

Momenta DRP Recipe book 2



Momenta
MOMENTA Diabetes Remission

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Recipes for Phase 2: Rebalance

We've provided these recipes to give you some ideas for tasty and healthy protein, vegetable and starchy carbohydrate options

You can pick different combinations of the dishes to make a wide variety of balanced meals

The recipes include lots of added flavour, which can easily be adapted to suit your own tastes

The booklet also contains some suggestions for dinner meals which contain all the elements you need

Coming next - over the next few weeks we'll also add:

- Updated format
- Breakfast and lunch meals
- A section with recipes for dips, sauces and dressings in due course.
- Some snack ideas. However, we suggest you focus on meals with no snacking during *Phase 2: Rebalance* – these might be useful later in *Phase 3: Retune*.

We hope you enjoy these...

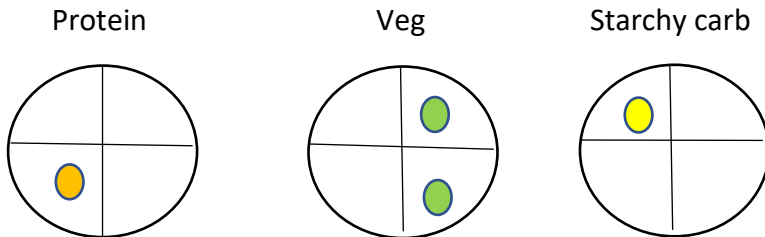
Note: This document is set up as A5, if your A4 printer allows we recommend printing 2 pages side by side. We will address this shortly.

Making balanced meals

Remember the 'Six steps for creating balanced meals':

1. Use the right-sized plate (8 inch/20cm useable area)
2. Divide the plate into quarters
3. Add a good quality protein
4. Add at least 2 types of vegetables (or salad)
5. Add a high fibre starchy carbohydrate
6. Add some flavour

The plate at the top of each recipe shows which section the recipe applies to:



For most of the protein, vegetable and starch recipes only one section is highlighted on the plate. You'll have to combine it with foods from the other sections to make a complete meal. Don't forget to check the total calories.

For mixed meals, more than one section is highlighted eg where the meal includes a starch and some vegetables.

Safety first!

These recipes are suggestions to give you ideas of how to implement the *Balanced meal plate* in everyday meals. You are not obliged to use them.

These recipes and the generalised dietary advice provided as part of a group programme do not replace individualised dietary advice from a healthcare professional who is familiar with your own specific history and circumstances.

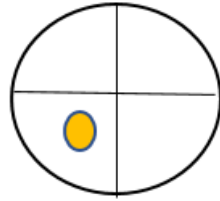
If you have a food allergy or intolerance or a medical condition which has specific dietary restrictions you should check the Ingredients and labels of individual products for suitability before following any of the recipes.

Seek advice from your healthcare team if you are unsure.

For information on safe preparation and storage of food please visit <https://www.nhs.uk/live-well/eat-well/how-to-prepare-and-cook-food-safely/>

and <https://www.nhs.uk/live-well/eat-well/how-to-store-food-and-leftovers/>

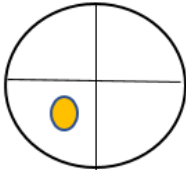
Protein choices



These recipes include some flavourful ideas for your protein portions, as well as healthier versions of foods like burgers.

You can ‘swap out’ different types of protein eg use chicken instead of turkey (and vice versa), choose different types of pulses eg chickpeas instead of black beans etc.

1. Harissa-coated chicken kebabs
2. Beetroot burgers
3. Zingy lime & coriander chicken
4. Pesto-crust cod
5. Black bean burgers
6. Grilled tofu skewers with balsamic marinade
7. Turkey burgers with herby dressing
8. Tinned salmon fishcakes
9. Tandoori style baked chicken tikka
10. Turkey kotleti
11. Jerk chicken
12. Minty butterbean mash

<h2 style="text-align: center;">Harissa-coated chicken kebabs</h2>		
<p>Cal / portion: 400</p>	<p>Makes 2 portions</p>	<p>Prep: 10 mins, plus at least 1 hour to marinate the chicken</p>
		<p>Cook: 12 mins</p>
<p>If you haven't tried using yoghurt as a marinade, you'll be pleasantly surprised by how tender and tasty the results are. Harissa paste adds some spice in this recipe, but you can use siracha or any other spices of your choice mixed into the yoghurt if you prefer.</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 4 boneless chicken thighs (2 per serving) • 1 heaped tbsp (50g) natural or Greek yoghurt • 1 heaped tsp (10g) harissa (chilli) paste • Dash of lemon juice • A pinch of salt 		

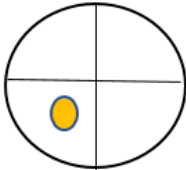
Preparation

- Cut each chicken thigh into 3 pieces
- In a large bowl, mix together the other Ingredients
- Add the chicken and stir to coat. Cover the bowl with clingfilm and marinate for at least an hour in the fridge, or preferably overnight.

Cooking

- Slot 3 pieces of chicken each onto a metal skewer or a pre-soaked wooden skewer
- Place under the grill or on a griddle pan (medium heat) or barbeque
- Cook for about 12 mins, turning halfway through cooking.
- Cut into one piece to ensure the chicken is thoroughly cooked

Try with a wholemeal pitta bread and a mixed salad

<h2>Beetroot burgers</h2>		
Cal / portion: 260	Makes 4 portions	Prep: 10 mins
		Cook: 14 mins
<p>These burgers look and taste gorgeous, and each one includes a serving of healthy beetroot as well. Be careful not to ‘double-carb’ with burgers (both a bun and chips) – see below. Beetroot juice can stain so take care to protect your hands, clothing, wooden boards etc!</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 500g lean beef mince • 200g fresh beetroot, peeled and grated • 50g fresh breadcrumbs (see separate instructions) • 2 tbsps (40g) horseradish sauce (optional) • 1 egg • 1 tbsp olive oil <p>Toppings:</p> <ul style="list-style-type: none"> • Sliced tomato, gherkins, lettuce, 1 tsp mayonnaise 		

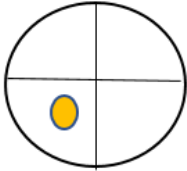
Preparation

- Tip the mince into a mixing bowl. Use a fork (or your hands) to break it up
- Add the breadcrumbs, horseradish and egg
- Add the beetroot and mix well together
- Divide the mixture into 4 and shape into burger patties (you can buy an inexpensive burger press to make this easy)

Cooking

- Heat the olive oil in a large frying pan on medium heat
- Turn down the heat slightly and cook the burgers on medium-low for 6-7 mins
- Turn each burger and cook for another 6-7 mins on the other side, until cooked through
- Add your toppings and serve

Serve with: Choose either a medium sized higher fibre, slow release bread roll and serve with salad or perhaps courgette fries or miss the bun out and serve with sweet potato wedges. You can wrap the burger in a large lettuce leaf or even between two large portobello mushrooms if you still want to pick it up!

