



FIRST CONTACT CLINICAL
ENABLING HEALTHY BEHAVIOUR CHANGE

Tasty 10

Recipe Book



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As part of the **Better Health at Work Award** we decided to create a healthy eating recipe book to promote Healthy Eating among staff.

All recipes were submitted by staff.

Breakfast

Vegan breakfast muffins

Ingredients

- 150g muesli mix
- 50g light brown sugar
- 160g plain flour
- 1 tsp baking powder
- 250ml sweetened soy milk
- 1 apple, peeled and grated
- 2 tbsp grapeseed oil
- 3 tbsp nut butter/almond butter
- 4 tbsp demerara sugar
- 50g pecans, roughly chilled



Method

1. Heat the oven to 200C/180C fan/gas 6. Line a muffin tin with cases. Mix 100g muesli with the light brown sugar, flour and baking powder in a bowl. Combine the milk, apple, oil and 2 tbsp nut butter in a jug, then stir into the dry mixture. Divide equally between the cases. Mix the remaining muesli with the demerara sugar, remaining nut butter and the pecans, and spoon over the muffins.
2. Bake for 25-30 mins or until the muffins are risen and golden. Will keep for two to three days in an airtight container or freeze for one month. Refresh in the oven before serving.

Curried broccoli and eggs on toast

Ingredients

- Broccoli
- Eggs
- Toast
- Natural yogurt
- Pomegranate seeds
- Garam masala
- Turmeric



Method

1. fry or roast tenderstem broccoli with garam masala & turmeric
2. Poach an egg
3. Toast wholemeal bread
4. Place poached egg and broccoli on toast
5. Add a dollop of natural yogurt and pomegranate seeds

Carrot cake oats



Ingredients:

- 40g rolled oats
- 2 tbsp Greek yoghurt
- Milk (or dairy free alternative) 100-150ml
- Handful grated carrot
- Handful raisins
- 1 tsp sweetener
- ½ tsp cinnamon

Method:

1. Mix together all ingredients into a bowl
2. Leave in the fridge overnight

Banana pancakes

Ingredients

- Banana
- Milk
- Egg
- Oil

Method

1. Mash one banana
2. Beat 1 egg with a little milk
3. Mix together well
4. Heat a non-stick pan on medium heat with spray oil and spoon in some mixture to form smaller pancakes
5. Flip over and cook other side
6. Serve with a teaspoon of your favourite topping



Pear and blueberry breakfast bowl



Ingredients

- 1 firm but ripe red-skinned pear unpeeled
- 2 tbsp oats
- 150g pot 0% fat bio yogurt
- 3 tbsp skimmed milk, plus a bit extra
- 1 tbsp pumpkin seeds
- 2 handfuls blueberries

Method

1. Grate the pear into a bowl and add the oats, half of the yogurt, the milk and most of the seeds.
2. Leave for 5-10 mins, then check the consistency and dilute with a little more milk or water if it is too thick.
3. Spoon the remaining yogurt, pile on the berries and seed and serve.

Mushroom hash with poached eggs

Ingredients

- ½ tbsp. rapeseed oil
- 2 large onions
- 500g closed up mushrooms
- 1 tbsp fresh thyme leaves
- 500g fresh tomatoes
- 1 tsp smoked paprika
- 4 tsp omega seed mix
- 4 large eggs

Method

1. Heat the oil in a large non-stick frying pan and fry the onions for a few mins. Cover the pan and leave the onions to cook for 5 mins.
2. Tip in the mushrooms with the thyme and cook, stir for 5 mins until softened. Add the tomatoes and paprika, cover the pan and cook for 5 mins. Stir through the seed mix.
3. Poach two of the eggs in lightly simmering water to your liking. Serve on top of half the hash with a sprinkling of fresh thyme and some black pepper. Chill the remaining hash to warm in a pan and eat with freshly poached eggs on another day. If you're serving four people, poach all four eggs, divide the hash between four plates, sprinkle with thyme and black pepper and serve with the eggs on top.

Strawberry smoothie

Ingredients

- 160g strawberries
- 160g baby spinach
- 1 small avocado - halved
- 150ml pot bio yogurt
- 2 small oranges, juiced plus ½ tsp finely grated zest

Method

1. Put all the ingredients into a blender
2. Whizz until smooth!



Baked banana porridge

Ingredients

- 2 small bananas, halved
- 100g jumbo porridge oats
- ¼ tsp cinnamon
- 150ml milk
- 4 walnuts

Method

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



Mexican beans and avocado on toast

Ingredients

- 270g cherry tomatoes
- 1 red or white onion, diced
- ½ lime, juiced
- 4 tbsp olive oil
- 2 garlic cloves, crushed
- 1 tsp ground cumin
- 2 tsp chipotle paste
- 2 x 400g can black beans, drained
- Small bunch coriander, chopped
- 4 slices bread
- 1 avocado, finely sliced

Method

1. Mix tomatoes, ¼ onion, lime juice and oil and set aside. Fry the remaining onion and 2 tsp oil until its soft, add the garlic and fry for 1 min, then add cumin and chipotle and stir until fragrant. Tip in beans, add splash of water and cook. Stir in most of the tomato mixture and cook for 1 min.
2. Toast bread and drizzle with the remaining oil, add beans on top of toast and avocado then sprinkle with tomato mixture and coriander

Herb omelette with fried tomatoes

Ingredients

- 1 tsp rapeseed oil
- 3 tomatoes, halved
- 4 large eggs
- 1 tbsp chopped parsley
- 1 tbsp chopped basil

Method

1. Heat oil in a pan, cook tomatoes until they soften. Meanwhile beat the eggs with herbs and ground pepper in small bowl.
2. Scoop the tomatoes from the pan and put them on two plates. Pour the egg into the pan and stir gently, stop stirring when it is nearly cooked to allow it to set into an omlette. Cut into four and serve with tomatoes.



