeric
- 1 tsp black pepper
- 2 tomatoes, chopped
- 1 green chili, chopped
- 1 tbsp reduced salt vegetable stock cube
- 200g red lentils
- 4 medium slices of wholemeal bread

Method:

1. Place the olive oil in a saucepan and heat over a medium heat for around 30 seconds. Then add the chopped onions, carrots and garlic and cook until the onions are translucent.
2. Add the curry powder, turmeric and pepper and cook for a couple more minutes.
3. Add the tomatoes and chili and cook for an additional 5 minutes.
4. Add the lentils, vegetable stock and 900ml of water (enough to completely cover the lentils).
5. Cook for 30 minutes.
6. You can choose to blend the soup or leave it chunky, and add some water to reach your desired consistency.
7. Sprinkle with a handful of fresh coriander and enjoy with a slice of wholemeal bread.



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Baked salmon with green rice

Serves: 2

Nutritional information

Typical value	Per serving
Energy	409kcal
Fat	21g
Saturated fat	3.4g
Carbohydrate	21g
Fibre	2.2g
Protein	31g
Salt	0.38g

Allergens:
Fish, Sulphites.

Ingredients:

- 2 salmon fillets, approx. 120g each
- 1 tsp olive oil
- 2 lemon slices, cut into half
- 150g basmati (or wholegrain) rice
- 80g fresh spinach
- 15g sundried tomatoes
- Herbs of choice (thyme, oregano, basil, rosemary etc.)
- Black Pepper, to taste

Method:

1. Preheat the oven to 180°C / 160°C fan / gas mark 4.
2. Put the salmon in an oven proof dish skin side down.
3. Sprinkle the salmon with olive oil, pepper, and herbs of your choice. Top with the lemon slices.
4. Roast for 10-15 minutes until the salmon is soft and easily flaked with a fork.
5. Meanwhile, cook the rice according to the packet instructions.
6. Drain the tomatoes from the oil and chop them finely.
7. Wash and dry the spinach and stir it into the cooked (and still warm) rice.
8. Add the chopped sundried tomatoes and mix all together.
9. Add ground pepper to taste.
10. Serve and enjoy!



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Prawn paella

Serves: 4

Nutritional information

Typical value	Per serving
Energy	301kcal
Fat	5.3g
Saturated fat	0.8g
Carbohydrate	47g
Fibre	8g
Protein	12g
Salt	0.71g

Allergens:
Crustaceans. May contain Celery, Eggs, Fish, Molluscs, Mustard and Soya.



Ingredients:

- 1 tbsp olive oil
- 1 medium white onion, diced
- 2 large carrots, diced
- 1 medium red pepper, diced
- 5 cherry tomatoes, quartered
- 400g tin of chopped tomatoes
- 80g frozen peas
- 2 garlic cloves
- 2 tsp paprika
- 1 tsp turmeric
- 1 tbsp tomato puree
- Low salt vegetable stock (1 cube made with 600ml water)
- 150g cooked prawns
- 400g of paella rice
- 20g flat leaf parsley (optional), chopped

Method:

1. Heat the olive oil in a pan over a low heat and cook the onions and carrots until soft.
2. Add the turmeric, paprika and tomato puree and stir into a paste for 2 minutes.
3. Add the paella rice and pepper and continue stirring for 2 minutes.
4. Add the chopped tomatoes and half a tin of cold water and stir for 1 minute.
5. Add enough stock to cover the rice.
6. Allow to simmer on a medium heat and continue to stir every couple of minutes to ensure the rice does not stick to the bottom of the pan.
7. The stock will reduce so continue adding more stock if necessary.
8. Once the rice has been cooking for 25-30 minutes taste it to ensure it is nearly cooked (completely soft and not grainy).
9. If the rice is nearly cooked add the prawns and peas and cook for 5 minutes and ensure the prawns are warmed through.
10. Add the fresh cherry tomatoes and optional parsley to serve.

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Smoked haddock stew

Serves: 2

Nutritional information

Typical value	Per serving
Energy	391kcal
Fat	6.1g
Saturated fat	2.3g
Carbohydrate	44g
Fibre	7.9g
Protein	36g
Salt	1.5g

Allergens:

Fish, Milk. May contain Celery, Eggs, Mustard and Soya.

Ingredients:

- 200g smoked haddock
- 1 leek, washed and finely diced
- 1 white onion, finely diced
- 150g chestnut mushrooms, finely diced
- 80g garden peas
- 50g low fat soft cheese
- 10g low salt vegetable stock
- 2 small potatoes, peeled
- 10g low-fat spread
- 150ml of skimmed milk

Method:

1. Add the low-fat spread to a pan and place over a medium heat. When hot, add your leeks and onion and cook until soft.
2. Once soft add your mushrooms and cook for a further 2-3 minutes.
3. Whilst the vegetables are cooking add 450ml of hot water and 150ml of milk to the vegetable stock.
4. Chop your potatoes into bitesize chunks.
5. Add your vegetable stock mix, peas and potatoes into the saucepan and cook on a medium/high heat for 12 minutes.
6. After 12 minutes add your smoked haddock and soft cheese and cook for a further 6 minutes.
7. After 6 minutes, your smoked fish stew is ready to be served and enjoyed!



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Baked fish, sweet potato and greens

Serves: 2

Nutritional information

Typical value	Per serving
Energy	389kcal
Fat	4.2g
Saturated fat	0.8g
Carbohydrate	54g
Fibre	11g
Protein	28g

Allergens:

Fish, Soya, Milk, Sulphites. May contain Gluten, Tree Nuts, Peanut, Celery, Mustard, Sesame.