	Zingy lime and coriander chicken	
Cal / portion: 195	Makes 4 portions	Prep: 10 mins
		Cook: 30 mins
<p>With lime zest, cumin and a few crushed chillies, this zingy chicken recipe is full of flavour but not too spicy. If you're not a coriander fan, just miss it off at the end</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 4 medium chicken breasts • 1 tbsp olive oil • 1 tbsp ground cumin • ¼ tsp dried chillies • 2 tsps lime zest • 2 tbsps lime juice • 2 tbsps chopped coriander 		

Preparation

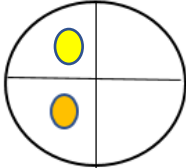
- Preheat the oven to 200°C, Gas mark 6
- Line a baking tray with foil, pour on 1 tsp of olive oil and spread it over the foil with kitchen roll (or use spray oil)
- Place the chicken breasts on the tray and brush with the remaining 2 tps of oil
- In a small bowl, combine the cumin, dried chillies and lime zest. Mix well.
- Pour the mixture over the chicken

Cooking

- Place the tray in the centre of the oven and cook for 20 mins. Check the chicken is cooked through (no pink when you cut through the centre)
- Place 1 chicken breast on each plate, sprinkle with coriander and squeeze over the lime juice

Storage: Best served fresh

Try with: Mexican Quinoa and salsa

	<h2>Pesto crusted cod</h2>	
Cal / portion: 270	Makes 2 portion	Prep: 5 mins
		Cook: 15 mins
<p>Instead of buying breadcrumbed or battered fish, try making your own with a delicious crispy topping. We have used cod here but any other white fish fillet will work just as well</p> <p>Not keen on pesto? You might change your mind after you try this recipe, but you can skip the pesto and use olive oil instead if you prefer. Go easy with the lemon juice as you don't want a soggy crumb mixture!</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 2 cod fillets (140g each) • 2 tbsps (40g) green pesto • 80g breadcrumbs (see separate recipe), they only take 15 mins if you don't have any prepared • Juice and finely grated zest of half a lemon (cut the other half into wedges to serve with the fish) 		

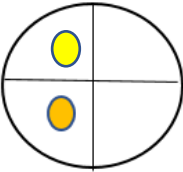
Preparation

- Preheat oven to 200C, Gas 6
- Pat the fish fillets dry with kitchen roll and set aside
- In a small bowl mix the pesto, lemon juice and lemon zest then stir in the breadcrumbs
- Lightly oil a baking tray and lay the fish fillets on the tray, skin side down
- Coat each piece of fish with the pesto mixture

Cooking

- Place the tray in oven and bake for about 12 mins until the fish is cooked through and the pesto crust is golden and crispy

Try with: Roasted Mediterranean vegetables

<h2>Black bean burgers</h2>		
Cal / portion: 385 (280 without the nuts)	Makes 2 portions	Prep: 10 mins
		Cook: 10 mins
<p>These burgers are ready in just 20 mins and use mostly store cupboard Ingredients – great for a quick and easy midweek dinner. The recipe uses a food processor but you can make ‘rustic’ burgers by hand by mashing the beans well with a fork. The small amount of maple syrup adds to the flavour, and isn’t enough to have an impact on blood glucose levels, especially when combined with the beans.</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 400g tin of black beans (240g beans), drained and rinsed • 2 cloves garlic • 2 spring onions • 30g walnuts (about 15 walnut halves) • 50g rolled oats • ½ tsp chilli powder • ½ tsp smoked paprika • 1 tbsp light soy sauce • 1 tbsp red wine vinegar (or apple cider vinegar) • 1 tsp maple syrup • 1 tbsp olive oil 		

Preparation

- Blend the garlic in the food processor until it forms a paste (mince the garlic if making by hand)
- Add the spring onions and pulse so they are finely chopped (chop finely if making by hand)
- Add the walnuts, oats, chilli powder, paprika, soy sauce, vinegar and maple syrup (if making by hand, leave the oats whole and finely chop the nuts)
- Blend until the mixture has a breadcrumb-like texture
- Add two thirds of the black beans to the food processor. Set the other third aside
- Blend until you have a mostly smooth mixture but with some texture
- Tip the mixture into a mixing bowl, add the remaining black beans and fold them in gently using a spoon – the idea is to keep them as whole as possible
- Leave to stand for 5 mins (this will allow the oats to soak up excess moisture)

Cooking

- Divide the mixture into two for 200g burgers, or 4 x smaller burgers if you prefer. Form a pattie shape and press firmly to hold the mixture together
- Heat the oil in a frying pan over medium-low heat
- Add the burgers and cook for 4-6 mins each side until heated through and lightly browned. Be careful when turning so they don't fall apart.

<h2>Seasoned baked tofu</h2>		
Cal / portion: 240	Makes 2 portions	Prep: 30 mins plus time to press and marinate the tofu Cook: 10-15 mins
<p>This way of cooking tofu ensures it stays firm and doesn't crumble, but also gives it a nice flavour and texture. The key is pressing the moisture out of the tofu first.</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 1 pack (280g) extra firm tofu <p>For the marinade:</p> <ul style="list-style-type: none"> • 2 tbsps reduced salt soy sauce • 1 tbsp sesame oil • 2 cloves garlic, crushed • 2 tsps ginger paste (or grate 2cm fresh ginger) 		

Preparation

Pressing the tofu

- First, press the tofu to remove excess moisture. Place the tofu block in a pan and place another pan on top. Now add some weight to the pan such as tins or some bottles filled with water. The aim is to apply pressure without squashing the tofu flat
- Leave it to press for anything from 20 mins to overnight

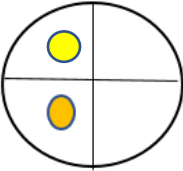
Marinating the tofu

- Cut the tofu into 2cm cubes
- Whisk together the Ingredients for the marinade in a large bowl
- Add the tofu cubes and mix gently to coat the tofu without it crumbling
- Cover and leave in the fridge for at least 1 hour (or overnight). If you're in a real hurry you can skip this step

Cooking

- Preheat the oven to 200°C, Gas Mark 6
- Place the tofu cubes on a baking tray and bake in the centre of the oven for 15 mins

The seasoned tofu can be used immediately eg in salads or with grains. It is also recipe ready for other dishes eg for use in curries or stir fries.

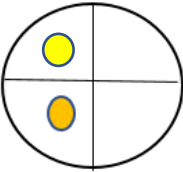
<h2>Turkey burgers with herby dressing</h2>		
Cal / portion: 265	Makes 4 portions	Prep: 10 mins
		Cook: 15 mins
<p>As turkey is so high in protein while being relatively low in calories, this is a tasty and satisfying burger. The recipe for the yoghurt dressing makes more than you'll need, so use the rest for salads or sandwiches</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 450g turkey thigh mince • 1 tbsp Worcestershire sauce • Salt and pepper to season <p>For the dressing (10 servings)</p> <ul style="list-style-type: none"> • 200g Greek yoghurt • 50g light mayonnaise • 1 tbsp Worcestershire sauce • Juice of one lemon • 6 spring onions 		

Preparation

- To make the dressing place all the Ingredients in a blender/food processor and blend until smooth
- Transfer to a covered bowl and place in the fridge while you make the burgers. It will thicken as it chills
- Mix all of the burger Ingredients in a large bowl to combine
- Divide the mixture into quarters and form 4 burger patties

Cooking

- Heat a griddle pan on medium-high heat
- Add the burgers (be gentle with them) and cook for around 5 mins on each side
- Remove the burgers to a plate and allow to rest for a few mins before serving, topping each with a tbsp of dressing