Lunch

Black bean, tofu & avocado rice bowl

Ingredients

- 2 tbsp olive or rapeseed oil
- 1 red onion, chopped
- 3 garlic cloves, crushed
- 2 tsp ground cumin
- 2 x 400g cans black beans, drained and rinsed
- Zest 2 limes, then 1 juiced, the other cut into wedges to serve
- 396g pack tofu, halved through the centre, then chopped into small chunks
- 2 tsp smoked paprika
- 2 x 200g pouches cooked brown rice
- 2 small ripe avocados, halved, stoned, peeled and chopped
- Small bunch coriander, leaves only
- 1 red chilli, thinly sliced (optional)



Method

1. Heat the grill to High. Heat 1 tbsp oil in a frying pan, add the onion and cook, stirring, for 5 mins or so until soft. Add the garlic and sizzle for 30 secs more, then stir in the cumin and black beans. Cook for 5 mins until the beans start to pop and are hot through. Stir through the lime zest and juice, and season.
2. While the beans cook, put the tofu in a bowl and gently toss through the remaining oil, the paprika and some seasoning. Line a baking tray with foil and arrange the tofu on top. Cook under the grill for 5 mins each side until charred all over.
3. Heat the rice following pack instructions then divide between bowls. Top with the beans, tofu, avocado, coriander and a wedge of lime. Add a few slices of chili too, if you like it spicy.

Smashed avocado on toast

Ingredients

- ½ Avocado
- ½ slices of wholemeal bread
- Cherry tomatoes
- Black pepper
- Chilli flakes

Method

1. Mash avocado with a fork and put on top of slices of toast.
2. Add sliced cherry tomatoes.
3. Season with chilli flakes and black pepper.



Tuna spaghetti

Ingredients

- 1 tin tuna
- 120g wholemeal spaghetti
- 1 tin chopped tomatoes
- 1 onion
- Handful of black olives
- Handful of capers
- Parsley

Method

1. Boil a pan of water and cook spaghetti for 8-10 minutes.
2. Whilst spaghetti is cooking fry onion and tuna for 2-3 minutes.
3. Add olives and capers.
4. Add chopped tomatoes.
5. Add drained spaghetti.
6. Add parsley (to serve).

Quinoa Salad

Ingredients

- 1 cup uncooked quinoa, rinsed in a fine-mesh colander
- 2 cups water
- 1 can (15 ounces) chickpeas, rinsed and drained, or 1 ½ cups cooked chickpeas
- 1 medium cucumber, seeded and chopped
- 1 medium red bell pepper, chopped
- ¾ cup chopped red onion (from 1 small red onion)
- 1 cup finely chopped flat-leaf parsley (from 1 large bunch)
- ¼ cup olive oil
- ¼ cup lemon juice (from 2 to 3 lemons)
- 1 tablespoon red wine vinegar
- 2 cloves garlic, pressed or minced
- ½ teaspoon fine sea salt
- Freshly ground black pepper, to taste



Method

1. To cook the quinoa: Combine the rinsed quinoa and the water in a medium saucepan. Bring the mixture to a boil over medium-high heat, then decrease the heat to maintain a gentle simmer. Cook until the quinoa has absorbed all of the water, about 15 minutes, reducing heat as time goes on to maintain a gentle simmer. Remove from heat, cover, and let the quinoa rest for 5 minutes, to give it time to fluff up.
2. In a large serving bowl, combine the chickpeas, cucumber, bell pepper, onion and parsley. Set aside.
3. In a small bowl, combine the olive oil, lemon juice, vinegar, garlic and salt. Whisk until blended, then set aside.
4. Once the quinoa is mostly cool, add it to the serving bowl, and drizzle the dressing on top. Toss until the mixture is thoroughly combined. Season with black pepper, to taste, and add an extra pinch of salt if necessary. For best results, let the salad rest for 5 to 10 minutes before serving.
5. This salad keeps well in the refrigerator, covered, for about 4 days. Serve chilled or at room temperature.

Coronation rice

Ingredients

- 125g frozen peas
- 2 x 250g pouches microwave basmati rice
- 1 yellow pepper, diced
- 1 ripe mango, stoned, peeled and diced
- 25g toasted flaked almonds, plus extra to garnish
- 10g fresh coriander leaves, chopped

For the dressing

- 1 tsp medium curry powder
- 2 tbsp mango chutney
- 1 lemon, juiced
- 1 tbsp rapeseed or olive oil
- ½ onion, finely diced

Method

1. Boil the peas for 4 mins, then drain, rinse with cold water and drain again. Set aside to cool.
2. Heat the rice to pack instructions. Meanwhile, mix the dressing ingredients in a bowl with a fork.
3. Put the rice in a bowl, drizzle with the dressing and mix well; cool for 10 mins
4. Stir the peas, pepper, mango and almonds through the rice. Garnish with coriander and almonds and serve.