Ingredients:

- 2 portions of a fish of your choice e.g. tilapia, cod, salmon, approx. 115g each
- 2 medium sweet potatoes, approx. 250g each
- Approx. 200-250g of greens, for example callaloo, spring greens or broccoli
- 1 tsp garlic paste
- 1 tsp ginger paste
- Salt and pepper to taste

For the fish marinade:

- 1 tsp garlic paste
- 1 tsp of chilli paste (adjust quantity to taste)
- ½ tsp paprika
- 2 tbsp lemon juice
- Low calorie oil spray
- Salt and pepper to taste



Method:

1. To make the marinade: in a large bowl mix the garlic and chilli pastes, paprika, lemon juice and season with salt and pepper to taste.
2. Wash the fish, add it to the bowl and coat it thoroughly with the marinade.
3. Lay the fish onto a baking tray lined with baking paper/foil and spray with low calorie oil spray.
4. Bake in the oven at 180°C for 15 minutes.
5. Whilst the fish cooks, wash and pierce the sweet potatoes, place one in a bowl and microwave for 5 minutes, repeat with the second potato.
6. In a pan on a medium heat, cook the garlic and ginger paste with a few sprays of low calorie oil spray for 60 seconds.
7. Add your vegetable of choice with approx. 50mls of water, stir through and allow to steam with the lid on for a few minutes. If needed, add more water and continue to steam until cooked to your preference.
8. Season the greens to taste with salt and pepper.
9. Before serving scoop out the cooked sweet potato and season to taste.









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Tuna steak and mango salsa with couscous

Serves: 2

Nutritional information

Typical value	Per serving
Energy	368kcal
Fat	2.3g
Saturated fat	0.6g
Carbohydrate	44g
Fibre	4.3g
Protein	39g
Salt	0.21g

Allergens:
Fish, Gluten.

Ingredients:

- 2 x 100g tuna steaks
- 160g fresh mango
- 160g cherry tomatoes
- 160g red onion
- 70g couscous
- 5g fresh coriander
- 1 lemon, juiced
- 1 tsp mixed herbs
- 2 garlic cloves, minced

Method:

1. Preheat the oven to 220°C / 200°C fan / gas mark 7.
2. Whilst the oven warms up, finely chop your red onion, tomato, coriander and mango and add into a large bowl. Gently mix all the ingredients together, this is your mango salsa.
3. Once you have mixed your salsa, wait 5 minutes and mix it again to make sure all the flavours combine.
4. Lightly season your tuna steaks with garlic, mixed herbs and lemon juice. Then wrap them tightly in tin foil.
5. Once the oven is hot, place the tuna steaks in the oven and cook for 15 minutes.
6. When the tuna is nearly finished, add 160ml of boiling water to your uncooked couscous and leave for 5 minutes until fluffy.
7. Serve your couscous and tuna on a plate and add the salsa on top of them.



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Chicken shawarma

Serves: 4

Nutritional information

Typical value	Per serving
Energy	408kcal
Fat	16g
Saturated fat	3.7g
Carbohydrate	28g
Fibre	6.6g
Protein	33g
Salt	1.3g

Allergens:
Gluten, Milk. May contain Sesame and Soya.

Ingredients:

- 1½ tbsp olive oil
- 1 lemon
- 320g skinless and boneless chicken thigh fillets
- 3 garlic cloves, minced
- ½ tsp cumin
- 2 tsp paprika
- 1 tsp coriander
- ½ tsp cayenne pepper
- 200g mixed salad leaves
- 150g cherry tomatoes, halved
- ½ cucumber, chopped
- 1 small red onion, thinly sliced
- 1 large carrot, grated
- 35g green olives
- 50g feta cheese
- 2 wholemeal pitta breads or flatbreads
- 125g Greek yoghurt 0% fat (optional)

Method:

1. Pln a mixing bowl, mix the chicken thighs, olive oil, juice of ½ a lemon, 2 cloves of minced garlic and spices.
2. Leave to marinade for at least 1 hour (if possible, leave to marinade for 3 hours).
3. Add the chopped vegetables into a salad bowl with the mixed salad leaves and olives and then crumble the feta cheese over the top.
4. Heat a griddle pan on a high heat then add the chicken thighs.
5. Cook the thighs for 10-15 minutes, turning every couple of minutes.
6. Cover the chicken in tin foil and rest the chicken for a couple of minutes before slicing into strips.
7. Lightly toast or grill the pitta bread/flatbread for 2-3 minutes and half them.
8. Optional sauce: mix together the Greek yoghurt, 1 clove of minced garlic, ½ tsp cumin, lemon zest and juice of ½ a lemon.



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Italian style chicken and roasted potatoes

Serves: 3

Nutritional information

Typical value	Per serving
Energy	555kcal
Fat	19g
Saturated fat	2.9g
Carbohydrate	59g
Fibre	14g
Protein	28g
Salt	0.88g

Allergens:
May contain sulphites.

Ingredients:

- 3 tbsp olive oil
- 300g chicken breasts
- 525g new potatoes
- 4 garlic cloves, minced
- 3 tsp dried oregano
- 3 tsp paprika
- 1 medium onion, finely diced
- 2 tbsp tomato puree
- 1 medium red pepper, finely diced
- 1 large carrot, sliced
- 250g mushrooms, sliced
- 6 large fresh tomatoes, cut into quarters
- 1 tbsp balsamic vinegar
- 400g tin chopped tomatoes
- 1 tsp chilli flakes (optional)
- Black pepper, to taste
- 30g Kalamata olives (optional)
- 60g fresh coriander, chopped



Method:

1. Preheat the oven to 200°C/180°C fan/gas mark 6.
2. Slice each chicken breast into roughly 3 equal sized pieces.
3. Half the new potatoes and add to a roasting tin with 2 whole garlic cloves, 2 tsp of oregano, 2 tsp of paprika and 2 tbsp of olive oil and mix well.
4. Heat 1 tbsp of olive oil in a large pan on a high heat then add the chicken and fry for 8-10 minutes, then remove from the pan.
5. Using the same pan add the diced onion and cook for 5 minutes until softened.
6. Add the tomato puree, 2 cloves of garlic, 1 tsp of oregano and 1 tsp of paprika and cook for 30 seconds.
7. Place the potatoes in the oven for 40 minutes.
8. Add the rest of the chopped vegetables to the pan and cook for around 5 minutes until softened.
9. Add the balsamic vinegar and cook for a further 2-3 minutes.
10. Add the tin of chopped tomatoes and refill the tin with water and add this to the pan. If using chilli flakes add those here.
11. Allow this to simmer on a medium heat for around 15 minutes, stirring every couple of minutes.
12. Add the chicken back to the sauce and cook for a further 15 minutes. If the sauce starts to dry up add more water.
13. Add black pepper and chilli flakes to taste and add the olives if using.
14. To serve use around 5 whole new potatoes, add 3 slices of the chicken breast and a good serving of the tomato sauce and top with coriander.











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Chicken aubergine curry with rice

Serves: 4

Nutritional information

Typical value	Per serving
Energy	535kcal
Fat	15g
Saturated fat	4.6g
Carbohydrate	50g
Fibre	6.5g
Protein	46g

Allergens:
Sulphites.

Ingredients:

- Low calorie oil spray
- 2 large onions, diced
- 1 tbsp of grated ginger (fresh/frozen)
- 2 tsp cumin
- 1 tsp garam masala
- ½ tsp turmeric
- Optional: ½ tsp anardana powder (dried pomegranate powder)
- 1 can chopped tomatoes
- 4 fresh green chillies, finely chopped (adjust quantity to taste)
- 600g of chicken thighs, diced into inch cubes
- 1 large aubergine
- Season to taste
- 1 cup water
- A small bunch of fresh coriander, finely chopped
- 1 cup of basmati rice, approx. 180g



Method:

For the curry:

1. Finely slice the onions, using a deep saucepan on a medium heat, spray the base with low calorie oil spray, add the onions and soften using a splash of water if needed.
2. As the onions begin to colour add the ginger and cumin, allow to cook for one to two minutes.
3. Add the garam masala, turmeric and anardana powder, stir and allow the spices to cook for 60 seconds.
4. Add the chopped tomatoes and finely diced chillies.
5. Add the diced chicken to the pan and stir through the sauce.
6. Next add the aubergine, stirring to combine.
7. Season with salt to taste.
8. Add 1 cup of water (add more or less depending on the consistency you prefer).
9. Allow to simmer for approx. 15 minutes until the meat is cooked through and tender.
10. Remove from the heat and stir through the washed and finely chopped coriander, saving some leaves for garnish.

For the rice:

11. Wash the rice.
12. Add the rice to a large pan of water (using excess water will help drain off excess starch).
13. Bring to the boil and lower the temperature to create a gentle boil for approx. 15 minutes or until the rice is cooked.
14. Using a colander drain the excess fluid.

Optional: season to taste and stir through coriander.











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Jerk style chicken with coleslaw, rice and peas

Serves: 2

Nutritional information

Typical value	Per serving
Energy	532kcal
Fat	3.3g
Saturated fat	1.3g
Carbohydrate	69g
Fibre	13g
Protein	44g

Allergens:
Gluten, Milk, Soya
May contain Celery, Sulphites.

Ingredients:

- 2 skinless chicken breasts (approx. 85g each)
- 1 lime, cut in half
- 150g peas (canned kidney beans) drained
- 70g basmati rice
- 50g spring onions, roughly chopped
- 150ml water
- 150ml unsweetened coconut drink (dairy alternative)
- 1 bay leaf
- ¼ tsp dried thyme
- 1 medium carrot, grated
- 100g white cabbage, finely sliced
- 100g red cabbage, finely sliced
- 100g fat free Greek/ natural/dairy-free yoghurt
- Juice of half a lemon
- Salt and pepper to taste

For the jerk marinade:

- 2 tsp of jerk seasoning powder
- 4 tbsp of ketchup
- 2 tbsp of light soy sauce
- 1 tbsp vinegar
- 1 tsp sugar



Method:

1. Set the oven to 180°C.
2. Combine all the ingredients for the marinade into a bowl and mix well.
3. Add the chicken breasts into the marinade and coat them thoroughly.
4. Place the chicken into a baking tray with the lime halves and bake for 20-25 minutes, turning the meat after 10 minutes.
5. While the chicken is cooking, add the water and coconut drink into a deep saucepan, bring to the boil and add the rice, thyme, and bay leaf. Turn the heat down and cover with a lid. Allow to simmer for 10-12 minutes, or until the rice is cooked.
6. When the rice is almost ready (approx. 5 minutes left), stir the peas (kidney beans) through the rice and continue to cook until all the liquid is absorbed.
7. Season the rice and peas (kidney beans) with fresh chopped spring onions and salt and pepper to taste.

For the coleslaw:

8. In a bowl combine grated carrots and the finely sliced red and white cabbage. Add lemon juice, yoghurt, season to taste and mix well.

To serve:

9. Squeeze the roasted lime halves over the chicken and serve alongside the coleslaw and rice and peas.









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Beef and vegetable kebabs with wholewheat giant couscous

Serves: 2

Nutritional information

Typical value	Per serving
Energy	471kcal
Fat	18g
Saturated fat	6.9g
Carbohydrate	37g
Fibre	11g
Protein	34g

Allergens:
Soya, Fish, Gluten. May contain Sulphites.

Ingredients:

- 1 fillet sirloin steak 230g
- ½ each of a red and yellow pepper
- Small red onion or ½ of a large red onion
- ½ of a courgette
- 150g wholewheat giant couscous (you could swap this for 100g couscous/ quinoa/barley).
- 500ml water
- 1 fresh tomato
- 100g frozen peas
- ½ of a small bunch of coriander
- Juice of ½ a lime
- 2 spring onions
- Seasoning to taste

For the marinade

- 1 tsp of rapeseed/ canola/sunflower oil
- 1 tbsp Worcester sauce
- ½ tbsp low sodium soy sauce
- ½ tbsp apple cider vinegar
- ½ tsp garlic powder
- ½ tsp of honey
- 1 pinch of onion salt



Method:

1. If you are using bamboo skewers, soak them in water for 15 minutes.
2. Start to heat up the grill pan (alternatively use a shallow frying pan) on a low heat.
3. Rinse the couscous grains in cold water.
4. In a saucepan bring 500ml of water to boil.
5. Pour the couscous into the boiling water, turn down the heat to a simmer for 6-8 minutes with the lid on.
6. In the meantime, defrost the peas in boiling water, drain them and set aside.
7. Then cut off any visible fat from the beef steaks and cut the meat into 2cm cubes.
8. Mix the meat cubes in a bowl with the marinade ingredients and set aside. (You could do this the night before and leave in the fridge to marinate.)
9. Cut the vegetables in 2cm cubes (roughly the same size as the beef cubes).
10. Once cooked, drain the couscous into a bowl and rinse with cold water, using a fork separate the grains.
11. Cut the tomato into small cubes and finely chop the spring onions and the coriander.
12. In a bowl combine the couscous with the peas, tomatoes, spring onions, coriander, and the lime juice.
13. Prepare the skewers alternating the beef and the vegetables cubes and leave some space on the end to hold the skewers.
14. Put the grill pan on a high heat.
15. Open the window and switch on the cooker hood.
16. Place the four skewers onto the grill pan and cook for 6 minutes, turning them regularly (If you want the meat well done leave them for 8 minutes).
17. To serve, spoon out the couscous onto 2 plates and place 2 skewers on top of each.









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Veggie tortilla pizza

Serves: 2

Nutritional information

Typical value	Per serving
Energy	380kcal
Fat	19g
Saturated fat	9.7g
Carbohydrate	31g
Fibre	5.8g
Protein	19g

Allergens:
Gluten, Milk.

Ingredients:

- 2 wholemeal tortilla wraps
- 4 generous tablespoons of passata
- 1 garlic clove
- 1 tsp olive oil
- ½ tsp dried Italian herbs
- 125g mozzarella
- 6 pitted black olives
- 2 handfuls of chopped vegetables (use whatever you have)

We used:

- ½ courgette (approx. 80g)
- ½ pepper (approx. 80g)
- 2-4 mushrooms (approx. 50g)
- ⅓ aubergine (approx. 80g)
- ½ of a small red onion



Method:

1. Set the oven to 220°C.
2. Cut the vegetables into 1cm cubes.
3. Finely slice the onion.
4. Transfer all the vegetables into a bowl and toss them with the olive oil and seasoning.
5. Then spread the vegetables on a roasting tin lined with baking paper and place it in the top shelf of the oven to roast for 5 minutes.
6. In the meanwhile, transfer the passata into a bowl and season with garlic and herbs.
7. Cut the mozzarella in 1cm cubes.
8. Once you have taken the vegetables out of the oven, transfer them to a bowl.
9. Then place the tortilla wraps side by side on a clean sheet of baking paper and spread the tomato sauce evenly, leaving a border of ½-1cm.
10. Top the tortilla wraps with the roasted vegetables, mozzarella, and olives.
11. Finally baked in the oven for 6-8 minutes.









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Shakshuka

Serves: 1

Nutritional information

Typical value	Per serving
Energy	494kcal
Fat	23g
Saturated fat	10g
Carbohydrate	27g
Fibre	4.5g
Protein	39g
Salt	2.6g

Allergens:
Gluten, Eggs, Milk. May contain Soya.

Ingredients:

- 2 eggs
- ½ can chopped tomatoes (200g)
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp cumin
- 1 handful fresh coriander, chopped
- 1 medium slice wholemeal bread
- 70g halloumi (30% lower fat)

Method:

1. Place the chopped tomatoes, onion powder, garlic powder and cumin into a bowl and mix together.
2. Crack the eggs into the middle of the bowl, cover with cling film and microwave for around 2 minutes or until the eggs are fully cooked.
3. Top with some fresh coriander.
4. Enjoy with a slice of toasted wholemeal bread and grilled halloumi.



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Chickpea and spinach curry

Serves: 2

Nutritional information

Typical value	Per serving
Energy	593kcal
Fat	20g
Saturated fat	7g
Carbohydrate	66g
Fibre	16g
Protein	26g
Salt	0.8g

Allergens:

Gluten, Celery, Milk. May contain Sesame and Soya.

Ingredients:

- 1 tbsp olive oil
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1 tsp garam masala
- 1 tsp cumin
- 1 tsp turmeric
- 1 tsp black pepper
- 2 tbsp tomato puree
- 400g chopped tomatoes
- 350g chickpeas
- 1 reduced salt vegetable stock
- 100g fresh spinach
- 150g low fat Greek yogurt (2 tbsp per portion)
- 1 wholemeal pitta bread
- Fresh coriander, chopped for serving (optional)

Method:

1. Place the olive oil, onion and garlic in a saucepan over a medium heat and cook until the onion is translucent.
2. Add the garam masala, cumin, turmeric and black pepper and cook for an additional 2 minutes.
3. Add the tomato puree and cook for around 1 minute.
4. Add the chopped tomatoes, chickpeas, vegetable stock and 450ml boiling water and leave to simmer on a medium heat for around 30 minutes.
5. Stir In the fresh spinach until wilted.
6. Enjoy with a sprinkle of fresh coriander, 2 tbsp of yogurt and ½ pitta per serving.



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Aubergine lasagne

Serves: 4

Nutritional information

Typical value	Per serving
Energy	421kcal
Fat	18g
Saturated fat	7.3g
Carbohydrate	39g
Fibre	8.2g
Protein	21g

Allergens:
Gluten, Milk.

Ingredients:

- 8 lasagne sheets
- 1 onion, finely diced
- 2 medium carrots, finely diced
- 2 cans of tomato passata or chopped tomatoes
- 1 large aubergine, chopped into small chunks
- 6-8 cherry tomatoes, halved
- 250g light mozzarella, finely diced in 1 cm cubes
- 1 tbsp oil
- 2 tbsp of parmesan
- 8-10 basil leaves
- Salt and pepper to taste
- 1 clove of garlic, finely chopped

For the side salad:

- Mixed leaves
- Grated carrot
- 20 green or black pitted olives

For the salad dressing

- Juice of half a lemon
- 1 tbsp olive oil



Method:

1. Set the oven temperature to 180°C.
2. Finely chop the onions and carrots and set aside.
3. Chop the aubergine into small chunks, add the chunks to a colander with a pinch of salt, stir and leave to drain the excess water for 15 minutes.
4. In the meantime, add 3-4 tablespoons of water to a medium pot and bring to low-medium heat.
5. Add the onions and carrots and stir well for 2-3 minutes, adding more water as required to prevent the vegetables sticking to the pot.
6. Add the cans of tomatoes and bring it to boil. Season with salt and pepper.
7. Then lower the heat to low and simmer for 10-15 minutes, stirring every 2-3 minutes.
8. In the meantime, add oil and garlic to a frying pan.
9. Then add the aubergines to the pan and stir well. Add water to prevent burning or sticking (if required) and continue to stir frequently for 10 minutes. Season with salt and pepper.
10. Then add basil leaves and the aubergines to the tomato sauce and simmer for 5 minutes.
11. Cut the mozzarella into 1cm cubes.
12. Now assemble the lasagne: Add 2 tablespoons of the tomato sauce to the base of a roasting tin (size for 4 people). Then alternate a layer of uncooked lasagne sheets, with 4-6 spoons of tomato sauce and 3-4 spoons of mozzarella cubes. Make sure to spread throughout all the surface as the lasagne sheets need to be fully covered in tomato sauce to cook properly in the oven.
13. On the last layer, sprinkle the lasagne with parmesan and top with the halved tomatoes.
14. Bake in the oven for 30 minutes.
15. In the meantime, prepare the salad: in a bowl combine mixed leaves, grated or sliced carrots and olives. Add the dressing (olive oil and lemon juice) and mix well.
16. Serve the aubergine lasagne on a plate with the side salad and enjoy!











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Methi roti with yoghurt

Serves: 3

Nutritional information

Typical value	Per serving
Energy	307kcal
Fat	6.4g
Saturated fat	3g
Carbohydrate	44g
Fibre	5.3g
Protein	16g

Allergens:
Gluten, Milk.

Ingredients:

- 1 cup/130g atta (chapatti flour) plus extra for rolling
- ½ cup/60g besan (gram flour)
- Seasoning to taste (approx. 1 tsp salt)
- 1 tsp fresh green chilli, finely chopped
- 1 tsp garam masala
- ½ tsp anardana powder (dried pomegranate powder)
- 1 tsp cumin
- 2 tbsp kasoori methi (dried fenugreek leaves)
- 1 tbsp grated fresh ginger
- 1 small onion, finely chopped
- 2 small spring onions, finely chopped
- Small bunch of coriander, finely chopped
- Water to combine (approx. ½ cup)
- 180g of fat free yoghurt (natural/Greek/dairy free)



Method:

1. Add all the dry ingredients, ginger, onion, spring onions and coriander to a mixing bowl.
2. Mix the ingredients together to make sure the spices and fresh ingredients are well distributed through the flours.
3. Add the water little by little, whilst mixing with your hand, continue until a dough is formed. You may not need all the water.
4. Split the dough into 6 equally sized balls.
5. Roll out each ball with a rolling pin on a floured surface, adding more flour to the surface as needed whilst rolling. Roll until your roti is approx. 3mm thick.
6. Once rolled, place on a pre heated tava or flat non-stick pan. Cook one side till the surface starts to change colour, then flip and cook on the other side until it starts to brown, flip one last time to lightly brown both sides.
7. Serve warm with a yoghurt of your choice.







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Jollof style couscous

Serves: 4

Nutritional information

Typical value	Per serving
Energy	335kcal
Fat	1.9g
Saturated fat	0.4g
Carbohydrate	59g
Fibre	14g
Protein	11g

Allergens:
Gluten.

Ingredients:

- 250g instant couscous
- 500ml broth/stock of your choice (vegetable/ chicken etc)
- 2 medium bell peppers
- 1 habanero pepper (leave out if you do not like spicy food)
- ½ onion
- 3 tbsp tomato paste
- ½ tsp thyme
- 1 bay leaf
- Salt to taste
- 1 cup/170g black eyed peas
- 100g green beans



Method:

1. Finely dice the onion.
2. Blend the bell pepper and habanero pepper and set aside. If you don't have a blender, cut the pepper into big chunks, and microwave for 3 minutes until soft. Then chop the peppers finely with a knife.
3. In a saucepan, add a splash of water and then the onion. Cook on medium heat. Mix frequently and add more water if needed to prevent sticking.
4. Add in the tomato paste and keep sauteing for two minutes or until the tomato paste is mostly broken down. Stir frequently and turn the heat down to prevent burning.
5. Add in the blended peppers, thyme and bay leaf and continue gently cooking for 4-5 minutes.
6. Pour in the broth and bring the sauce to a gentle boil. At this point, taste the sauce for salt and adjust the seasoning to your taste.
7. Take the sauce off the heat and immediately pour in the couscous. Stir to make sure the couscous is covered, put on a lid, and set aside.
8. Let the couscous sit in the pan for about 5 minutes.
9. In another saucepan boil the green beans for 3-5mins. Once cooked chop them into bitesize pieces.
10. Check if the couscous has soaked up all of the liquid, once ready fluff the couscous gently with two forks to separate the grains.
11. Add the black eye peas and the green beans and mix well to combine.











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Indian style baked beans on toast

Serves: 1

Nutritional information

Typical value	Per serving
Energy	432kcal
Fat	15g
Saturated fat	2g
Carbohydrate	49g
Fibre	19g
Protein	16g
Salt	1g

Allergens:
Gluten. May contain Soya.

Ingredients:

- 200g small can reduced-salt baked beans
- 1 medium onion, chopped
- 1 tbsp olive oil
- 1 handful fresh coriander, chopped
- ½ tsp turmeric
- ½ tsp garam masala
- ½ tsp black pepper
- 1 medium slice wholemeal bread

Method:

1. Place the olive oil in a non-stick frying pan and heat for 30 seconds. Add the chopped onion and cook until translucent.
2. Add the baked beans, half the coriander, turmeric, Garam Masala and black pepper, and cook for around 5 minutes.
3. Meanwhile, toast the wholemeal bread.
4. Spoon the bean mix on to the toast and sprinkle the rest of the coriander on top.



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Vegan chilli

Serves: 2

Nutritional information

Typical value	Per serving
Energy	534kcal
Fat	15g
Saturated fat	2.5g
Carbohydrate	72g
Fibre	22g
Protein	18g
Salt	0.43g

Allergens:
Contains celery.

Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 1 red onion, chopped
- 2 garlic cloves, minced
- 1 tsp black pepper
- 1 tsp chilli powder
- 1 tsp cumin
- 1 tsp paprika
- 1 carrot, chopped
- 180g celery, chopped
- 1 bell pepper, chopped
- 400g can kidney beans, drained
- 400g can chopped tomatoes
- 90g wholegrain rice
- Handful coriander, chopped
- 70g vegan guacamole

Method:

1. Cook the wholegrain rice according to packet instructions and set aside.
2. Place the olive oil in a non-stick saucepan, over a medium heat for 30 seconds. Add the chopped onions and cook until the onions are translucent.
3. Add the garlic, black pepper, chilli powder, cumin, paprika and the kidney beans and cook for an additional 2 minutes.
4. Add the remaining ingredients and leave to simmer for around 30 minutes.
5. Serve the rice with the chilli and guacamole.
6. Sprinkle some fresh coriander on top and enjoy!



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Sambar and rice

Serves: 6

Nutritional information

Typical value	Per serving
Energy	505kcal
Fat	4g
Saturated fat	0.7g
Carbohydrate	91g
Fibre	13g
Protein	19g

Allergens:

Soya, Mustard,
Suitable for
Vegetarians and Vegans.
please check the ingredients of the sambar powder.

Ingredients:

- 300g toor dhal (pigeon peas/arhar dhal)
- ½ tsp turmeric powder
- 1 ½ tbsp rapeseed/olive oil
- 1 tsp mustard seeds
- ½ tsp methi seeds
- 2-3 dry red chillies (optional)
- 1-2 green chillies, finely chopped (approx 1 heaped teaspoon - adjust to taste)
- 10-12 curry leaves
- ½ tsp hing (asafoetida)
- 1 large onion, finely sliced
- 2 fresh tomatoes chopped into rough cubes
- 2 carrots, chopped into equal pieces approx. 1cm wide
- ½ aubergine chopped into inch sized cubes
- 8-10 pieces drumsticks, each approx. 3 inches long
- ½ tsp red chilli powder
- 2 tsp sambar powder
- 4-5 tbsp tamarind pulp/sauce, or 2 tsp of tamarind concentrate
- ½ onion cut into cubes
- 1 tsp brown sugar
- Small bunch of fresh coriander
- 390g basmati rice



Method:

For the sambar:

1. Wash the dhal thoroughly and allow to soak for 5-10 minutes, then discard the soaking water.
2. In a deep saucepan add the dhal and water (approx. 3 inches above the level of the dhal), in the same pot add turmeric and season with salt to taste (suggestion: ½ teaspoon of salt).
3. Bring the dhal to a boil, then reduce the heat and simmer with the lid on for approx. 45 minutes. Or until the dhal is soft when pressed between your thumb and finger. You may need to top up with water whilst it cooks, you are aiming for a thin soup consistency.
4. In a separate large saucepan, heat the oil then add mustard seeds. Allow them to heat and start to fizz/pop in the pan.
5. Add the methi seeds, dry chillies (optional), fresh green chillies, curry leaves and hing. Stir fry the spices for 30 seconds on a medium to high heat.
6. Add the sliced onion, stir fry till the onions become softened and are only lightly coloured. Add water as needed to prevent burning.
7. Once the onions are cooked add the fresh tomatoes and stir fry till softened (approx. 1-2 minutes).
8. Add in the drumsticks, aubergine, and carrot, stir to coat with the onion mix.
9. Add red chilli powder, sambar powder and season with salt to taste (approx. ½ teaspoon).
10. Add tamarind, the chunks of onion, sugar and stir to combine.
11. Check that the dhal is cooked through and then pour the contents of the dhal pan into the pan with your vegetables.
12. Adjust the consistency by adding water if needed. You are aiming for a chunky soup consistency at this point.
13. Bring the pot to the boil and simmer for 4-6 minutes with the lid off until the vegetables are cooked to your preference.
14. Before finishing the dish, taste and adjust the seasoning and stir though a handful of chopped fresh coriander.

For the rice:

15. Wash the rice thoroughly and allow to soak for 20 minutes.
16. Then place into a saucepan and boil in excess water for approx. 10-15 minutes or until rice is cooked to your preference.
17. Once cooked, drain off excess fluid using a colander.

Alternatively serve with idli or dosa.











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Peanut and sweet potato stew

Serves: 4

Nutritional information

Typical value	Per serving
Energy	469kcal
Fat	9.9g
Saturated fat	1.7g
Carbohydrate	74g
Fibre	8.6g
Protein	16g

Ingredients:

- 1 small onion, finely diced
- 2 garlic cloves, finely diced
- 1 red chilli, chopped (adjust to taste)
- 1 tsp ground cumin
- 1 large/3 small sweet potatoes (approx. 400g), peeled and chopped into small chunks
- 1 can chopped tomatoes
- 60g peanut butter
- 1 vegetable stock cube dissolved in 800ml boiled water
- 1 can chickpeas
- 2 cups of kale (approx. 40g)
- 20g spring onions, finely chopped to garnish
- 200g rice (basmati, wild red rice, or brown rice)
- Salt and pepper to taste

Allergens:
Peanuts, Celery. May contain Gluten.



Method:

1. Wash the rice.
2. Boil the rice in a deep saucepan with excess water until cooked (follow packet instructions for cooking length), drain any remaining liquid with a colander and set aside.
3. Whilst the rice cooks, add a splash of water into a saucepan and bring it to a medium heat.
4. Add finely chopped onions and garlic. Stir frequently for 1-2 minutes and add water as required to prevent the onions sticking to the saucepan.
5. Add ground cumin and chopped red chilli (optional).
6. Add sweet potatoes and chopped tomatoes, stir to combine.
7. Mix the peanut butter with some hot water and add it to the saucepan, mixing well to prevent formation of lumps.
8. Add the vegetable stock and cook on a medium heat for 15-20 minutes until the potatoes are soft.
9. Then add the drained chickpeas and the kale and continue to simmer until the kale has wilted.
10. Taste and adjust the seasoning at this point.
11. Serve the stew with some freshly chopped spring onions and rice.









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Butterbean and quinoa stew

Serves: 2

Nutritional information

Typical value	Per serving
Energy	460kcal
Fat	10g
Saturated fat	1.3g
Carbohydrate	64g
Fibre	17g
Protein	19g
Salt	1.5g

Allergens:
Sulphites.

Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 1 garlic clove, minced
- 1 tsp dried thyme
- 1 courgette, chopped
- ½ can butterbeans (200g)
- 1 can chopped tomatoes (400g)
- 100g quinoa (dry weight)

Method:

1. Cook the quinoa according to packet instructions.
2. Place the olive oil in a saucepan and heat over a medium heat. Add the chopped onions and garlic and cook until the onions are translucent.
3. Add the dried thyme and cook for a couple of minutes, stirring occasionally.
4. Add the chopped courgettes and cook until soft.
5. Add the butterbeans and chopped tomatoes and leave to simmer for around 20 minutes.
6. Combine the quinoa and vegetable.
7. Serve and enjoy!

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Spiced cauliflower and chickpeas with roti

Serves: 3

Nutritional information

Typical value	Per serving
Energy	480kcal
Fat	5.9g
Saturated fat	0.9g
Carbohydrate	80g
Fibre	14g
Protein	20g

Allergens:
Gluten, Celery.

Ingredients:

For the rotis:

- 1 ½ cups plain flour (and extra for rolling)
- Pinch of salt
- ¾ tsp baking powder
- Approx. ½ cup of cold water, enough to combine the dough
- Low calorie oil spray

For the curry:

- 1 small onion
- Low calorie oil spray
- ½ of a cauliflower, split into small florets
- 1 cup of frozen peas
- 1 can/230g drained chickpeas
- 1 tin chopped tomato
- 1 pepper, roughly chopped
- 1 tbsp of ginger and garlic paste
- 1 tsp of paprika
- ½ tsp of fresh green chilli, finely chopped (optional)
- 1 tsp ground coriander
- 1 ½ cups of water
- Stock cube of your choice

For the salad:

- Two handfuls of mixed leaves
- ¼ cucumber, diced
- 1 fresh tomato cut into large chunks or a handful of cherry tomatoes



Method:



For the roti:

1. In a medium sized bowl mix together the dry ingredients (flour, salt, and baking powder).
2. Add the water gradually, mixing as you do to form a dough. The mixture will be slightly sticky but will come together. You may not need the full ½ cup. (Tip – if the dough is too sticky to work with, add a little more flour).
3. Take the dough out of the bowl and onto a floured work surface, split the dough into two equal pieces and roll into balls.
4. Take a dough ball and roll out to approx. 6 inches in diameter, spray with low calorie oil spray (enough to cover, approx. 10 sprays) and sprinkle with flour.
5. Then make a cut from the centre of the circle to the outer edge, take one open edge and roll to form a cone. (Tip – imagine the dough is the face of a clock, cut from the centre to the 12-o clock position, then take hold of the dough from the right of the cut and roll clockwise).
6. Then holding the cone of dough in your hand, press the wide end of the cone into the centre.
7. Flip the cone over, place on the table and using your finger press the point of the cone into the centre, your dough should now look more like a ball again.
8. Repeat with the second dough ball.
9. Allow to rest for 10-20 minutes (whilst you prepare your curry).
10. Once rested, pre heat your pan and roll out your dough ball, as thin as possible (making sure not to roll bigger than the size of your pan).
11. Add the rolled roti to your pan. After approx. 30 seconds flip your roti, then spray with low calorie oil spray before flipping and spraying again. Continue to flip and cook gently until the roti has coloured in places.
12. Remove from the pan, fold and scrunch and they are ready to serve.







Method:

For the curry:

1. Roughly chop the onion and lightly fry with a few sprays of low calorie oil spray in a deep saucepan.
2. Once translucent add the ground coriander, paprika, garlic and ginger paste (and optional chilli powder), stir and allow to cook for 30-60 seconds.
3. Add the cauliflower florets, chopped pepper, peas and chickpeas, and allow to colour slightly, stirring whilst on a high heat.
4. Add the tomatoes, water and stock cube and season to taste.
5. Turn down the heat to medium and simmer with the lid on until the vegetables are almost cooked through (approx. 20 mins).
6. Take the lid off and cook until the sauce reduces to your desired consistency.
7. Taste and adjust seasoning.
8. Serve with an optional side salad of mixed leaves, cucumber, tomato and sliced red onion.









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Tropical fruit salad

Serves: 4

Nutritional information

Typical value	Per serving
Energy	139kcal
Fat	4.8g
Saturated fat	0.9g
Carbohydrate	15g
Fibre	1.9g
Protein	7.9g

Allergens:
May contain Peanuts, Milk, Sulphites.

Ingredients:

- ½ papaya (approx. 200g)
- 1 mango (approx. 230g)
- Juice of ½ a lemon/lime
- 170g fat free Greek yoghurt, or dairy-free alternative

Choice of toppings:

- 4 tbsp/32g of desiccated coconut

or

- 40g of chopped unsalted peanuts

Method:

1. Cut the mango and the papaya into small chunks of 1-2cm.
2. Simply add the small chunks of papaya and mango into a bowl; add lemon/ lime juice and mix well.
3. Share out the mixture into 4 glasses.
4. Top each glass with yoghurt.
5. Finally, sprinkle each fruit salad with the topping of your choice.









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Blueberry and carrot muffins

Serves: 12

Nutritional information

Typical value	Per serving
Energy	129kcal
Fat	1.3g
Saturated fat	0.5g
Carbohydrate	25g
Fibre	1.1g
Protein	3.7g

Allergens:
Gluten, Eggs, Milk.

Ingredients:

- 2 eggs
- 120g sugar (white/brown) or honey
- 150g natural low-fat yoghurt
- 1 tbsp(15g) baking powder
- 200g flour
- Juice and zest of ½ a lemon
- 50ml skimmed milk
- 1 medium carrot, grated
- 100g blueberries (fresh or frozen)

Method:

1. Break the eggs into a bowl and add sugar (or honey).
2. Beat well with a fork for 5 minutes to obtain a smooth mixture without lumps and bubbles.
3. Add the yoghurt, the lemon zest and the lemon juice and mix well to combine.
4. Sieve the flour and the baking powder and gradually add them to the mixture, stirring well. Add some milk if required to obtain a smooth batter.
5. Add the grated carrots and the blueberries and mix well.
6. If you have a muffin tin, spray it with low calorie oil spray and sprinkle the holes with some plain flour. Alternatively, you can use muffin cases.
7. Add two spoons of mixture to each case/tin hole.
8. Bake in the oven at 180°C for 15-20 min and then let them cool for other 10 minutes before serving.



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Spiced corn cobette with yoghurt dip

Serves: 2

Nutritional information

Typical value	Per serving
Energy	119kcal
Fat	1.7 g
Saturated fat	0.2g
Carbohydrate	12g
Fibre	4.6g
Protein	12g

Ingredients:

- 4 short corn cobs (approx. 70g each)
- 1 lime sliced into half and seeds removed
- 1 tsp cayenne/red chili powder (adjust to your spice preference)
- Salt to taste
- ¼ tsp cumin powder

For the dip:

- 180g fat free yoghurt (dairy or dairy-free)
- ¼ tsp paprika
- Juice of half a lime

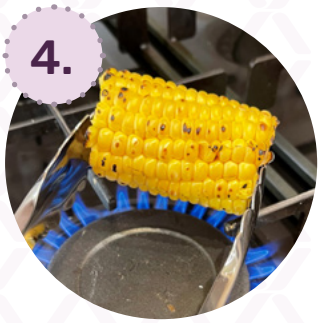
Allergens:

Milk – If using dairy based yoghurt. Suitable for Vegetarians and Vegans.



Method:

1. Wash the corn cobs.
2. Parboil or steam the cobs in the microwave for 4-5 minutes. Then pat dry with a tea towel or tissue.
3. Turn on the cooker to a medium heat.
4. Using tongs, char the cobs over an open flame.
5. Alternatively, you can grill the cobs in the oven, turning every 30-45 seconds until slightly browned.
6. In a bowl combine the spices.
7. Cut the lime in half and dip one half into the spice mix.
8. Then rub the lime with the spices against the cob to spread all the seasoning evenly.
9. In a bowl season the yoghurt with the juice of half a lime and paprika. Optional — add salt and garnish with coriander.









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Plantain chips with yoghurt dip

Serves: 2-3

Nutritional information

Typical value	Per serving
Energy	124kcal
Fat	0.5g
Saturated fat	0g
Carbohydrate	24g
Fibre	1.9g
Protein	5.3g

Allergens:
Milk.

Ingredients:

- 1 medium sized plantain, approx. 250g
- 3 tbsp/approx. 125g fat free yoghurt (natural/Greek/dairy alternative)

Method:

1. Finely slice the plantain into 1-2 mm rounds.
2. Place the plantain on a plate in a single layer and microwave for approx. 3 minutes.
3. Transfer the plantain to a wire cooling rack.
4. Once the chips have cooled and hardened serve with the yoghurt dip.