<h2>Tinned salmon fishcakes</h2>		
Cal / portion: 350	Makes 2 portions	Prep: 10 mins
		Cook: 10 mins
<p>Fishcakes don't need to be covered in breadcrumbs to have a deliciously crispy coating. This quick and easy recipe uses mostly store cupboard ingredients but tastes amazing. They can be cooked ahead and reheated</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 170g tin of red salmon • 300g tin new potatoes, drained • 1 medium egg • 2 tbsps fresh parsley, chopped • Juice of half a lemon • 2 level tbsps gram (chickpea) flour or wholemeal flour (you won't use it all) • 1 tbsp olive oil • 2 handfuls watercress or other salad leaves <p>Lemon wedge, a medium slice of granary bread and a drizzle of malt or balsamic vinegar to serve</p>		

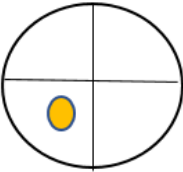
Preparation

- Drain the potatoes and mash them up in a large bowl
- Drain the salmon, add both tins to the bowl and mix well
- Wash and chop the parsley. Add to the bowl with the lemon juice. Season with a little salt and pepper
- Beat the eggs and add to the bowl. Mix everything well
- Place the flour in a dish. With clean hands, shape the fish mixture into 4 equal size balls. Roll them in the flour to coat them, then flatten into patties

Cooking

- Heat half the oil in a frying pan on high
- Add 2 fishcakes and cook for about 4 mins until crisped on the bottom
- Turn and cook for another 4 mins. They may need another few mins each side, keep turning until golden and crispy
- Repeat with the other 2 fishcakes

Serve on 2 plates with the watercress, a wedge of lemon to squeeze over and a good drizzle of vinegar

<h2 style="color: #4F81BD;">Tandoori-style baked chicken tikka</h2>		
Cal / portion: 230	Makes 4 portions	Prep: 10 mins plus at least 1 hour to marinate Cook: 15 mins
<p>The word ‘tikka’ refers to a small piece or chunk of meat – not ‘tandoori-cooked food’ or a particular type of sauce. The oil should be added after the spices to allow them to penetrate and flavour the chicken. The chicken can be prepared a day ahead and left to marinate in the fridge overnight for a faster (and tastier) dinner the next day.</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 2 cloves garlic • 2cm piece fresh ginger • Juice of 1 lime • 1 tsp chilli powder • 1 tsp ground turmeric • 1 tsp ground cumin • 1 tsp ground coriander • 1 tsp garam masala • 4 medium skinless chicken breasts (600g) • 2 tbsps olive oil 		

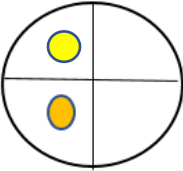
Preparation

- Peel and finely chop or mince the garlic
- Peel and grate the ginger
- Put the garlic and ginger in a large mixing bowl, add the lime juice and the chilli powder, ground turmeric, ground cumin and garam masala. Mix well
- Cut the chicken breasts into 2cm (1in) cubes
- Add the chicken and stir well to coat the chicken – or rub the spices into the meat with your fingers
- Drizzle in 2 tbsps of olive oil and mix again
- Cover and place in the fridge to marinate for at least one hour, or overnight if possible

Cooking

- Preheat the oven to 200°C, Gas Mark 6
- Line baking tray with foil
- Place the marinated chicken pieces onto the baking tray in a single layer
- Bake in the centre of the oven for 15 mins
- Check the chicken is cooked by cutting a piece open – it should be white (not pink) and very hot inside

This can be eaten straight away with salad and couscous, or cold chicken can be shredded and added to a salad or eaten in a pitta for lunch the next day

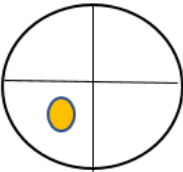
<h2>Turkey kotleti</h2>		
Cal / portion: 320	Makes 4 portions (8 large or 16 small kotleti (cutlets))	Prep: 10 mins
		Cooking: 15 mins
<p>As turkey is so high in protein while being relatively low in calories, this is a tasty, satisfying and lighter alternative to pork/beef versions. Serve with some sauerkraut or braised cabbage for a delicious, balanced meal</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 450g turkey thigh mince (you can mince chicken thighs or chicken breast if you prefer) • 100g breadcrumbs (see separate recipe for homemade breadcrumbs) • 100ml semi skimmed milk (you may not need it all) • Half a medium onion, finely grated using the small holes on a grater • 1 egg • 2 level tbsps (40g) Greek or natural yoghurt • Pepper to season • 2 tbsps gram (chickpea) flour or wholewheat flour for coating • 1 tbsp olive oil 		

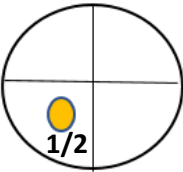
Preparation

- If you don't have any breadcrumbs prepared you can toast 2 slices of (slow release) bread and then grate into crumbs or blitz in food processor. You can also buy breadcrumbs
- Put the breadcrumbs in a bowl and add just enough milk to cover them. Leave to stand for 5 mins to allow the milk to soak in
- In a large bowl combine the turkey, breadcrumbs, yoghurt, beaten egg and onion. Season with a little pepper then mix well to combine. The meat mixture will be wetter than traditional kotleti or burger recipes
- Wet your hands (this is important as the mixture can be tricky to handle otherwise). Form the mixture into equal sized balls and then shape into oval patties
- Put the flour in a flat dish or on a plate.
- Now lightly coat the patties with flour – first pat them with some kitchen roll, then gently press them into the flour. Carefully turn them to coat. Lift from the flour and shake gently to remove any excess

Cooking

- Heat the olive oil in a frying pan or skillet on medium heat
- Add the patties (you will probably need to cook in batches) and cover with a large lid. Cook for 5 mins on the first side then gently turn them over using a spatula. Cover and cook for about 3 mins on the other side, or until golden brown. Covering steams the patties ensuring they cook through without burning
- Wipe the pan with kitchen roll between batches

<h2>Jerk chicken</h2>		
Cal / portion: 135	Makes 4 portions	Prep: 5 mins plus 2 hours to marinade
		Cooking: 10 mins
<p>Ingredients</p> <ul style="list-style-type: none"> • 400g pack chicken mini fillets • 1 tbsp lemon juice • 1 tbsp olive oil • 1 small garlic clove, crushed • 1 tsp jerk seasoning <p>Preparation</p> <ul style="list-style-type: none"> • Combine the marinade Ingredients in a bowl • Add the chicken and mix to coat. Cover and chill for about 2 hours (can be done the night before for dinner the next day) <p>Cooking</p> <ul style="list-style-type: none"> • Heat the olive oil in a large frying pan over medium heat • Cook the chicken in batches for a couple of mins on each side until golden <p>Serve with brown rice and peas. Also great in salads or in a pitta with crispy lettuce for lunch</p>		

<h2>Minty butterbean mash</h2>		
Cal / portion: 150	Makes 2 portions	Prep: 5 mins
		Cook: 5 mins
<p>Butterbeans make a great mash! Reduce down your usual amount of mash and add extra filling protein and fibre with this tasty dish</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 1 tin of butterbeans (400g), drained and rinsed under running water in a sieve • 2 tbsps olive oil • 1 small garlic clove, crushed • juice of ½ a lemon • A small handful of fresh mint leaves, finely chopped • Pepper to season 		

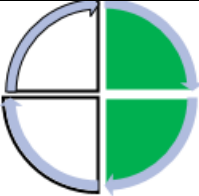
Preparation

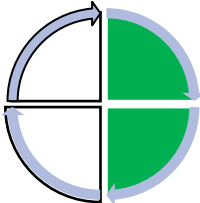
- Put the butter beans, olive oil and garlic in a pan with 1 tbsp of water
- Heat through gently
- Turn off the heat and mash the butterbeans using a potato masher
- Add the lemon juice and chopped mint and mix in
- Season to taste with ground black pepper

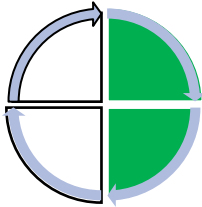
Vegetable choices

These recipes include some flavourful ideas for your vegetable portions.

1. Smoky sofrito sauce
2. Caramelised roasted vegetables
3. Garlicky greens with mushrooms
4. Crispy parmesan courgette
5. Cumin-spiced aubergine wedges with yoghurt dressing
6. Punjabi bhindi (okra stir fry)
7. Ribbon salad with miso dressing
8. Roasted spiced butternut squash
9. Stir fried satay greens
10. Mushroom powder

<h2>Smoky sofrito sauce</h2>		
Cal / portion: 50	Makes 10 portions (1 portion = 100g)	Prep: 10 mins Cook: 1h 15mins for the best flavour
<i>See Vegetable recipe book page 51</i>		

<h2>Caramelised roasted vegetables</h2>		
Cal / portion: 140	Makes 2 portions	Prep: 10 mins Cook: 25-30 mins
<i>See Vegetable recipe book page 21</i>		

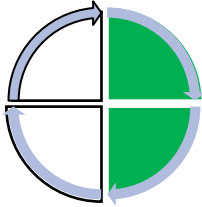
<h2 style="color: #4F81BD;">Garlicky greens with mushrooms</h2>		
Cal / portion: 110	Makes 3 portions	Prep: 5 mins
		Cook: 10 mins
<p>Ingredients</p> <ul style="list-style-type: none"> • Crushed seeds of 4 cardamom pods (optional). This adds extra aromatic flavour • 250g kale (or any other greens) • 1 tbsp olive oil • 1 garlic clove • 1 red onion • 200g mushrooms • 1 tsp dried chilli flakes (optional). Use a sliced red chilli if you prefer 		

Preparation

- If not pre-washed, rinse the kale
- Peel and slice the onion
- Peel and crush the garlic
- Wash and slice the mushrooms

Cooking

- Steam the kale in a pan with a little boiling water and the cardamom seeds (if using) for about 5 mins, until tender
- Drain the kale in a colander
- Dry off the pan and add the olive oil. Heat on medium
- Add the sliced onion and cook for 3-4 mins to soften, stirring regularly
- Add the garlic and cook for a further minute
- Add the mushrooms and chilli flakes and cook for another 8 mins, stirring frequently, until golden brown
- Add the kale, mix well and continue to cook until heated through 2-3 mins

<h2>Crispy parmesan courgette</h2>			
Cal / portion: 145	Make 4 portions	Prep: 10 mins	
		Cook: 20 mins	
<p>This is a delicious way to enjoy courgettes, crispy with no frying involved, a great alternative to chips/fries!</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 4 medium courgettes • 1 tbsp olive oil • 50g grated parmesan cheese • ½ tsp dried thyme • ½ tsp dried oregano • Freshly ground black pepper 			

Preparation

- Preheat oven to 180°C/160 Fan/ Gas 5
- Trim the ends from the courgettes and quarter each one lengthways. Cut them into shorter lengths (halves or thirds) if you prefer
- Line a baking tray with baking parchment and place the courgettes
- Drizzle over the olive oil
- Mix the parmesan, herbs and a grind of black pepper together in a bowl then sprinkle over the courgettes to coat them

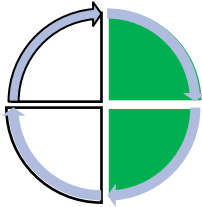
Cooking

- Place the baking tray in the centre of the oven and bake for 15 mins
- Finish off under a medium grill for 2 mins until golden and crispy
- Divide between 4 plates

<h2>Indian spiced greens</h2>		
Cal / portion: 100	Makes 2 portions	Prep: 5 mins
		Cook: 10 mins
<p>Instead of ‘double carbing’ with curries (e.g. rice and roti or an aloo side dish), try some vegetable sides instead</p> <p>Ingredients</p> <p>1 tbsp olive oil</p> <p>240g shredded leafy greens eg cabbage, kale or spinach</p> <p>½ tsp cumin seeds</p> <p>½ tsp mustard seeds</p> <p>1 green chilli, finely chopped</p> <p>2cm piece fresh ginger, finely chopped</p> <p>½ tsp ground turmeric</p> <p>½ tsp ground coriander</p> <p>Juice of half a lemon</p> <p>1 tsp garam masala</p> <p>Chopped fresh coriander to serve (optional)</p>		

Cooking

- Heat the oil in a frying pan on medium-high heat
- Add the cumin and mustard seeds and sizzle for about 30 seconds
- Add the chilli, ginger, ground turmeric and ground coriander
- Cook for 1-2 mins to release the flavours
- Add the greens and 1 tbsp of water
- Cover the pan and cook for 5-6 mins until the greens have wilted
- Add the lemon juice and garam masala and toss everything together
- Serve topped with chopped fresh coriander (optional)

<p style="text-align: center;">Cumin-spiced aubergine wedges with yoghurt dressing</p>			
<p>This vegetable dish has a delicious blend of Middle Eastern flavours. Pomegranate molasses has a unique sweet and sour flavour, but if you can't find any a thin drizzle of honey works instead</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 2 large aubergines • 2 tbsps olive oil • 2 heaped tsps cumin seeds • 2 tbsps (50g) Greek or natural yoghurt • 2 tbsps pomegranate molasses (find in larger supermarkets or online) • Pomegranate seeds 50g (half a small pack) • A handful of fresh coriander, chopped • 1 tbsp 25g pumpkin seeds (optional, add 35cal per serving) 			

Preparation

- Preheat oven to 220°C/ Fan 200/ Gas 7
- Line a baking tray with baking parchment
- Remove the stalk end of the aubergine and discard. Cut into thick wedges (skin sides 5cm wide)
- Using a pastry brush, 'paint' the exposed flesh sides of each aubergine wedge with olive oil
- Arrange the wedges on the prepared baking tray, then sprinkle with the cumin seeds, getting as many as you can to stick to the aubergine flesh

Cooking

- Roast in the centre of the oven for 45 mins until golden brown and starting to char

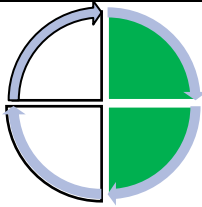
To serve

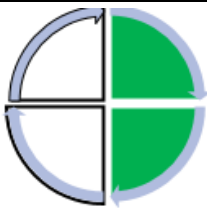
- Arrange the wedges on a serving plate and season with a little salt and pepper
- In a separate bowl, season the yoghurt with salt and pepper and add just enough water to make it the right consistency to drizzle
- Drizzle the pomegranate molasses over the wedges, followed by the yoghurt
- Sprinkle over the pomegranate, coriander and pumpkin seeds if using
- Equally delicious cold the next day!

<h2>Punjabi bhindi (okra stir fry)</h2>		
Cal / portion: 120	Makes 4 portions	Prep: 5 mins
		Cook: 10 mins
<p>This is delicious as a side dish with curry and roti</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 500g okra (bhindi) • 1 tbsp olive oil • ½ tsp cumin seeds • 3 onions, sliced thickly • 1 green chilli • ½ tsp chilli powder • 1 tsp ground coriander • ¼ tsp ground turmeric • ½ tsp mango powder (amchur) - optional 		

Preparation

- Trim the ends of the okra, then cut into 5cm long pieces. Make a slit in each piece horizontally, but without cutting completely in half
- Heat the oil in a frying pan or kadai on high heat
- Add the cumin seeds and cook for around 20 seconds until they darken
- Slit the green chilli and add to the pan with the onions. Stir fry for 30 seconds
- Add the okra and the chilli powder, turmeric and coriander. Mix well, then cover the pan (use a large pan lid if your frying pan doesn't have its own cover
- Turn the heat down to low and cook for 5-7 mins, stirring occasionally
- Add the mango powder (if using). Cook for another 2 mins then serve

Ribbon salad with miso dressing		
Cal / portion: 85	Makes 2 portions	Prep: 10 mins
		Cook: n/a
<i>See Vegetable recipe book page 63</i>		

Roasted spiced butternut squash		
Cal / portion: 120	Makes 4 portions	Prep: 5 mins
		Cook: 25 mins
<i>See Vegetable recipe book page 13</i>		

<h2>Stir-fried satay greens</h2>		
Cal / portion: 105	Makes 2 portions	Prep: 5 mins
		Cooking: 10 mins
<p>This is a full flavoured, easy recipe that makes the most of green vegetables. Make sure your peanut butter is a no-added sugar variety eg Meridian or Whole Earth</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 2 heads of pak choi • 1 courgette • 1 tbsp olive oil • 1 heaped tbsp peanut butter • 1 tbsp reduced salt soy sauce • 1 tsp maple syrup (use granulated sweetener if you prefer) • ½ tsp Chinese 5-spice 		

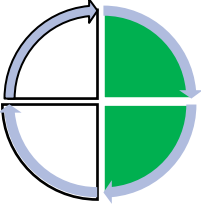
Preparation

- Cut the end from the pak choi, wash and pat dry the leaves then cut into thin strips
- Trim the end off the courgette. Cut into thin rounds then slice the rounds in half

Cooking

- Heat olive oil in a large frying pan or wok on high heat
- Add the pak choi and courgette. Stir fry until the courgette has softened (about 5 mins). Keep everything moving so it doesn't catch and burn, which will cause a bitter taste
- Stir in the peanut butter, soy sauce and maple syrup (or sweetener). Mix well
- Sprinkle over the 5-spice and mix

Serve with: Salmon fishcakes

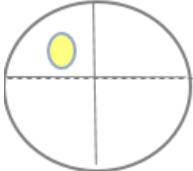
<h2>Mushroom powder</h2>		
Cal / tsp: 5	Makes 30 tsps	Prep: 5 mins
		Cook: n/a
<p>This is more of a recipe ingredient than a side dish, but it's a great way of incorporating more plant-based nutrients into dishes. Mushrooms add 'umami' savoury flavour, for example to turkey chilli, scrambled eggs, soups, stews, cabbage rolls or anything else you like! Add to suit your taste eg 1-2 tsps.</p> <p>Ingredients</p> <ul style="list-style-type: none"> • Dried mushrooms eg porcini (larger supermarkets, healthfood stores or online) 		

Preparation

- Simply blend the dried mushrooms into a powder in a food processor
- Store the powder in a sealed airtight jar
- It will keep in your store cupboard for up to 6 months

High fibre starchy carbohydrate choices

1. Tabbouleh
2. Sweet potato wedges
3. Mexican quinoa
4. Root veg rosti
5. Pearl barley risotto
6. Slow release roti/flatbread
7. Pitta chips
8. Crispy breadcrumbs
9. Chocolate quinoa muffins
10. Mix and mash

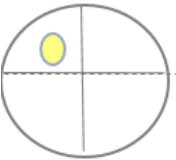
<h2>Tabbouleh</h2>		
Cal / portion: 200	Makes 2 portions	Prep: 10 mins
		Cook: 20 mins
<p>Tabbouleh is made with bulgur wheat, a high fibre, slow release starch. It should be very herb-packed and bright green with only flakes of white grains visible, so don't be sparing with the herbs! This tastes super fresh and goes really well with harissa chicken and salad.</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 300g cooked bulgur wheat (120g uncooked weight) • Juice of 1 lemon • 8 spring onions, finely sliced • 2 long stems of fresh mint • A large bunch of flat leaf parsley leaves, stalks removed – you should have about 10 times as much parsley as mint • 1 garlic clove, minced • 1 tbsp extra virgin olive oil • 2 large tomatoes • Ground black pepper 		

Preparation

- Cook the bulgur wheat as per packet instructions. Typically, rinse in a sieve and place in a medium pan with 400ml water per 100g uncooked bulgur wheat
- Heat on high until the water boils, then put on the lid, reduce the heat to low and simmer for 15 mins
- Meanwhile slice and finely dice the tomatoes and finely chop the spring onions and herbs. Peel the garlic
- After 15 mins remove the bulgur wheat from the heat, drain off excess liquid and leave to stand with the lid on for 10 mins before fluffing the grains with a fork.
- Cool the bulgur wheat quickly by rinsing in a sieve with plenty of cold water
- Place in a bowl with the chopped tomatoes, spring onions and herbs
- Mince the garlic and add to the bowl along with the lemon juice. Give everything a good mix and add salt and pepper to taste
- You can speed things up by cooking a batch of bulgur wheat and using it in salads like this one, or reheating to have with other dishes in place of white rice

Storage: Keeps in the fridge for 3-4 days

Try with: Harissa chicken, salad and tzatziki

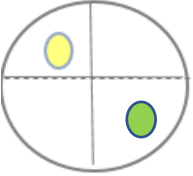
<h2>Sweet potato wedges</h2>		
Cal / portion: 185	Makes 4 portions	Prep: 5 mins
		Cook: 30 mins
<p>Although naturally sweet, sweet potato releases energy slower than white potatoes. It's also packed full of nutrients like beta-carotene, which gives it its vibrant colour. These wedges are an ideal alternative to chips.</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 1 tbsp olive oil • 2 medium sweet potatoes (400g each approx.) 		

Preparation

- Preheat oven to 200°C, Gas mark 6
- Peel the sweet potatoes, chop each one in half lengthways then cut each half into 4 wedges
- Put the wedges in a bowl, add the olive oil and mix well to coat
- You can add any spices you like at this point eg paprika, cumin, chilli powder – but plain is also delicious

Cooking

- Tip the wedges onto a baking sheet in a single layer
- Roast in the centre of the oven for around 30 mins until they start to caramelise

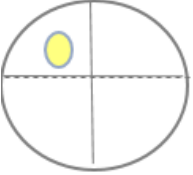
<h2>Mexican quinoa</h2>		
Cal / portion: 340	Makes 4 portion	Prep: 5 mins
		Cook: 20 mins
<p>This quick and easy Mexican-inspired alternative to rice is bursting with flavour and uses mostly store cupboard Ingredients. Swap the quinoa for brown rice or any other grain from your cupboard if you prefer (adjust stock according to the grain packet cooking directions)</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 1 tbsp olive oil • 2 cloves minced garlic • 1 medium red onion, diced • 200g uncooked quinoa • 1 cup reduced salt chicken stock • 400g tin black beans, drained 240g • 400g tin chopped tomatoes • 1 tbsp chilli powder • 1 tsp ground cumin • 1 ripe medium avocado • 2 tbsps fresh coriander 		

Preparation

- Heat the oil in a large skillet over medium heat
- Add the garlic and onion and cook until soft (about 2 mins), stirring frequently
- Stir in the quinoa, stock, beans, tomatoes, chilli powder and cumin
- Bring to the boil and then reduce the heat
- Simmer on low heat for 20 mins until the water has been absorbed
- Stir in the avocado and coriander

Storage: Keeps in the fridge for 3-4 days

Try with: Zesty lime and coriander chicken

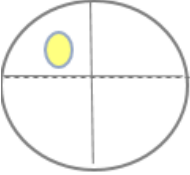
<h2>Root veg rosti</h2>		
Cal / portion: 200	Makes 4 portions (8 rosti, 2 per portion)	Prep: 20 mins
		Cook: 10 mins
<p>These root veg rosti are delicious and crispy – great with a poached or fried egg and tinned tomatoes, or some lean ham with peas. You can use any root veg eg swede also works well with carrot</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 3 medium carrots, trimmed and peeled • 250g sweet potato • 1 small onion • 2 medium eggs • 1 tsp grainy mustard • Black pepper to season • 1 tbsp olive oil 		

Preparation

- Put a large pan of water on to boil
- Coarsely grate the carrot, sweet potato and onion
- Combine them in a large bowl
- Blanch them in the pan of water for 2 mins, then remove and drain in a sieve, pressing out excess moisture with a potato masher
- Transfer back to the bowl and leave to cool down
- Whisk the eggs with the mustard, then add to the eggs and season with a little pepper

Cooking

- Heat the olive oil in a large non-stick pan over medium heat
- Drop heaped tbsps of mixture into the pan. Press each down with a spatula to form a patty 1cm thick
- Cook for 2-3 mins until golden and crispy underneath
- Turn carefully and cook for another couple of mins
- You may need to cook the rosti in batches, in which case add a little more oil if needed.

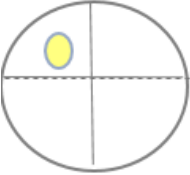
<h2>Pearl barley risotto</h2>		
Cal / portion: 120	Makes 4 portions	Prep: 5 mins
		Cook: 30 mins
<p>This nutty risotto doesn't require constant stirring like the arborio rice version, just an occasional stir and check to make sure it isn't drying out. Pearl barley is full of fibre and can also be made into a porridge in place of oats – very Scandinavian!</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 240g pearl barley • 1 medium onion • 1.25 litres reduced salt chicken or vegetable stock • A handful of chopped parsley • Zest of 1 lemon • 1 tbsp olive oil 		

Preparation

- Peel and chop the onion
- Toast the pearl barley in a dry pan over medium heat for about 3 mins, until golden brown (tossing regularly)
- Set the toasted barley aside

Cooking

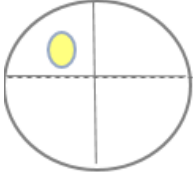
- Add the olive oil to a large pan and heat on low
- Add the chopped onion and sweat for 5 mins, until softened
- Add the stock and toasted barley and stir
- Cook for about 20 mins, or until the barley is tender. Stir occasionally and add some more water/stock if the risotto is drying out
- When cooked, mix in the lemon zest and parsley and cook for a further 2 mins

	<h2>Slow release roti/flatbread</h2>	
6cal per roti	Makes 8 portions: 8 x 13cm rotis (1-2 roti per serving)	Prep: 5 mins
		Cook: 30 mins
<p>A Newcastle University DiRECT study participant suggested this recipe, using a blend of flours and a little olive oil. It works really well to make a higher fibre everyday roti that is gentler on blood glucose levels than the white flour version. Alternatively you can use a simple all-wholewheat flour version.</p> <p>Option 1: Wholewheat roti</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 140g wholewheat flour (atta) plus extra for dusting • A few drops of olive oil <p>Option 2: Mixed flour roti</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 70g wholewheat flour (atta) or spelt flour plus extra for dusting • 70g rye, buckwheat or amaranth flour • A few drops of olive oil 		

Preparation

- Place the flour(s) in a deep bowl
- Add the water in a slow trickle and mix into a sticky dough
- Drizzle in a few drops of oil and then knead with clean hands until the dough is smooth
- Cover with a clean tea towel and allow to rest for 15-20 minutes
- Divide the dough into eight equal portions and form them into balls
- Press each ball into some flour and place onto a clean surface or board
- Using a rolling pin, roll each ball out into a 13cm flat disc
- Heat a tawa or griddle pan over medium heat. Once hot, add a roti and allow to cook for 30 seconds
- Flip and cook on the other side for 1 minute
- Flip again and press gently with some kitchen paper. The roti will puff up
- Remove to a plate and repeat with the other 7 rotis
- Keep the cooked rotis covered with a cloth or tea towel until they are all ready, to avoid them drying out

Try with: Black bean burger

	<h2>Pitta chips</h2>	
Cal / portion 165	Makes 5 portions (1 portion is 6 chips)	Prep: 5 mins
		Cook: 10 mins
<p>Forget crisps and bagged tortilla chips, these crispy baked pitta chips are made with just a brush of healthy olive oil, and are as simple as they are delicious</p> <p>Make in batches for a few days supply but remember that 6 chips is a portion – they are moreish!</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 4 wholemeal pitta breads (fresh or slightly stale) • 2 tbsps olive oil 		

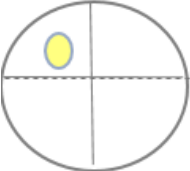
Preparation

- Preheat oven to 200°C, Gas Mark 6
- Pop the pitta breads on a baking tray and place on the top shelf of the oven for a couple of mins. This makes the slicing in two a bit easier. Remove from the oven and allow to cool slightly
- Put the oil in a cup or bowl and
- Carefully split each pitta bread in two using a knife, to make 8 very thin pittas
- Use a pastry brush to lightly ‘paint’ both sides of each pitta (paint the flat sides first and use what’s left for the rough sides)

Cooking

- Slice each piece into quarters and arrange them on a baking tray. You may need 2 trays or cook in two batches – they don’t take long
- Bake in the oven (centre shelf) for 8-10 mins until golden. Keep a close watch towards the end of the cooking time so they don’t burn
- Remove from the oven and cool on a wire rack if you have one or a dinner plate if you don’t
- Once cool store in an airtight container

Delicious with hummus dip and sliced peppers or carrot sticks for an easy lunch with crunch!

	<h2>Crispy breadcrumbs</h2>	
100cal / 50g	Portions depend on the recipe they are used in	Prep: 5 mins Cook: 15 mins
<p>For a delicious crispy coating on fish or chicken, or a binder for meatballs and homemade burgers, it's quick, easy and much more economical to make your own breadcrumbs instead of using shop-bought versions.</p> <p>It can also be healthier as you can use whatever type of bread you have at home. A great way to prevent waste – just freeze the last couple of slices or crusts of bread that you might otherwise throw away in a sealed bag or container until you have enough to make a batch of breadcrumbs. Once cooked and cooled, they can be kept in the freezer for up to a month, and can be added straight into dishes for cooking.</p> <p>Ingredients</p> <ul style="list-style-type: none"> • Bread of any type • 3 tbsps olive oil • Optional: herbs or spices e.g. <ul style="list-style-type: none"> ○ 1 tsp mixed herbs ○ ½ tsp smoked paprika ○ Cumin seeds and turmeric 		

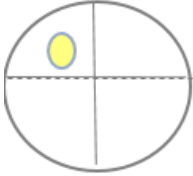
Preparation

- Preheat oven to 200°C, Gas Mark 6
- Tear the bread into small pieces
- Toss the pieces in a bowl with the olive oil and any herbs or spices of your choosing

Cooking

- Tip the bread pieces onto a baking tray and spread out in an even layer
- Place in the centre of the oven and bake for 10 mins (until golden but not dark in colour)
- Remove from the oven and allow to cool for 5 mins
- Place in a ziplock bag and roll with a rolling pin to make breadcrumbs
- Store inside the sealed bag in the freezer for up to a month. Can be added straight to recipes for further cooking as required.

Use these breadcrumbs for the pesto crusted cod and turkey meatballs recipes.

	<h2 style="text-align: center;">Healthy chocolate quinoa muffins</h2>	
Cal per muffin: 250	Makes 12 portions / muffins	Prep: 15mins
		Cook: 23 mins
<p>These muffins are healthier than shop bought versions as they use high fibre/protein quinoa in place of some of the flour, and the sugar has been replaced with sweetener. This recipe used granulated erythritol (buy online or in health food stores) which is completely natural and bakes just like sugar. If you are having a muffin as an after-meal treat, it should replace the starchy food in the meal rather than adding to it.</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 50g cocoa powder • 140g wholewheat flour • 100g ground almonds/almond flour • 2 tsp baking powder • 100g dark chocolate chips • 120g cooked quinoa • 130g granulated erythritol (no bitter aftertaste) • 2 medium eggs • 100ml cold-pressed rapeseed oil • 1 tsp vanilla extract 		

- 260ml semi skimmed milk
- A pinch of ground black pepper (optional - brings out the chocolate flavour)

Preparation

- Preheat oven to 200°C, Gas Mark 6
- Lightly grease or line a 12 muffin pan with 12 muffin cases
- Combine the flour, ground almonds, baking powder, cocoa and pepper in a mixing bowl. Stir with a whisk until well combined
- In another bowl beat the eggs and mix in the sweetener, oil and vanilla extract
- Add the quinoa and milk and stir to combine
- Add the chocolate chips to the flour mixture and stir in gently
- Combine the flour and egg mixture and stir, just until all dry ingredients are incorporated (it will be quite runny)

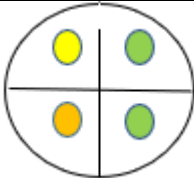
Cooking

- Spoon equal amounts of the batter into the muffin cases using a teaspoon
- Bake in the centre of the oven for 23 mins
- Remove from the oven and stand for 5 mins before removing muffins from pan
- Place on a cooling rack

Note: Sweeteners like erythritol can have a laxative effect if consumed in excess – limit to one muffin per serving

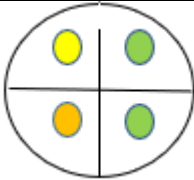
Dinner recipes

1. Chicken jalfrezi with saag
2. Fish pie with mixed mash topping
3. Persian lentil stew
4. Yaki soba (prawn stir fry)
5. Chicken, chorizo and butterbean casserole
6. Pitta pizzas

<h2>Chicken jalfrezi with saag</h2>		
Cal / portion: 440	Makes 3 portions	Prep: 10 mins
		Cooking: 55 mins
<p>This is a delicious homemade version of a takeaway favourite. Leftovers are great for lunch with a slow-release roti ‘wrap’ the next day</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 1 tbsp olive oil • 1 medium onion, peeled and finely chopped • 2 garlic cloves, finely chopped • 1 tsp turmeric (haldi powder) • ½ tsp chilli powder • 3 medium skinless chicken breasts • 400g tinned chopped tomatoes • ½ tsp ground ginger • 1 tsp ground cumin • 1 tsp ground coriander • 1 pack (300g) spinach (washed) • Juice of half a lemon • 2 tbsps natural or Greek yoghurt • A handful of chopped coriander leaves • 150g uncooked brown basmati rice 		

Preparation and cooking

- Heat the olive oil in a large saucepan over a low-medium heat for 2 mins. Add the onion and garlic, fry for about 5 mins until the onion has softened. Stir frequently
- Meanwhile cut the chicken breasts into chunks, then wash your hands well
- Mix the turmeric (haldi) and chilli powder together in a large bowl. Add the chicken pieces and mix with a spoon until well coated with the spices. Add the chicken to the pan and fry for 10-15 mins, until cooked through
- While the chicken is cooking, put a pan of water on the boil for the brown rice and cook as per packet instructions
- When the chicken is golden brown, add the tomatoes and remaining dry spices (ginger, cumin and coriander) to the pan and stir. Turn the heat up to medium.
- When the mixture starts to bubble, reduce the heat to low. Put the lid on the pan and simmer for 20 mins, stirring occasionally. Add a splash of water if it gets too dry
- Add the spinach to the pan and wait for a minute until it starts to wilt, then stir it in. Put the lid back on and simmer for another 10 mins.
- When the rice is cooked, drain it and return to the pan with the lid on to sit for 10 mins. This will produce fluffier rice. Add the lemon juice to the sauce and stir
- Fluff the rice with a fork before serving, topped with the chicken jalfrezi. Add a spoonful of cooling yoghurt and a sprinkle of fresh coriander to finish

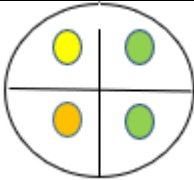
<h2>Fish pie with mixed mash topping</h2>		
Cal / portion: 440	Makes 2 portions	Prep: 10 mins
		Cooking: 40 mins
<p>Keeping fish fillets in the freezer makes for a quick and easy midweek dinner. The mixed veg mash can be used on cottage or shepherd's pie, and can replace an all-potato mash with roast dinners to reduce impact on blood glucose levels</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 2 frozen fish fillets of choice eg seabass, coley • ½ cup (120ml) water • 1 red pepper, chopped • 1 courgette, sliced • 1 small onion, chopped • 1 bunch fresh dill, chopped • 200g floury potato (eg Desiree, Maris Piper, King Edward), peeled and cut into 2cm chunks • 1 small swede (300g), peeled and cut into 2cm chunks • 2 tbsps cream cheese • Pepper • A dash of Worcester sauce • Pinch of grated nutmeg • 1 tbsp grated parmesan cheese • 160g frozen peas 		

Preparation

- Preheat oven to 180°C/ Gas Mark 4
- While the oven is heating fry the onion in olive oil over medium heat until it turns translucent (5 mins)
- Place fish in base of a casserole dish with the water
- Add the onion, pepper, courgette and dill. Put the lid on the casserole dish

Cooking

- Place in the centre of the oven and cook for 25 mins
- While the fish is cooking, cook the potatoes and swede in boiling water for 20 mins
- Drain the potatoes/swede, return to the pan and add 1 tbsp cream cheese. Mash, adding some casserole water for additional moisture if required.
- Drain most of the remaining water from the casserole dish. Add another spoonful of cream cheese (or crème fraiche if preferred), a splash of Worcester sauce and a pinch of grated nutmeg before serving
- Mash the fish up while stirring the whole pot to mix the flavours
- Spoon the mash onto the top of the dish and spread out evenly with a fork.
- Add a light covering of grated parmesan cheese
- Return to the oven without the lid this time, and cook for a further 15 mins
- While the fish pie is in the oven, cook the peas

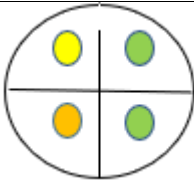
<h2>Persian lentil stew</h2>		
Cal / portion: 320	Makes 4 portions	Prep: 5 mins
		Cooking: 35 mins
<p>This one pot dish provides lots of flavour without too many Ingredients, and the flavours intensify the longer you keep it. It can be eaten as a soup, or thickened and eaten as a stew.</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 2 tbsps olive oil • 1 large onion • 300g (uncooked weight) brown lentils • 4 tbsps tomato puree • 2 heaped tbsps medium curry powder • 1.5 litres hot water (boiled) • Pepper to season 		

Preparation

- Peel and finely chop the onion
- Rinse the lentils in a sieve and drain

Cooking

- Heat the olive oil in a medium saucepan over low-medium heat
- Fry the onion until it softens and turns translucent
- Add the lentils and stir for 1 minute
- Stir in the tomato puree, curry powder, a little water (2 tbsps) and a sprinkle of pepper to season. Stir well for 1 min to ensure everything is evenly mixed
- Stir in a few ladles of hot water at a time, allowing the liquid to absorb as you stir before adding the next
- Once all the water has been absorbed, taste to check that the lentils are cooked thoroughly (they take about 25 mins to cook). If still crunchy, add a few more ladles of boiling water until cooked
- The stew is quite filling on its own but you could serve with a medium slice of crusty sourdough to represent all the food groups (add 75cal)

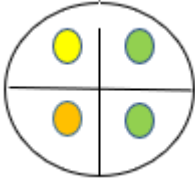
<h2 style="color: #4F81BD;">Yaki soba (prawn stir-fry)</h2>		
<p>Cal / portion: 375</p>	<p>Makes 2 portions</p>	<p>Prep: 10 mins Cooking: 15 mins</p>
<p>Soba (Japanese) noodles are made from buckwheat, a nutrient-dense, slow-release grain. If you're avoiding wheat/gluten check the Ingredients list to make sure that you are buying a true buckwheat version as some contain wheat.</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 1 large carrot • 1 large courgette • 1 tbsp olive oil • 200g raw king prawns • 2 portions soba noodles (230g if not pre-portioned) • 1 tbsp reduced salt soy sauce • 2 tsps sesame oil • Pinch of pepper 		

Preparation

- Peel the carrot and cut it into thin matchsticks (also called 'juliennes'). First cut it into 7.5cm (3in) segments. Stand each segment on end and cut off the sides to make a square. Cut each segment into thin (3mm) slices. Stack up the slices and cut them into 3mm matchsticks
- Trim the ends off the courgette and cut it into thin matchsticks, as above

Cooking

- Put the soba noodles into a saucepan, pour over boiling water from a kettle and simmer until softened (about 10 mins or follow packet instructions)
- Meanwhile, heat the olive oil in a large frying pan or wok over high heat
- Add the carrot and courgette and stir-fry for about 10 mins, until they begin to soften
- When the soba noodles are cooked, drain them in a colander over the sink
- Add the prawns in with the vegetables, and stir-fry for 3 mins until cooked (they turn pink)
- Add the drained noodles to the pan and toss together well
- Finally, add the soy sauce, sesame oil and pepper, toss everything together and serve

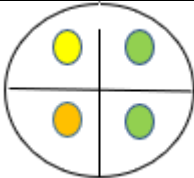
<h2>Chicken, chorizo and butterbean casserole</h2>		
Cal / portion: 500	Makes 2 portions	Prep: 15 mins
		Cooking: 25 mins
<p>This recipe uses the principle of a small amount of a processed meat (chorizo), which is enough to impart delicious flavour to the other Ingredients.</p> <p>Note: The butterbeans act as the slow release carbohydrate rather than the main source of protein</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 2 medium sized chicken breasts • 100g sliced chorizo • 1 x 400g tin tomatoes • 1 x 400g tin of butter beans • 1 sliced onion • A splash of red wine • A bunch of fresh chopped parsley 		

Preparation

- Slice the chorizo into 1cm slices and chop each slice into quarters
- Peel and finely slice the onion

Cooking

- Preheat oven to 180C (Fan 160C), Gas Mark 4
- Dry fry the chorizo over a medium heat until starting to crisp
- Add the sliced onion and fry gently for 5 mins until soft
- Remove the chorizo and onion from the pan and set aside
- Add the chicken to the pan and sear for 2 mins on each side
- Now add the chorizo and onion back in with a glug of red wine, and bring to the boil for 1 minute
- Add the tins of tomatoes and butter beans, along with the chopped parsley
- Transfer everything to a casserole dish (if it's flameproof you could use the casserole dish instead of the frying pan to make this a 1 pot dish)
- Place in the oven for 25 mins then serve with some green veg

<h2>Pitta pizzas</h2>		
Cal / portion: 350	Makes 2 portions	Prep: 10 mins
		Cooking: 10 mins
<p>Wholemeal pitta breads are ideal to make a ‘right-sized’ pizza as the ‘pizza base’ is so thin! Make sure you get the right balance with plenty of vegetable toppings, and maybe a salad on the side. The cheese provides protein, but you can add one other protein topping and still be in balance. Regular pizzas can contain a large amount of carbohydrate – equivalent to 9-12 thin slices of bread in a 10” pizza with a thick crust. A Phase 2 portion (2 half pittas) of pitta pizza has the equivalent carbs of 1/3 of a 10” pizza.</p> <p>Ingredients</p> <ul style="list-style-type: none"> • 2 wholemeal pitta breads • 400g tin of chopped tomatoes • 2 tbsps tomato puree • 1 tsp dried oregano or mixed herbs • 70g grated mozzarella cheese • 2 roasted red peppers (from a jar) • 4 mushrooms • 1 tbsp olive oil • 4 small handfuls of rocket leaves 		

Preparation

- Preheat the oven to 200°C, Gas Mark 6
- Tip the tomatoes into a sieve over a bowl and drain off the excess juice
- Thinly slice the peppers and mushrooms
- Transfer the tomatoes left in the sieve into another bowl, and mix with the tomato puree and dried herbs
- Place the peppers in the sieve to drain off excess oil
- Pop the pittas in the toaster (or under the grill) for a minute or so to lightly warm and puff up. This makes it easier to divide them in half
- On a chopping board, carefully slice each pitta in half through the middle, dividing each into 2 thin pittas. Place them on a baking tray or pizza tray, rough side down
- Spread the pitta halves with the tomato sauce, add the peppers and mushrooms, and top with a layer of mozzarella
- Drizzle with a little olive oil

Cooking

- Cook the pizzas in the oven for 8-10 mins (this may need to be done in 2 batches)
- Top each pizza with a handful of rocket and serve