10 Minute chickpea and spinach curry

Ingredients

- 1 Medium onion
- 2 Garlic cloves
- 400g Chopped tomatoes
- 400g Tinned chickpeas
- 100g Spinach
- 10g Fresh coriander (cilantro)
- ½ tsp each of ground coriander, paprika, cumin, turmeric and cayenne pepper
- A pinch of chilli powder, salt and black pepper.



Method

1. Heat a little oil in a large pan and add the onion and garlic and cook for 2 minutes.
2. Add the spices and stir well.
3. Add the chopped tomatoes, drained chickpeas and salt and pepper and simmer for 8 minutes.
4. 2 minutes before it has finished cooking, add the spinach and coriander and stir well.
5. Extra tips: If you don't have a can of chickpeas, then any other can of plain beans will work. We like chickpeas because they are really creamy, but others work too.
Don't have any spinach? You can use another leafy green instead. Kale, Cabbage will all work, but they will take a little bit longer to cook, so put them in the pan earlier. You can have the curry either with boiled rice or with a plain naan or chapatti.

Three bean pasta salad

Ingredients

- 225g wholemeal fusilli pasta
- 175g frozen baby broad beans
- 420g can black-eye beans, rinsed and drained
- 220g can red kidney or butter beans, rinsed and drained
- 1 red or yellow pepper
- 1 bunch of spring onions

Dressing

- 150mls tomato juice
- 2 teaspoons of veg oil
- 2 teaspoons of balsamic vinegar
- 2 teaspoons dijon mustard
- 1 clove garlic, crushed
- 2 tablespoons chopped fresh coriander
- Freshly ground black pepper and coriander sprigs to garnish.

Method

1. Make dressing by placing all ingredients in a small bowl and whisk together until thoroughly mixed.
2. Cook pasta in large pan until al dente. Meanwhile, cook baby broad beans in sauce pan of boiling water for 3-5 minutes until tender. Rinse broad beans under cold water and drain,
3. Place in a bowl with pasta. Pour over dressing and add black eye beans, kidney beans, red or yellow pepper and spring onions. Toss together. Garnish with black pepper and 14 coriander sprigs.

Beetroot and black bean burgers (vegetarian, vegan, gluten free, low calories)

Ingredients

- 800g cooked beetroot
- 100g quinoa
- 1 medium onion (yellow)
- 3-4 cloves of garlic
- 2 tbs cider vinegar
- 25g porridge oats (gluten free if needed)
- 400g black beans (tinned, drained)
- 1 tbs olive oil
- 2-3 tsp paprika
- 2 tsp mustard
- 1 tsp cumin
- ½ tsp coriander powder
- ½ tsp thyme (dried)
- 1 egg (vegan – 1 tbs flax seeds and 2 ½ tbs water)



Method

1. Cook quinoa: rinse under cold running water, tip into a pan and add double the amount of salted water. Place over a medium heat and bring to the boil. Reduce to a simmer for 10-12 minutes, leaving it a little undercooked. Fluff with a fork and leave to cool.
2. Sauté the onions. Heat a teaspoon of olive oil into a frying pan over a medium-high heat. Add the onions and a pinch of salt. Stir the onions every minute or two and cook until golden (or slightly charred). A dark, sticky crust should develop on the bottom of the pan. Add the garlic and cook for about 30 seconds. Pour in the cider vinegar and scrape up the dark sticky crust. Continue to simmer until the vinegar has evaporated and the pan is nearly dry. Remove from heat and set aside to cool.
3. Blend the oats in a food processor until they have reduced to a fine flour. Transfer to a small bowl and set aside.
4. Drain and rinse one of the cans of beans and transfer to food processor. Pulse in 1-second bursts just until the beans are roughly chopped – not so long that they become mush (about 8-10 pulses). Transfer this mixture to a large mixing bowl. Drain and rinse the second can of beans and add these whole beans to the mixing bowl.
5. Grate the beetroot using the largest holes of a grater. Transfer the grated beetroot to a strainer set over the sink. Press and squeeze the beetroot to remove as much of the liquid as possible.
6. Combine the burger mix. Transfer the squeezed beetroot, cooked quinoa and sautéed onions to the bowl with the beans. Sprinkle the olive oil, mustard, paprika, cumin, coriander and thyme over the top of the mixture. Mix all the ingredients until combined. Taste and add salt, pepper or any additional

spices to taste. Finally, add the oatmeal flour and egg*, and mix until you no longer see any dry oatmeal or egg.

**Vegan option (prepare in advance): mix 1 tablespoon flax seed and 2½ tablespoon water. Mix together and let sit in your fridge for 15 minutes to set and thicken).*

7. Refrigerate the burger mix for 2 hours, or up to 3 days: cover the bowl with cling film or transfer to a sealed container and refrigerate for at least 2 hours or (ideally) overnight.
8. Shape and cook the burgers: add vegetable oil to coat the bottom of a heavy frying pan. When you see the oil shimmer and a flick of water evaporates on contact, the pan is ready.

Thai green stir fry

Ingredients

- chicken thighs
- coconut milk
- Thai green paste
- Vegetables (broccoli, edamame beans, spring onions, green beans, kale and sweet red peppers)



Method

1. Add oil to a wok
2. Dice the chicken thighs and add to the pan, cooking until brown
3. Add the vegetables and fry for a further 2-3 minutes
4. Add in the Thai Green paste and stir into the meat and vegetables, simmer for a further 2-3 minutes
5. Pour over the can of coconut milk and heat for 5 minutes
6. Serve

Curried parsnip soup

Ingredients

- Oil
- 450g parsnips chopped (remove the ends)
- 1 onion chopped
- 1 teaspoon of curry powder
- 700ml hot vegetable stock (made with a stock cube is fine)
- 150ml of milk
- Pepper



Method

1. Heat the oil on low-medium heat in a large pan
2. Add onions and parsnip and fry for 10 minutes with the lid on and stir regularly to prevent sticking – don't let them brown
3. Add stock, milk and pepper and leave to simmer for about 45 minutes
4. Allow to cool a bit then blitz to a puree and serve

Main

Healthy Chicken curry

Ingredients

- 2 chicken breasts, cut in to 1 inch pieces
- 2 tablespoons of water
- 1 onion, chopped
- 1/2 tin chopped tomatoes
- 2 1/2 cloves of garlic, finely chopped
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon fresh ginger
- 1/2 teaspoon chilli powder
- 1/2 teaspoon tumeric
- 1/2 teaspoon medium curry powder
- 1/2 teaspoon garam masala
- handful of chopped coriander leaves
- 1 teaspoon oil
- 100gm brown rice

Method

1. Fry onion, garlic, cumin and ginger and fry until golden brown.
2. Add 2 tablespoons of water.
3. Stir in the chilli powder, tumeric and curry powder.
4. Add the tinned tomatoes
5. Cook until dry
6. Add chicken and cook for 15 minutes, stirring occasionally
7. Add garam masala and coriander and stir
8. Serve with brown rice.

Chicken and bean fajitas

Ingredients

- Chicken thighs
- Black beans and borlotti beans
- Red pepper
- Onion
- Cumin
- Coriander
- Garlic
- Chili
- Cayenne pepper
- Wholemeal wraps
- Reduced fat crème fraiche



Method

1. Add oil to a frying pan
2. Dice and fry the chicken until golden brown
3. Dice and add the pepper and onion, then drain and add the beans
4. Add the spices together and fry for a further 5 minutes
5. Heat the wraps as appropriate
6. Plate up and enjoy

Black bean stuffed sweet potatoes

Ingredients

- ½ cup of Cashew cream sauce (you could also use sour cream or plain Greek yogurt)
- 1 teaspoon of lime juice
- ½ teaspoon of ground black pepper
- ½ a medium red onion, finely diced
- 1 ½ table spoons of oil
- ¼ teaspoon of onion powder
- ¼ teaspoon of cumin
- ¼ teaspoon of chilli powder
- ½ teaspoon of sea salt
- 1 15oz can of black beans, drained and rinsed
- For serving:
- ½ an avocado, chopped
- Handful of cilantro, chopped

Method

1. Pre heat oven to 350 degrees F. or 180 degrees C
2. Place the sweet potatoes on a lightly greased baking tray and bake for 55-65 minutes or until a fork can easily be inserted into the flesh of the potatoes
3. Prepare the cream sauce by whisking together the cashew cream sauce, lime juice and black pepper. Set aside.
4. When the sweet potatoes have about 10 minutes left, heat the oil in a skillet over medium heat and then add in onion saute for 5 minutes until the onion begins to become translucent. Add in the spices and stir and cook for an additional 3 minutes.
5. Add the black beans to the skillet and toss to combine. Continue to cook, stirring frequently until the black beans are heated through. About 5 minutes. Take off heat and set aside.
6. Once the sweet potatoes are done baking, let cool slightly
7. Once cool, cut the sweet potatoes open and shred the flesh from the skin so that the inside is mashed and easy to scoop out.
8. Evenly spread the black bean mixture, avocado, cilantro, and cashew cream sauce on top of the sweet potatoes.

Butternut squash (and chilli) risotto

Ingredients

- Teaspoon of oil
- 1 onion
- 3 or 6 garlic cloves crushed (depending on your love of garlic)
- 1 small red chilli finely chopped or 1 small teaspoon dried chilli flakes (optional)
- 2 small teaspoons of herbs – mixed or thyme
- 1 butternut squash, peeled, deseeded and cut into bitesize pieces
- 175g dried risotto rice
- 2 bay leaves (if you have them)
- 700ml hot vegetable stock



Method

1. Add oil to a large non-stick frying pan and put on a low to medium heat
2. Add onion, garlic, chilli and herbs and cook for 2-3 minutes stirring to prevent sticking
3. Add the rice and stir well and add squash and bay leaves and stir for 30 seconds
4. Gradually add the hot stock a little at a time stirring until it is absorbed then add some more – it takes around 30 minutes for the rice to cook so continue to stir throughout
5. Add small amounts of water if needed
6. When the rice has gone creamy but still has a little chew it is ready! –
7. To make it even more delicious add 3 tablespoons of parmesan cheese or 100g reduced fat soft cream cheese

Vegan chilli recipe

Ingredients

- 3 tbsp olive oil
- 2 sweet potatoes, peeled and cut into medium chunks
- 2 tsp smoked paprika
- 2 tsp ground cumin
- 1 onion, chopped
- 2 carrots, peeled and chopped
- 2 celery sticks, chopped
- 2 garlic cloves, crushed
- 1-2 tsp chilli powder
- 1 tsp dried oregano
- 1 tbsp tomato puree
- 1 red pepper, cut into chunks
- 2 x 400g cans chopped tomatoes
- 400g can black beans drained
- 400g can kidney beans
- Rice, lime wedges and guacamole

Method

1. Heat oven to 200c/180c fan, put in the sweet potato chunks in a roasting tin and drizzle over 1 ½ tbsp oil, 1 tsp smoked paprika and 1 tsp ground cumin. Mix it all and roast for 25 minutes until cooked.
2. Heat the remaining oil in a large pan over a medium heat. Add the onion, carrot and celery and cook for 10 minutes stirring occasionally until soft and add the garlic. Add the remaining spices and tomato puree, mix and cook for 1 min more
3. Add the pepper, chopped tomatoes and 200ml of water. Bring the chilli to a boil and simmer for 20 mins. Add the beans and then add the sweet potato. Serve with lime wedges, rice and guacamole.

Kickin' cheesy broccoli

Ingredients

- Low calorie cooking spray
- 1 large head of broccoli, cut into bite sized florets
- 1 tsp garlic granules
- ½ tsp dried chili flakes
- Sea salt and freshly ground black pepper
- Juice of ½ lemon
- 30g parmesan (or vegetarian hard cheese) grated



Method

1. Spray a large frying pan or wok (with lid) with some low calorie cooking spray and place over a medium heat
2. Add the broccoli florets, sprinkle with garlic granules and chilli flakes and season with salt and black pepper.
3. Add lemon juice and stir well
4. Turn the heat down to medium, cover and continue to cook for about 10 minutes. Keep checking the broccoli and shaking the pan so the broccoli doesn't burn.
5. When it is cooked the way you like it, stir in three-quarters of the grated parmesan.
6. Put the broccoli in a serving dish and sprinkle the remaining parmesan over the top to serve.

Linguine with avocado, tomato and lime

Ingredients

- 115g wholemeal linguine
- 1 lime, zested and juiced
- 1 avocado, stoned, peeled and chopped
- 2 large ripe tomatoes, chopped
- ½ pack fresh coriander, chopped
- 1 red onion, finely chopped
- 1 red chilli, deseeded and finely chopped

Method

1. Cook the pasta according to pack instructions, about 10 mins.
2. Put the lime juice and zest in a medium bowl with avocado, tomatoes, coriander, onion and chilli, mix well.
3. Drain the pasta, toss into the bowl and mix well. Serve straight away



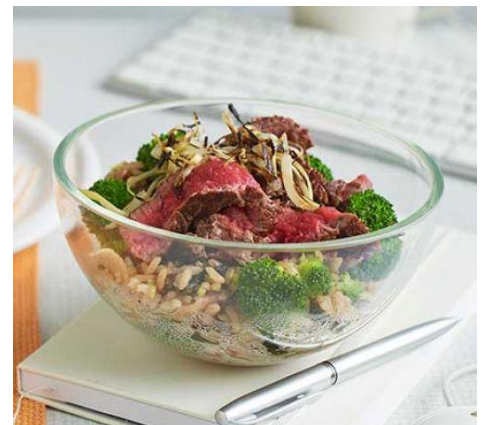
Steak and broccoli protein pots

Ingredients

- 250g pack wholegrain rice mix
- 2 tbsp chopped sushi ginger
- 4 spring onions, the green part finely chopped, the white halved lengthways
- 160g broccoli florets, into bite size pieces
- 225g lean fat-trimmed steak

Method

1. Tip the rice into a bowl, add ginger, chopped onions and 4 tbsp water. Add the broccoli and the spring onion whites, keep the onions on top. Cover with cling film and pierce with a knife. Microwave for 5 mins
2. Heat a non-stick frying pan and sear steak for 2 mins each side, set aside.
3. Take onion whites from bowl and add to the pan so they char in meat juices.
4. Place rice onto plate and add slice the steak and add.



Prawn and salmon burgers with spicy mayo

Ingredients

- 180g pack peeled raw prawns, roughly chopped
- 4 skinless salmon fillets, chopped in small chunks
- 3 spring onions, roughly chopped
- 1 lemon, zested and juiced
- Small pack coriander
- 60g mayonnaise, or greek yogurt
- 4 tsp chilli sauce
- 2 little gem lettuces, shredded
- 1 cucumber, peeled into ribbons
- 1 tbsp olive oil
- 4 seeded burger buns, toasted

Method

1. Blitz half the prawns, half the salmon, spring onions, lemon zest and half coriander in a food processor until it forms a coarse paste.
2. Tip into bowl, stir in rest of the prawns and salmon, season well and shape into burgers. Chill for 10 mins.
3. Mix in mayo and chilli sauce in a small bowl, season and add some lemon juice to taste. Mix lettuce with the cucumber, dress with a little of the remaining lemon juice and 1 tsp olive oil, then set aside.
4. Heat the remaining oil in a large frying pan and fry the burgers for 3-4 minutes, serve with salad on the side or in buns, with a good dollop of spicy mayo

Mung Dhal

Ingredients

- 1 ½ cups of green mung dhal
- 1 onion
- 5 garlic cloves
- Ginger
- 2 tomatoes, chopped
- 1 tsp of chilli powder
- 1 tsp of turmeric
- 1-2 green chillis
- Coriander to garnish
- Oil for cooking



Method

1. Wash and drain lentils, soak overnight or at least 5 hours
2. Add water to a pan with 1 tsp of salt and 1 tsp of chilli powder
3. Boil lentils in pan for 40 minutes until all soft
4. In a separate pan, fry onions garlic ginger and chopped green chilli
5. Add half teaspoon to teaspoon of chilli powder
6. Add a bit of turmeric
7. Pour everything into pan with the lentils
8. Cook for around 6 to 10 minutes until desired texture
9. Garnish with coriander

Dessert

Chocolate chia pudding

Ingredients

- 60g chia seeds
- 400ml unsweetened almond milk or hazelnut milk
- 3tbsp cacao powder
- 2 tbsp maple syrup
- ½ tsp vanilla extract
- Cacao nibs, mixed
- Frozen berries, to serve

Method

1. Put all the ingredients in a large bowl with a generous pinch of salt and whisk to combine. Cover with cling film and then leave to thicken in the fridge for at least 4 hours, or overnight.
2. Spoon the pudding into four glasses, then top with the frozen berries and cacao nibs.



Healthy banana ice cream

Ingredients

- 4 ripe bananas, cut into chunks
- 2 tbsp toasted flaked almonds

Method

1. Pop the banana chunks on a flat tray and cover well.
2. Freeze for at least 1 hour or until frozen through.
3. Throw banana into a food processor and whizz. After a lot of blending they will turn into a creamy consistency.
4. Pop into the freezer for a further ½ hours. Scoop into bowls or glasses and top with nuts



Healthy Trifle

Ingredients

- 400g tin of mixed fruit in juice.
- 1 sachet of sugar free jelly
- 1 sachet of sugar free instant whip or low fat yogurt
- 1/2 teaspoon cinnamon

Method

1. Drain fruit juice and place fruit in a bowl.
2. Pour over a pint of sugar free jelly and place in fridge until set.
3. Once set, make up instant whip following instructions.
4. Spoon over jelly and sprinkle with cinnamon.

Vegan Chocolate Banana Brownies

Ingredients

- 2 cups of flour
- 2 cups of white sugar
- 3/4 of a cup of unsweetened cocoa powder
- 1 teaspoon baking powder
- 1 teaspoon of salt
- 1 cup of ripe bananas mashed
- 1/4 of a cup unsweetened soya milk
- 1/4 of a cup of canola oil
- 1 teaspoon of vanilla extract
- 1 cup of dairy free chocolate chips

Method

1. Combine all wet ingredients together in one bowl
2. Combine all dry ingredients together in a separate bowl
3. Mix the dry and wet ingredients together until they are just combined; don't over-work it
4. Place into a brownie tin and bake in an oven at 200°C until firm to the touch.



Lighter apple and pear pie

Ingredients

- 6 eating apples (we used Braeburn)
- 4 ripe pears
- zest and juice 1 lemon
- 3 tbsp agave syrup
- 1 tsp mixed spice
- 1 tbsp cornflour
- 4 filo pastry sheets
- 4 tsp rapeseed oil
- 25g flaked almond



To serve

Custard (made with custard powder and skimmed milk), fat-free Greek yogurt or low-fat frozen vanilla yogurt.

Method

1. Peel, core, and chop the apples and pears into large pieces, and throw into a big saucepan with the lemon juice, agave syrup, mixed spice and 200ml water. Bring to a simmer with the lid on, then take off the lid and cook, stirring, for about 5 mins until the apple is softening. Use a slotted spoon to scoop out three-quarters of the fruit chunks and put into a pie dish.
2. Cover and cook the remaining fruit for another 4-5 mins until soft, then mash with a potato masher. Mix 1 tbsp of this with the cornflour to a smooth paste, then add back to the pan and bring back to a simmer, stirring, to thicken the sauce. Pour over the fruit in the pie dish and stir together. Heat oven to 180C/160C fan/gas 4.
3. Lay out your sheets of filo and brush all over with oil – 1 tsp should be enough for 1 sheet. Scatter over the almonds and press to stick to the pastry, then crumple up each sheet as you lift it on top of the fruit. Bake for 20-25 mins until the pastry is browned and crisp. Serve straight away.

Pots au chocolat

Ingredients

- 60g dark chocolate, broken into small pieces
- 3 eggs, separated*
- 1 tbsp sweetener
- Finely grated zest of ½ orange
- 1 tsp vanilla extract
- 4 tbsp fat-free natural fromage frais, to serve
- 4 fresh raspberries, to decorate
- 1 level tsp cocoa powder, to dust
- Serves 4 (4½ syns on Slimming World)



Method

1. Melt the chocolate in a large, heatproof bowl over a pan of gently simmering water, ensuring the bowl doesn't touch the water (or melt it in the microwave on a low heat for 30 seconds). Leave to cool slightly.
2. Whisk together the egg yolks, sweetener, orange zest and vanilla in a large bowl until smooth. Pour in the melted chocolate, whisking well.
3. In a clean glass bowl, beat the egg whites with an electric hand whisk on a medium speed until they stand up in stiff peaks when the blades are lifted. Gently fold into the chocolate mixture using a metal spoon.
4. Spoon into 4 small glasses and chill for 3-4 hours, or until set. Add a dollop of fromage frais and a raspberry to each pot and lightly dust with cocoa to serve.

Seriously sweet potato brownies

Ingredients

- 3/4 cup sweet potato puree
- 1 cup peanut or almond butter Or any allergy-friendly substitute.
- 1 tsp pure vanilla extract
- 1/4 cup + 2 tbsp flour (Oat, white, or spelt flour all work)
- 1/2 cup mini chocolate chips + more for the top, optional
- 2/3 cup sugar
- 1/4 cup + 2 tbsp cocoa powder
- 1 1/2 tsp baking soda
- 1/8 tsp salt



Method

1. Preheat oven to 160 C. Line an 8-inch pan with greaseproof paper or grease well.
2. Gently heat your nut butter until easily stir-able. Then whisk it together with the sweet potato and vanilla extract in a large bowl.
3. In a separate bowl, stir together all remaining ingredients – make sure that baking soda is evenly incorporated! Pour dry into wet (not the other way around), and smooth into the prepared pan, scooping out all traces of batter and using a second sheet of greaseproof paper to really smooth it down evenly.
4. Bake on the middle oven rack 20 minutes. It will look a little underdone, but it firms up as it cools. (If, for some reason, yours is still too gooey after cooling, loosely cover and let it sit in the fridge a few hours.)

No Guilt Apple Nachos

Ingredients

- 4 Apples
- 1/4 cup almond butter or favorite nut butter; sunflower seed butter also works well
- 1 Tablespoon honey or agave nectar
- 1/4 cup coconut flakes
- 1/4 cup mini chocolate chips
- 1/4 cup granola
- 1/4 cup pomegranate

Method

1. Slice apples into thin 1/4 inch slices with knife or mandolin.
2. Arrange slices on a plate, slightly overlapping pieces.
3. Stir almond butter and honey together and warm in the microwave for 10-15 seconds.
4. Drizzle almond butter mixture over apples.
5. Scatter remaining ingredients over the apple slices.

Watermelon Pizza

Ingredients

- 1/2 c. ricotta
- 1/4 c. softened cream cheese
- 1 tbsp. honey
- 1/2 tsp. vanilla
- Watermelon slice, 1" thick
- Fresh berries, for garnish
- Fresh mint, for garnish
- Toasted coconut, for garnish



Method

1. In a small bowl, mix ricotta, cream cheese, honey, and vanilla together until combined.
2. Spread mixture onto slice of watermelon and top with berries, mint, and toasted coconut. Serve immediately.

Eton Mess

Ingredients

- 400g strawberries, plus a few finely chopped strawberries to decorate
- 350g any no-added-sugar, fat-free strawberry yogurt
- 400g fat-free natural fromage frais
- 1 level tbsp sweetener
- 4 meringue nests, roughly crushed

Serves 4 (4 syns on Slimming World)



Method

1. Roughly chop the strawberries, place half in a blender and purée until smooth. Transfer to a bowl with the strawberry yogurt and stir to mix well.
2. Place the remaining chopped strawberries in a bowl, add the fromage frais and sweetener and stir to mix well. Add this mixture to the strawberry purée mixture and swirl through to create a marbled effect.
3. Fold in the crushed meringue and divide the mixture between 4 chilled dessert glasses. Serve immediately, decorated with chopped strawberries.

Fruit Compote

Ingredients

- 1 medium orange
- 2 small pears
- 1/4 tsp. almond extract
- 2 tsp. sugar
- 12 oz. strawberries
- 1/2 oz. sliced blanched almonds



Method

1. Squeeze the juice from your orange into a 3-quart saucepan. Add the pears, extract, and sugar. Cook on medium-high heat, stirring occasionally, for 5 minutes, or until the pears begin to soften.
2. Remove the compote from the heat and stir in the strawberries. Transfer to a medium bowl and refrigerate at least 1 1/2 hours, or until chilled. Divide among 4 glasses or serving bowls and top with almonds.

Cooking Conversion Chart

Measurement

Cup	Ounces	Milliliters	Tablespoons
1/16 cup	1/2 oz	15 ml	1
1/8 cup	1 oz	30 ml	2
1/4 cup	2 oz	59 ml	4
1/3 cup	2.5 oz	79 ml	5.5
3/8 cup	3 oz	90 ml	6
1/2 cup	4 oz	118 ml	8
2/3 cup	5 oz	158 ml	11
3/4 cup	6 oz	177 ml	12
1 cups	8 oz	240 ml	16
2 cups	16 oz	480 ml	32
4 cups	32 oz	960 ml	64
5 cups	40 oz	1180 ml	80
6 cups	48 oz	1420 ml	96
8 cups	64 oz	1895 ml	128

Temperature

Fahrenheit	Celsius
100 °F	37 °C
150 °F	65 °C
200 °F	93 °C
250 °F	121 °C
300 °F	150 °C
325 °F	160 °C
350 °F	180 °C
375 °F	190 °C
400 °F	200 °C
425 °F	220 °C
450 °F	230 °C
500 °F	260 °C
525 °F	274 °C
550 °F	288 °C

Weight

Imperial	Metric
1/2 oz	15 g
1 oz	29 g
2 oz	57 g
3 oz	85 g
4 oz	113 g
5 oz	141 g
6 oz	170 g
8 oz	227 g
10 oz	283 g
12 oz	340 g
13 oz	369 g
14 oz	397 g
15 oz	425 g
1 lb	453 g



Eatwell Plate

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.

Choose wholegrain or higher fibre versions with less added fat, salt and sugar
Potatoes, bread, rice, pasta and other starchy carbohydrates

Dairy and alternatives
Choose lower fat and lower sugar options

Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Fruit and vegetables
Eat at least 5 portions of a variety of fruit and vegetables every day

Energy 1046kJ 250kcal	Fat 3.0g	Saturated 1.3g	Sugars 34g	Salt 0.9g
13%	LOW	LOW	LOW	HIGH
4%	7%	38%	15%	

Each serving (150g) contains
of an adult's reference intake
Choose foods lower in fat, salt and sugars



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Food labels

When looking at a food label we need to be looking per 100gms and not per item, packet or portion.

Use the table below as a reference for checking food labels.

	FAT	SATURATES	SUGARS	SALT
LOW	3g or less	1.5g or less	5g or less	0.3g or less
MEDIUM	3.1g to 17.5g	1.6g to 5g	5.1g to 22.5g	0.31 to 1.5g
HIGH	Over 17.5g	Over 5g	Over 22.5g	Over 1.5g

GREEN means the food is **LOW** in one of the above so will be the healthiest choice.

AMBER means **MEDIUM** which is fine as part of a balanced diet.

RED means this food is **HIGH** in something so try not to eat too much of it.

Recommended calories for men and women

Within a healthy, balanced diet, a man needs around **2,500kcal** a day to maintain his weight.

For a woman, that figure is around **2,000kcal** a day.

www.nhs.uk

Portion sizes

Recommended daily portions

Food group: Fruit and vegetables

Women: 5+ portions

Men: 5+ portions

Food group: Potatoes, bread, rice, pasta, and other starchy carbohydrates

Women: 7 portions

Men: 8 portions

Food group: Beans, pulses, fish, eggs, meat and other proteins

Women: 2 portions

Men: 3 portions

Food group: Dairy and alternatives

Women: 3 portions

Men: 3 portions

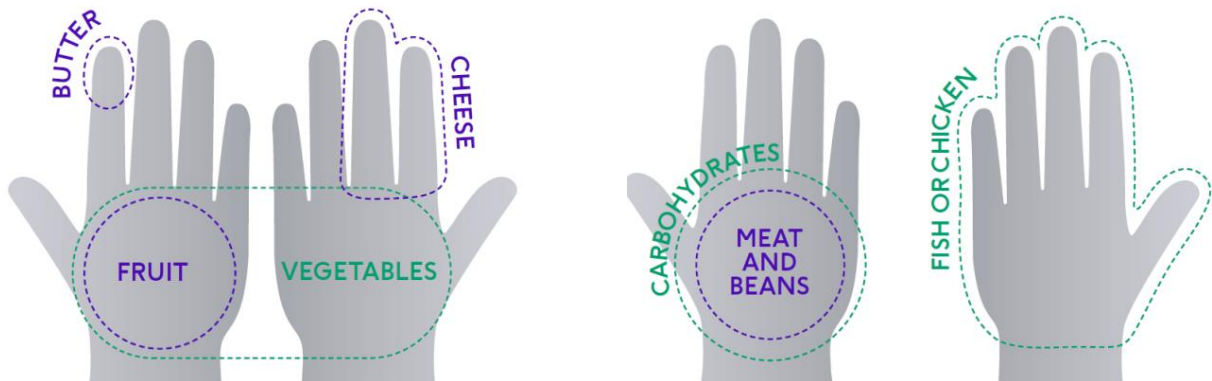
Food group: Oil and spreads

Women: 1 portion

Men: 2 portions








How to get portion sizes right

Using your hands is an easy way to measure food portions.



Food diary

Use this diary to record what you have to eat and drink every day. Don't forget a balanced diet is best and aim to get your 5 a day of fruit and vegetables.

	Breakfast	Lunch	Dinner	Snacks	Water
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Happy Cooking

