

RECIPE IDEAS

Title: Spicy Lentil One Pot	
No of Servings: 2	
Ingredients:	
<p> ½ Tbsp olive oil 1 small onion 1 tsp each of cumin and coriander seeds ½ black peppercorns 1 clove garlic, chopped 75g/3 oz each brown rice and green lentils ¼ tsp salt 175g/6oz tomatoes skinned and sliced (or tinned) ½ a cinnamon stick 425mls/ ¾ pint of vegetable stock For Garnish (optional) ½ tbsp olive oil 1 small onion, thinly sliced ½ lemon, cut into wedges Coriander sprigs 75g Greek-style yogurt to serve </p>	
<ul style="list-style-type: none"> • Heat the oil in a large pan, add the onion and fry for 5 mins, stirring until lightly browned. Meanwhile crush the cumin, coriander seeds and peppercorns with a mortar and pestle, add to the garlic. Fry for 2 mins, add the rice, lentils and salt then stir. • Remove half the lentil mixture and set aside. Cover the mixture in the pan with the tomatoes. Top with the reserved lentil mixture. Add the cinnamon and stock and bring to the boil. Cover and simmer for 35 mins until the lentils are tender. • (optional) To make the garnish, heat the oil in frying pan, add the sliced onion and fry over a high heat for 5 mins until crisp. Drain on kitchen paper. Spoon the onion over the lentil mixture and garnish with lemon wedges and coriander • Spoon onto plates and serve with the yogurt. 	
Nutritional Analysis:	
Kcals	406 Kcals
Carbohydrates	58g
Fat	14g
Protein:	17g
Carbohydrates:	58g
-of which starch:	
-of which sugar:	?none
Sodium:	(salt 1.06g)
Fibre:	6g
Other Relevant Comments:	
Freezes very well double or quadruple the quantities, place in individual freezer bags and then microwave as needed; a low fat nutritious dinner ready in minutes.	

RECIPE IDEAS

Title: Home made pizza slices (with easy tomato sauce)
No of Servings: 2
Ingredients:
For easy tomato sauce 1/60g onion chopped 1 clove of garlic, crushed 400g (14 oz) tin tomatoes 1 tsp/5g oregano 1 tbsp/12g tomato puree Dash of tobasco
For Pizza Slice 240g /2x6inch slices of Ciabatta bread 100g /3 ½ ozs of tomato sauce (see recipe above) 50g/1 ½ ozs of mixed peppers 50g / 1 ½ ozs of sliced button mushrooms 60g / 2 ozs of pineapple chunks (tinned in own juice) 50g/ 1 ½ Mozzarella cheese 40g/ 1 ½ oz Ham diced 3 x basil leaves Freshly ground black pepper.
Method:
Easy tomato sauce <ul style="list-style-type: none">Place all ingredients in a large pan, bring to the boil and simmer for 5 – 10 mins. (Liquidise for a smoother sauce).
Pizza Slice <ul style="list-style-type: none">Lightly toast the crusty side of Ciabatta/Vienna loafAdd tomato sauce, then cheese and required topping, meat optional.Place under grill until cheese is melted and starts to brown.Garnish with basil leaves and serve with side salad
Nutritional Analysis:
Kcals 450 kcals Carbohydrates 70g Fat 11 g Protein: 21.5 g Carbohydrates: -of which starch: 60g -of which sugar: 10g Sodium: 50 mmol Fibre: 5.2g
Other Relevant Comments: I've tried this a few times and it is delicious nice served with green salad and some balsamic vinegar. The tomato sauce can be frozen and used for a quick pasta dish.

RECIPE IDEAS

Title: Salmon Tagliatelle
No of Servings: 2
Ingredients:
1 small onion, sliced 50 g (2 oz) mushrooms, sliced 170 g frozen peas 15 g (1/2 oz) flour 150 ml (1/4 pint) low-fat milk 3 tabsp (45 ml) water Freshly ground black pepper 1 clove garlic, crushed 1 tsp (5 ml) oil 225 g (8 oz) salmon fillet, cubed 200g (7oz) tagliatelle
Method:
<ul style="list-style-type: none">• Heat oil in a pan and cook onion and garlic until onions are soft.• Stir in flour and cook for 1 minute.• Remove from heat and gradually stir in milk.• Return to heat and cook, stirring all the time, until thickened and smooth.• Add water, black pepper, mushrooms, peas and salmon fillet.• Simmer for about 10 minutes.• Meanwhile cook and drain tagliatelle and combine with salmon sauce.
Nutritional Analysis:
Kcals: 645 kcal Carbohydrates: 75.6 g Fat: 20.8 g Protein: 44 g Carbohydrates: -of which starch: 65.5g -of which sugar: 7.9g Sodium: 114mg Fibre: 5.3 g
Other Relevant Comments:

RECIPE IDEAS

Title: Pasta and Prawns	
No of Servings: 2	
Ingredients:	
Spaghetti 440g cooked Prawns 100g-150g cooked Courgettes 2 medium Dill 10g or 2 teaspoons Olive Oil 11g or 1 tablespoon Black pepper Lemon juice (optional)	
Method:	
<ol style="list-style-type: none">1. Cook the pasta as per instructions on packaging.2. Cut the courgettes into narrow strips about 2.5cm long (or ribbons if you want to use a vegetable peeler).3. Heat the oil in a frying pan. Once it is sizzling add the courgettes and cook for about 5 minutes.4. Add in the cooked prawns and dill and mix well.5. Drain the pasta and add to the pan, mix all the ingredients thoroughly.6. Serve in a large dish.7. Season with plenty of black pepper8. A squirt of lemon juice is optional.	
Nutritional Analysis:	
Kcals	258
Carbohydrates	27g
Fat	11g
Protein:	13.5g
Carbohydrates:	
-of which starch:	24g
-of which sugar:	3g
Sodium:	479mg (20mmol)
Fibre:	2.6g
Other Relevant Comments:	
This dish is very tasty and takes about 15 minutes to cook and prepare.	

RECIPE IDEAS

Title: Chicken and vegetable noodle stir fry
No of Servings: 2
Ingredients:
225g instant noodles 300g / 2 medium chicken breast sliced 22g / 2tbsp olive oil 120g / 1 green pepper, seeded and sliced 120g / 1 yellow pepper, seeded and sliced 10g / 1 clove of garlic, crushed 30mls / 2tbsp soy sauce 30g / 3 spinach leaves, shredded
Method:
1. place noodles in a large bowl and cover with boiling water. 2. Separate the noodles and drain. 3. Heat half the oil in a wok and stir-fry the chicken, set aside. 4. Heat the rest of oil in wok and stir fry the peppers and garlic until just tender, but still crisp. Add the chicken and noodles, chilli sauce and soy sauce. 5. Simmer until heated through. Add the spinach and stir-fry until just wilted. Serve immediately
Nutritional Analysis:
Kcals 819 Carbohydrates: 92.7g Fat : 25.3g Protein: 61g Carbohydrates: -of which starch: 83.7g -of which sugar: 7.5 Sodium: 978mg / 42.4mmol Fibre: 5.7g
Other Relevant Comments:

RECIPE IDEAS



Title: Chicken Biryani
No of Servings: (For all recipes please submit quantities and analysis for two portions) 2
Ingredients: (Listed in both imperial and metric measures)
1 dsp Olive Oil ½ medium onion – chopped 1 clove garlic – crushed 1 dsp fresh ginger – crushed 1 tbsp curry paste ½ tsp ground cumin ½ tsp ground cinnamon ½ tsp ground turmeric 1 tsp ground coriander 200g (8oz) chicken – cubed (~ 2 medium skinless chicken fillets) ½ - ¾ cup basmati rice 500ml chicken stock 75g (3oz) frozen peas 100g (4oz) cauliflower florets 25g (1oz) dried apricots – chopped 100g (4oz) natural yoghurt 1 tsp fresh mint –chopped 1 medium tomato – chopped 1 tbsp fresh coriander – chopped
Method: (please list in Bullet point format)
<ul style="list-style-type: none">• Preheat oven 180° C (350° C).• Heat oil in pot/wok.• Add onion and garlic and cook over medium heat until soft.• Add ginger, curry paste, cumin, cinnamon, turmeric and ground coriander and cook, stirring, for 1 minute (add 1 tbsp water if necessary to prevent sticking).• Add chicken and cook for 3-5mins or until browned.• Stir in rice and cook for 1 minute.• Add stock, peas, cauliflower and apricots and cook over medium heat until rice is cooked and all stock has been absorbed (~15-20mins). • Combine yoghurt and mint.• Combine tomato and coriander in a separate bowl.• Serve above with biryani.
Nutritional Analysis: (please provided nutritional analysis per portion)
Kcals Carbohydrates Fat Protein: Carbohydrates: -of which starch: -of which sugar: Sodium: Fibre:

RECIPE IDEAS



Title: Omlette with creamed spinach and cheese
No of Servings: (For all recipes please submit quantities and analysis for two portions) 2
Ingredients: (Listed in both imperial and metric measures)
1 bunch of spinach 90g 600ml boiling water 1 tblsp of margarine 1 onion sliced 60g 1 tblsp flour 20g 125ml semi skimmed milk ½ cup grated cheddar cheese 75g salt and pepper to taste Omlette 5 eggs beaten 1 tblsp margarine 20g 2 Slices of granary bread toasted
Method: (please list in Bullet point format)
<ol style="list-style-type: none">1. Prepare the filling first. Place the spinach in a colander over a large saucepan. Pour the boiling water over the spinach and let it stand for one minute. Drain the water from the spinach and refresh under cold water. Squeeze out excess water.2. Melt the margarine in a pan and fry the onion until soft. Stir in the flour and then add the milk slowly to form a white sauce. Add the spinach and cheese and stir until the cheese is melted. Season and set aside.3. To make the omelette heat a little oil in a pan and add the margarine. When the margarine starts to bubble add the eggs and shake the pan over the heat to until the eggs are cooked and golden underneath. If you prefer, turn the omelette over at this stage and cook on both sides or simply add the filling and fold in half. Serve with a slice of granary toast.
Nutritional Analysis: (please provided nutritional analysis per portion)
Kcals 560 Carbohydrates 28g Fat 36g Protein: 33g Carbohydrates: -of which starch: 21g -of which sugar: 6g Sodium: 767mg Fibre: 3.2g
Other Relevant Comments:

RECIPE IDEAS

Title: Salmon Cous Cous
No of Servings: 2
Ingredients: (Listed in both imperial and metric measures)
Cous cous 250g, 9oz Salmon 170g, 6oz Green Pepper 160g, 6oz (medium pepper) Red Pepper 160g, 6oz (medium pepper) Onion 30g, 1oz (half an onion) Can of tomatoes 400g, 14oz – large can Garlic 1 clove, 3g Pine nuts 1 tablespoon, 16g
Method: (please list in Bullet point format)
<ul style="list-style-type: none">• Put oven on at 200C• Chop all vegetables.• Place salmon in tinfoil and place some of the vegetables on top. Place in oven.• Place the rest of the vegetables, garlic and chopped tomatoes into wok and lightly stir fry.• Bring 500ml of water to the boil. As soon as it boils, place couscous into water, cover with lid and take off the heat. Leave for 5-7minutes.• When salmon is cooked cut into chunks and place into wok with vegetables. Now uncover lid from couscous and mix in with vegetables in the wok.• Sprinkle with pine nuts and serve piping hot.
Nutritional Analysis: (per 350g portion)
Kcals: 352 Carbohydrates: 46.6g Fat 11g Protein: 19.2g Carbohydrates: -of which starch: 0.5g -of which sugar: 8g Sodium: 77mg Fibre: 5.8g
Other Relevant Comments:

RECIPE IDEAS



Title: Banana and raisin muffins (makes 10 muffins)
No of Servings: (For all recipes please submit quantities and analysis for two portions)
Ingredients: (Listed in both imperial and metric measures)
Ingredients 2 mashed bananas 50g (2oz) raisins 50g (2oz) butter 225g (8oz) wholemeal or half wholemeal flour 1 tsp baking powder 75g (3oz) brown sugar 1 egg 5 tbsp (75ml) skimmed milk 1 tsp cinnamon Pinch salt
Method: (please list in Bullet point format)
<ul style="list-style-type: none">• Combine all ingredients in a large bowl.• Spoon into 10 non-stick bun tins (or paper cases)• Bake at 190°C/375°F/gas mark 5 for approx 20 mins.
Nutritional Analysis: (please provided nutritional analysis per portion) (per muffin)
Kcals: 177 Carbohydrates: 31g Fat: 5.3g Protein: 4g Carbohydrates: -of which starch: 14.5g -of which sugar: 16g Sodium: 298mg Fibre: n/a
Other Relevant Comments: