

### **Tofu stir-fry**

Serves 4

120g tofu. Vegetables according to taste. ½ tsp sesame seeds. 75g boiled rice. 1 tbsp soya sauce or oyster sauce

Add 120g of diced tofu to a wok/pan of medium heat with a minimum of oil. Add any vegetables of your choice and half a tsp of sesame seeds. Stir-fry until tofu is brown and vegetables desired texture. Season and serve with 75g of boiled rice. Tofu is a good vegetarian alternative to meat or fish and is a source of high-quality protein.

### **Chicken with pepper and couscous**

Serves 4

1 skinless chicken breast, 1 tsp oil, ½ small red pepper, 50g couscous, 100ml chicken stock, 2 spring onions (finely sliced), 2 radishes (sliced) 5 cherry tomatoes (halved)

Slice the chicken into thin strips. Heat the oil in a small non-stick pan and cook the chicken until cooked through. Pour the hot stock over the couscous and leave to stand for 5 minutes. Add the chicken, pepper, radishes, tomatoes and spring onions, mix well and serve.

### **Roasted vegetables salad with pasta**

Serves 2

1 large red pepper, 2 courgettes, 1 large red onion, 3 cloves garlic, 1 tbsp oil, 100g pasta shapes, 50g reduced fat feta cheese

Slice the vegetables into bite-sized chunks and place in a roasting tin with the garlic, drizzle over the oil and seasoning to taste. Cook at 200°C for 20 minutes. While the vegetables are cooking, cook the pasta, drain well, and stir in the vegetables. Divide between 2 bowls, crumble over the feta and serve.

### **Stuffed trout**

Serves 2

2 small rainbow trout (cleaned and gutted), 75g fresh white breadcrumbs, 4 spring onions (finely chopped), 1 clove garlic (crushed), zest of 1 lemon, 3tbsp chopped fresh herbs, potatoes and green vegetables to serve

Mix the breadcrumbs, garlic, lemon zest, spring onions and herbs. Rinse the trout and place on a large sheet of greaseproof paper. Carefully spoon the stuffing mixture into the belly of the fish, secure the stuffing with a cocktail stick and wrap the trout in the greaseproof paper, then wrap again in foil. Place on a BBQ or in an oven at 200°C for 20-30 minutes or until the fish is cooked. Serve with baby new potatoes and with green vegetables or a salad.

### **Prawn and stir-fried vegetable wrap**

Serves 1

90g cooked peeled prawns, 2 tsp oil, selection of vegetables (chopped), finely chopped garlic, ginger and chili, 1 soft flour tortilla

Heat the oil in a small non-stick pan or wok, add the prepared vegetables, chili, garlic and ginger and stir-fry until the vegetables are cooked. Add the prawns and cook for a further 1-2 minutes or until the prawns are warm. Heat a soft flour tortilla according to manufacturer's instructions, spoon the vegetables into the centre, fold and serve.

### **Roasted vegetables and feta wrap**

Serves 2

1 large red pepper, 2 courgettes, 1 large red onion, 3 cloves garlic, 1 tbsp oil, 2 soft flour tortillas, 50g reduced fat feta cheese

Slice the vegetables into bite-sized chunks and place in a roasting tin with the garlic, drizzle over the oil and seasoning to taste. Cook at 200°C for 20 minutes (this can be done in advance and vegetables stored in the fridge until needed). Heat the tortillas according to manufacturer's instructions, spoon the vegetables into the tortilla, crumble over the feta and roll.

### **Chicken and tzatziki wrap**

Serves 1

100g cooked chicken tikka, 1 soft flour tortilla, handful of rocket leaves or watercress, 3 tbsp tzatziki

Heat the tortilla according to the manufacturer's instructions. Slice the chicken into bite-sized pieces, mix with the tzatziki and spoon into the tortilla, add the rocket leaves or watercress, fold and serve.

### **Cod with creamy pesto dressing**

Serves 1

1 tbsp pesto, 4 tbsp low-fat natural bio yoghurt, 1 cod fillet (about 150g/5oz), sugar snap peas and boiled new potatoes to serve

Stir the pesto into the yoghurt. Place the cod fillet under a hot grill for 5 minutes either side. Transfer to a plate and spoon over the pesto dressing. Serve with sugar snap peas and boiled new potatoes.

### **Spaghetti with spicy prawns**

Serves 1

60g spaghetti, 100g cooked peeled prawns, 200g pot fresh tomato salsa

Cook spaghetti in a large pan of boiling water for 8-10 minutes or until just tender. Drain well. Heat prawns in a non-stick pan. Stir into the hot spaghetti along with the tomato salsa and serve.

### **Chicken and pasta salad**

Serves 1

60g pasta, 100g cooked chicken breast (sliced into bite-sized chunks), 4 cherry tomatoes (halved), 3 tbsp canned sweetcorn, 1 tbsp of ready-prepared honey and mustard dressing

Cook pasta in a large pan of boiling water for 8-10 minutes. Drain well. Add the chicken to the pasta along with tomatoes, sweetcorn and dressing and serve.

### **Sweet and sour chicken with noodles**

Serves 1

1 tbsp oil, 1 skinless chicken breast (thinly sliced), 60g rice noodles, 1 courgette, ½ a small red pepper, 3 baby sweetcorns, 2 spring onions, 2 tbsp sweet chili dipping sauce, 1 tbsp rice wine vinegar

Pour boiling water over the noodles and allow to stand for 5 minutes or until soft. Slice courgette and red pepper into thin strips. Slice baby sweetcorns in half. Thinly slice 2 spring onions. Heat oil in non-stick pan, add the prepared chicken and stir-fry for 3 minutes. Add the prepared vegetables and cook for 4-5 minutes or until tender. Drain the noodles and add to the pan. Mix together sweet chili and vinegar and stir into the noodles.

### **Char grilled salmon with minted pea puree**

Serves 2

2 skinless salmon fillets, 1 tsp oil, 200g frozen peas, 2 tbsp mint sauce, 6 tbsp Greek yoghurt, seasoning to taste. Sugar snap peas and new potatoes to serve

Cook the peas until soft, drain well and transfer to a blender with the yoghurt, mint sauce, seasoning to taste and puree until smooth. Brush the fish with oil and place on a hot griddle pan for 4 minutes, turn and continue to cook until the fish is cooked through. Spoon the peas onto a plate, top with the salmon and serve with new potatoes and sugar snap peas.

### **Spaghetti with crab and lemon**

Serves 1

60g spaghetti, 1 tbsp olive oil, juice of half a lemon, pinch of dried chili flakes, 100g cooked white crab meat, green salad with low-fat dressing to serve

Cook the spaghetti in a large pan of boiling water for 8-10 minutes or until cooked. Drain well. Mix the olive oil, chili and lemon juice and crab into the spaghetti and serve with green salad.

### **Red pepper stuffed with tuna and couscous**

Serves 1

150ml hot chicken or vegetable stock, 50g couscous, 200g can tuna (in water, drained), 5 pitted black olives (roughly chopped), 2 spring onions (thinly sliced), 2 sun-dried tomatoes (roughly chopped), 2 tsp olive oil, 1 red pepper, seasoning to taste

Pour the stock over the couscous and allow to stand for 5 minutes. Fluff with a fork. Mix the tuna, olives, oil, onions and sun-dried tomatoes into the couscous and season to taste. Slice the pepper in half and remove the seeds. Place the pepper halves on a baking sheet, spoon in the couscous mixture and bake at 220°C/gas mark 7 for 15-20 minutes.

### **Chicken, rice and avocado salad**

Serves 2

100g brown rice, 1 small avocado (peeled and roughly chopped) 200g cooked chicken (cut into bite-sized pieces), 3 spring onions (finely chopped), 10 cherry tomatoes (sliced in half), 1 tbsp fat-free dressing, seasoning to taste

Cook the rice according to manufacturer's instructions. Transfer it to a bowl, add the avocado, chicken, spring onions, tomatoes and dressing and serve.

### **Prawn, rice and avocado salad**

Serves 2

100g brown rice, 1 small avocado (peeled and roughly chopped) 200g cooked peeled prawns, 3 spring onions (finely chopped), 10 cherry tomatoes (sliced in half), seasoning to taste, and 1 tbsp of fat free dressing

Cook the rice according to manufacturer's instructions. Transfer it to a bowl, add the avocado, prawns, spring onions, tomatoes and dressing and serve.

### **Spiced cod with broccoli and new potatoes**

Serves 1

2 tsp curry paste, 5 tbsp Greek yogurt, 1 skinless cod fillet, broccoli, baby new potatoes to serve

Mix the curry and yogurt. Place in the fish to marinade, and refrigerate for 15 mins. Brush a roasting tin with a little oil, transfer the fish to the tin and bake in a hot oven at 200°C/gas mark 6 for 10-15 minutes. Serve with broccoli and baby new potatoes.

### **Courgettes with a spicy tomato sauce**

Serves 1

1 large courgette, 2 tsp oil, 1 tbsp tomato puree, 6 cherry tomatoes (halved), 2 tbsp chopped fresh coriander, 2 tsp balsamic vinegar, 1 tsp capers, 60g Eibly wheat, 1 tbsp freshly grated Parmesan cheese, seasoning to taste

Slice the courgette into thick slices. Heat 1 tsp of oil in a non-stick pan, add the courgette and cook, stirring for 4-5 minutes. Remove the courgettes and keep warm. Add the remaining oil to the pan, then add the tomato puree, cherry tomatoes and coriander and cook until the tomatoes are soft. Add the balsamic vinegar, capers and seasoning to taste and cook for 1 minute. Cook the Eibly wheat according to the packet instructions. Place the courgettes onto the wheat, spoon over the tomato sauce and sprinkle over the Parmesan cheese.

### **Spicy beef tacos**

Serves 1

2 tsp oil, 1 small onion (finely chopped), 100g extra lean mince beef, ½ red pepper (sliced), 100ml fresh tomato salsa, 2 taco shells, 2 tbsp grated half-fat cheddar. Large green salad to serve

Heat oil in a pan, add onion and pepper and cook for 3-4 minutes. Add the beef and cook for 5 minutes. Stir salsa. Heat taco shells according to the manufacturer's instructions. Spoon the mince mixture into the taco shells, sprinkle 1 tbsp of grated half-fat cheddar over each taco and serve with a large green salad.

### **Spicy Quorn tacos**

Serves 1

2 tsp oil, 1 small onion (finely chopped), 100g Quorn mince, ½ red pepper (sliced), 100ml fresh tomato salsa, 2 taco shells, 2 tbsp grated half-fat cheddar. Large green salad to serve

Heat oil in a pan, add onion and pepper and cook for 3-4 minutes. Add Quorn and cook for 5 minutes. Stir salsa. Heat taco shells according to the manufacturer's instructions. Spoon the mince mixture into the taco shells, sprinkle 1 tbsp of grated half-fat cheddar over each taco and serve with a large green salad.

### **Turkey stroganoff**

Serves 1

150g turkey breast (sliced into thin strips), ½ small red onion (thinly sliced), 30g button mushrooms (roughly chopped), 1 clove garlic (crushed), 2 tsp oil, 100ml chicken stock or water, ½ tsp smoked paprika, seasoning to taste, 100ml 2% fat Greek yogurt, boiled rice and broccoli to serve

Slice turkey into thin strips. Heat oil in a non-stick pan, add the turkey, onion, mushrooms and garlic and cook over a high heat for 4-5 minutes or until browned. Add stock or water, paprika and seasoning to taste. Bring to the boil and cook for 1-2 minutes. Reduce the heat and stir in yogurt. Serve with boiled rice and a large portion of steamed broccoli.

### **Mushroom stroganoff**

Serves 1

1 small red onion (thinly sliced), 60g button mushrooms (roughly chopped), 1 stick celery (roughly chopped), 1 clove garlic (crushed), 2 tsp oil, 100ml vegetable stock or water, ½ tsp of smoked paprika, seasoning to taste, 100ml 2% fat Greek yogurt, boiled rice and broccoli to serve

Heat oil in a non-stick pan, add the onion, mushrooms, celery and garlic and cook over a high heat for 4-5 minutes or until browned. Add stock or water, paprika and seasoning to taste. Bring to the boil and cook for 1-2 minutes. Reduce the heat and stir in yogurt. Serve with boiled rice and a large portion of steamed broccoli.

### **Spaghetti with chicken, mushrooms and rocket**

Serves 1

60g spaghetti, 2 tsp oil, 1 skinless chicken breast (thinly sliced), 2 spring onions (finely chopped) 60g button mushrooms (roughly chopped), 1 tbsp pesto, handful rocket, large green salad with fat-free dressing to serve

Cook spaghetti in a large pan of boiling water for 10-12 minutes. Heat oil in a non-stick pan, add chicken, spring onions and mushrooms and cook over a medium heat for 5-6 minutes. Drain the pasta and stir in the mushroom mixture and pesto and rocket. Serve with a large green salad with fat-free dressing.

### **Tuna Niçoise**

Serves 1

50g green beans, 4 baby new potatoes (halved), 5 cherry tomatoes (halved), 1 egg (boiled), 6 pitted black olives (roughly chopped), 1 tbsp French dressing, 1 fresh tuna steak, 1 tsp oil

Cook the beans and potatoes and drain well. Cut the egg into quarters. Brush the tuna with oil and cook on a griddle pan until cooked through. Mix the potatoes, beans, olives, cherry tomatoes and dressing. Top with the cooked tuna and serve.

### **Creamy chicken and broccoli pasta bake**

Serves 4

300g penne pasta, 200g broccoli (cut into florets), 2 tsp oil, 400g skinless chicken breast (cut into thin strips), 200g low fat soft cheese, 150ml semi-skimmed milk, 6 spring onions (finely chopped), 150g frozen sweetcorn, 125g cherry tomatoes (halved), seasoning to taste, 50g fresh white breadcrumbs, 1 tbsp freshly grated Parmesan cheese

Cook the pasta in a pan of boiling water. About 3 minutes before the pasta is due to finish cooking add the broccoli and sweetcorn. While the pasta is cooking heat the oil in a wok or non-stick frying pan, add the chicken and stir-fry for 5-6 minutes. Add the spring onions and cook for a further 1-2 minutes. Drain the pasta. Add the soft cheese and milk to the saucepan and heat, stirring until hot and smooth. Mix the pasta, broccoli, chicken, sweetcorn, tomatoes, and the sauce, season to taste and transfer to a shallow ovenproof dish. Mix the breadcrumbs and Parmesan, sprinkle over the pasta and pop under a medium hot grill until the breadcrumbs are golden brown.

### **Creamy Quorn and broccoli pasta bake**

Serves 4

300g penne pasta, 200g broccoli (cut into florets), 2 tsp oil, 350g Quorn pieces, 200g low-fat soft cheese, 150ml semi-skimmed milk, 6 spring onions (finely chopped), 150g frozen sweetcorn, 125g cherry tomatoes (halved), seasoning to taste, 50g fresh white breadcrumbs, 1 tbsp freshly grated Parmesan cheese, green vegetables to serve

Cook the pasta in a pan of boiling water. About 3 minutes before the pasta is due to finish cooking add the broccoli and sweetcorn. While the pasta is cooking heat the oil in a wok or non-stick frying pan, add the Quorn and stir-fry for 5-6 minutes. Add the spring onions and cook for a further 1-2 minutes. Drain the pasta. Add the soft cheese and milk to the saucepan and heat, stirring until hot and smooth. Mix the pasta, broccoli, chicken, sweetcorn, tomatoes and the sauce, season to taste and transfer to a shallow ovenproof dish. Mix the breadcrumbs and Parmesan, sprinkle over the pasta and pop under a medium hot grill until the breadcrumbs are golden brown.

### **Creamy prawn and broccoli bake**

Serves 4

300g penne pasta, 150g broccoli (cut into florets) 2 tsp oil, 400g cooked peeled prawns, 200g low-fat soft cheese, 150ml semi-skimmed milk, 6 spring onions (finely chopped), 150g frozen peas, 125g cherry tomatoes (halved), seasoning to taste, 50g fresh white breadcrumbs, 1 tbsp freshly grated Parmesan cheese

Cook the pasta in a pan of boiling water. About 3 minutes before the pasta is due to finish cooking add the broccoli and sweetcorn. While the pasta is cooking heat the oil in a wok or non-stick frying pan, fry the prawns, add the spring onions and fry for a further 1-2 minutes. Drain the pasta. Add the soft cheese and milk to the saucepan and heat, stirring until hot and smooth. Mix the pasta, broccoli, chicken, sweetcorn and tomatoes and the sauce, season to taste and transfer to a shallow ovenproof dish. Mix the breadcrumbs and Parmesan, sprinkle over the pasta and pop under a medium hot grill until the breadcrumbs are golden brown.

### **Moroccan Lamb with couscous**

Serves 4

400g lean lamb (cut into bite-sized pieces), 4 tsp oil, 1 onion (thinly sliced), 1 clove garlic (crushed), 2 sticks celery (roughly chopped), 2 carrots (roughly chopped), 1 tsp each ground cumin and coriander, 1 tbsp harissa paste, 75g ready-to-eat dried apricots (roughly chopped), 250ml lamb stock, 400g chickpeas (rinsed and drained), seasoning to taste, couscous to serve

Heat half the oil in a large flameproof casserole dish and brown the meat. Remove the meat from the pan, add the remaining oil, onion, garlic, carrots and celery and cook, stirring constantly for 3-4 minutes. Return the meat to the pan, stir in the harissa, spices, apricots and stock. Cover and cook over a medium heat, stirring occasionally for 20-30 minutes or until the meat is tender. Add the chickpeas and continue cooking for a further 5 minutes. Serve with couscous and green vegetables.

### **Salmon with tzatziki, new potatoes and sugar snap peas**

Serves 1

1 salmon fillet, 1 tsp oil, sugar snap peas, baby new potatoes, tzatziki

Brush the salmon with the oil, place in a non-stick roasting tin and bake in a hot oven (200°C/gas mark 6) for 15 minutes or until cooked through. Serve with baby new potatoes, sugar snap peas and tzatziki.

### **Salmon with tomato salsa, new potatoes and sugar snap peas**

Serves 1

1 salmon fillet, 1 tsp oil, sugar snap peas, baby new potatoes, fresh tomato salsa to serve

Brush the salmon with oil, place on a non-stick roasting tin and bake in a hot oven (200°C/gas mark 6) for 15 minutes or until cooked through, serve with baby new potatoes, sugar snap peas and tomato salsa.

### **Summer couscous salad**

Serves 2

100g couscous, 200ml hot vegetable stock, 200g cherry tomatoes (halved) 2 tbsp chopped fresh mint, 2 spring onions (finely chopped), 50g pitted black olives (roughly chopped), 80g reduced fat feta cheese (crumbled)

Place the couscous in a heatproof bowl, pour over the stock and leave to stand for 5 minutes or until the grains are soft. Stir in the olives, spring onions, tomatoes, mint and feta and serve.

### **Couscous with prawns**

Serves 2

100g couscous, 200ml hot vegetable stock, 200g cherry tomatoes (halved), 200g cooked peeled prawns, 2 spring onions (thinly sliced), 2 tbsp chopped fresh coriander

Place the couscous in a heatproof bowl, pour over the stock and leave to stand for 5 minutes or until the grains are soft. Stir in the prawns, tomatoes, spring onions and coriander and serve.

### **Couscous with chicken and apricots**

Serves 2

100g couscous, 200ml hot chicken stock, 200g cherry tomatoes (halved) 200g cooked chicken breast (sliced into bite-sized pieces), 2 spring onions (thinly sliced), 25g ready-to-eat dried apricots (roughly chopped), 2 tbsp chopped fresh coriander

Place the couscous in a heatproof bowl, pour over the stock and leave to stand for 5 minutes or until the grains are soft. Stir in the chicken, tomatoes, spring onions, apricots and coriander and serve.

### **Chicken and pea risotto**

Serves 2

1 tbsp oil, 1 onion (sliced), 2 skinless chicken breasts (chopped into bite sized pieces), 125g risotto rice, 500ml hot chicken stock, 150g frozen peas, 1 tbsp chopped fresh chives

Heat the oil in a deep, heavy-based frying pan. Cook the onion over a medium heat for 2-3 minutes until soft but not colored. Add the chicken and continue to cook for 3-4 minutes or until the chicken starts to brown. Add the rice and stir well to coat with oil. Add just enough stock to cover the rice and cook over a medium heat, stirring constantly, until the stock is almost absorbed. Continue adding the stock in the same way until the rice is almost cooked. Add the peas and cook for a further 5 minutes. Season to taste, stir in the chives and serve immediately.

### **Asparagus risotto**

Serves 2

1 tbsp oil, 1 onion (sliced), 125g risotto rice, 500ml hot vegetable stock, 1 bunch of asparagus (chopped into 2cm slices), 25g freshly grated Parmesan

Heat the oil in a deep, heavy-based frying pan. Cook the onion over a medium heat for 5 minutes until soft but not colored. Add the rice and stir well to coat with oil. Add just enough stock to cover the rice and cook over a medium heat, stirring constantly, until the stock is almost absorbed. Continue adding the stock in the same way until the rice is almost cooked. About 10 minutes before the rice is cooked add the asparagus, continue to cook until the rice and asparagus are tender. Season to taste, stir in the Parmesan and serve immediately.

### **Prawn and cherry tomato risotto**

Serves 2

1 tbsp oil, 1 onion (sliced), 125g risotto rice, 500ml hot vegetable stock, 150g cooked peeled prawns, 100g cherry tomatoes (halved)

Heat the oil in a deep, heavy-based frying pan. Cook the onion over a medium heat for 5 minutes until soft but not colored. Add the rice and stir well to coat with oil. Add just enough stock to cover the rice and cook over a medium heat, stirring constantly, until the stock is almost absorbed. Continue adding the stock in the same way until the rice is almost cooked. About 10 minutes before the rice is cooked add the prawns and tomatoes continue to cook until the rice is tender. Season to taste and serve.

### **Mushroom risotto**

Serves 2

1 tbsp oil, 1 onion (sliced), 125g risotto rice, 500ml hot vegetable stock, 150g mixed mushrooms (roughly chopped), 25g freshly grated Parmesan

Heat the oil in a deep, heavy-based frying pan. Cook the onion over a medium heat for 5 minutes until soft but not colored. Add the rice and mushrooms and stir well to coat with oil. Add just enough stock to cover the rice and cook over a medium heat, stirring constantly, until the stock is almost absorbed. Continue adding the stock in the same way until the rice is cooked. Season to taste, stir in the Parmesan and serve immediately.

### **Risotto primavera (summer vegetable) risotto**

Serves 2

1 tbsp oil, 1 onion (sliced), 125g risotto rice, 2 sticks celery (finely sliced), 500ml hot vegetable stock, 100g peas, 100g green beans (sliced into 2cm chunks), 1 small green pepper (diced), 2 tbsp freshly grated Parmesan

Heat the oil in a deep, heavy-based frying pan. Cook the onion over a medium heat for 5 minutes until soft but not colored. Add the rice and mushrooms and stir well to coat with oil. Add just enough stock to cover the rice and cook over a medium heat, stirring constantly, until the stock is almost absorbed. Continue adding the stock in the same way until the rice is cooked. Season to taste, stir in the Parmesan and serve immediately.

### **Salmon and pea risotto**

Serves 2

1 tbsp oil, 1 onion (sliced), 125g risotto rice, 500ml hot chicken stock, 100g frozen peas, 100g smoked salmon (roughly chopped), 1 tbsp chopped fresh chives

Heat the oil in a deep, heavy-based frying pan. Cook the onion over a medium heat for 5 minutes until soft but not colored. Add the rice to and stir well to coat with oil. Add just enough stock to cover the rice and cook over a medium heat, stirring constantly, until the stock is almost absorbed. Continue adding the stock in the same way until the rice is almost cooked. Add the peas and cook for a further 5 minutes. Remove from the heat, stir into the salmon and chives and serve immediately.

### **Beef and vegetable chili**

Serves 4

1 tbsp oil, 400g extra lean minced beef, 1 large onion (chopped), 1 garlic clove (crushed), 1 tbsp mild chili powder, 2 carrots (finely chopped), 100g mushrooms (roughly chopped), 1 red and 1 green pepper (diced), 400g can chopped tomatoes, 2 tbsp tomato puree, 400g can red kidney beans (rinsed and drained), 300ml beef stock, boiled rice to serve

Heat the oil in a non-stick pan. Add the meat and cook for a few minutes until lightly browned. Add the onion and garlic and cook for a further 2-3 minutes, then stir in the chili powder. Add the carrots, mushrooms and peppers. Stir well and cook for 1-2 minutes. Add the chopped tomatoes, tomato puree, red kidney beans and stock. Bring up to the boil, then reduce the heat and cook for 15-20 minutes. Serve with boiled rice.

### **Quorn and vegetable chili**

Serves 4

1 tbsp oil, 350g Quorn mince, 1 large onion (chopped), 1 garlic clove (crushed), 1 tbsp mild chili powder, 2 carrots (diced), 100g mushrooms (roughly chopped), 1 red and 1 green pepper (diced), 400g can chopped tomatoes, 2 tbsp tomato puree, 400g can red kidney beans (rinsed and drained), 300ml vegetable stock, boiled rice to serve

Heat the oil in a non-stick pan. Add the Quorn and cook for 1-2 minutes. Add the onion and garlic and cook for a further 2-3 minutes, then stir in the chili powder. Add the carrots, mushrooms and peppers. Stir well and cook for another 1-2 minutes. Add the chopped

tomatoes, tomato puree, beans and stock. Bring up to the boil, then reduce the heat and cook for 15-20 minutes. Serve with boiled rice

### **Bean and vegetable chili**

Serves 4

1 tbsp oil, 1 large onion (chopped), 1 garlic clove (crushed), 2 sticks celery (chopped), 1 tsp mild chili powder, 2 carrots (diced), 100g mushrooms (roughly chopped), 1 red and 1 green pepper (diced), 2 x 400g can chopped tomatoes, 2 tbsp tomato puree, 2 x 400g can mixed beans (rinsed and drained), 300ml vegetable stock, boiled rice to serve

Heat the oil in a non-stick pan. Add the onion and garlic and cook for 3-4 minutes, then stir in the chili powder. Add the carrots, mushrooms and peppers. Stir well and cook for another 1-2 minutes. Add the chopped tomatoes and tomato puree. Add the beans and stock. Bring up to the boil, then reduce the heat and cook, partially covered, for 10-15 minutes. Serve with boiled rice.

### **Spaghetti bolognaise**

Serves 4

350g spaghetti, 1 tbsp oil, 1 large onion (chopped), 400g extra lean mince beef, 1 garlic clove (crushed), 2 carrots (diced), 100g mushrooms (roughly chopped), 1 red pepper (diced), 400g can chopped tomatoes, 2 tbsp tomato puree, 300ml beef stock.

Heat the oil in a non-stick pan. Add the onion and cook for 3-4 minutes. Add the mince and garlic and cook for a further 5 minutes. Add the carrots, mushrooms and pepper. Stir well. Add tomatoes, tomato puree and stock. Bring up to the boil, and then reduce the heat and cook for 15 minutes. Cook the spaghetti according to manufacturer's instructions, drain well and serve with the sauce.

### **Quorn and vegetable bolognaise**

Serves 4

350g spaghetti, 1 tbsp oil, 1 large onion (chopped), 350g Quorn mince, 1 garlic clove (crushed), 2 carrots (diced), 100g mushrooms (roughly chopped), 1 red pepper (diced), 400g can chopped tomatoes, 2 tbsp tomato puree, 300ml vegetable stock

Heat the oil in a non-stick pan. Add the onion and cook for 3-4 minutes. Add the Quorn and garlic and cook for a further 5 minutes. Add the carrots, mushrooms and pepper. Stir well. Add tomatoes, tomato puree and stock. Bring up to the boil, then reduce the heat and cook for 15 minutes. Cook the pasta according to manufacturer's instructions, drain well and serve with the sauce.

### **Lentil and vegetable bolognaise**

Serves 4

350g spaghetti, 1 tbsp oil, 1 large onion (chopped), 1 garlic clove (crushed), 2 carrots (diced), 100g mushrooms (roughly chopped), 1 red pepper (diced), 1 x 400g can chopped tomatoes, 2 tbsp tomato puree, 2 cans brown lentils (rinsed and drained), 300ml vegetable stock

Heat the oil in a non-stick pan. Add the onion and cook for 3-4minutes. Add the garlic, carrots, mushrooms and pepper. Stir well. Add tomatoes, tomato puree, lentils and stock. Bring up to the boil, then reduce the heat and cook for 10 minutes. Cook the pasta according to manufacturer's instructions, drain well and serve with the sauce.

### **Lentil and feta salad**

Serves 2

400g can brown lentils (rinsed and drained), 2 sticks celery (chopped), 100g cherry tomatoes (sliced in half), 2 spring onions (finely chopped), 50g reduced fat feta cheese (crumbled)

Combine all the ingredients and serve.

### **Char grilled salmon on a bed of lentils**

Serves 2

2 small salmon fillets, 1 tsp oil, 400g can brown lentils (rinsed and drained), 2 sticks celery (chopped) 100g cherry tomatoes (sliced in half), 2 spring onions (finely chopped)

Brush the salmon with oil, place on a non-stick tray and cook in a hot oven (200°C/gas mark 6) for 15 minutes or until salmon is cooked through. Combine the remaining ingredients and divide between 2 plates. Top with the salmon and serve.

### **Curried salmon kebabs with lentils**

Serves 2

2 skinless small salmon fillets (cut into bite-sized cubes), 100ml 2% fat Greek yogurt, 1 tbsp mild curry paste, 400g can brown lentils (rinsed and drained), 2 sticks celery (chopped) 100g cherry tomatoes (halved), 2 spring onions (finely chopped), 2 tbsp chopped fresh coriander

Stir the curry paste into the yogurt, add the fish and mix until coated with the yogurt. Thread the fish onto kebab skewers, place on a non-stick baking tray and cook in a hot oven (200°C/gas mark 6) for 10-15 minutes. Combine the remaining ingredients, divide between 2 bowls and top with the salmon.

### **Chicken and potato salad**

Serves 2

250g new potatoes (thickly sliced), 75g rocket, 2 roast chicken breasts (roughly chopped), 2 spring onions (thinly sliced), 100g cherry tomatoes (halved), 2 tbsp honey and mustard dressing

Place the potatoes in a saucepan and cover with cold water. Bring to the boil and simmer until tender. Drain and cool. Place the rocket, potatoes, chicken, spring onions and tomatoes in a large bowl with the dressing and toss well to combine. Divide between 2 bowls and serve.

### **Tuna and potato salad**

Serves 2

250g new potatoes (thickly sliced), 200g can tuna (drained and flaked), 2 spring onions (sliced), 100g cherry tomatoes (halved), 15g pitted black olives (roughly chopped), 2 tbsp honey and mustard dressing

Place the potatoes in a saucepan and cook until tender. Drain and cool. Place the tuna, spring onions, tomatoes, potatoes and olives in a bowl. Add the dressing and toss well to combine. Divide between 2 bowls and serve.

### **Prawn and potato salad**

Serves 2

250g new potatoes (thickly sliced), 200g cooked peeled prawns, 2 spring onions (sliced), 100g cherry tomatoes (sliced in half), 2 tbsp honey and mustard dressing

Cook the potatoes in a pan of boiling water until tender. Drain and cool. Place the prawns, spring onions, tomatoes, potatoes and olives in a bowl. Add the dressing and toss well to combine. Divide between 2 bowls and serve.

### **Chicken and potato bake**

Serves 4

350g new potatoes (thickly sliced), 1 tbsp oil, 4 skinless chicken breasts (cut into thin strips), 500g sliced vegetables (e.g. courgettes, peppers, etc.), 350g jar tomato-based pasta sauce, 50g grated reduced-fat Cheddar cheese

Boil the potatoes until tender. Drain well. Heat the oil in a large frying pan and fry the chicken for 5 minutes, then add the vegetables and potatoes and fry for a further 2-3 minutes. Stir in the pasta sauce. Transfer to a shallow ovenproof dish, sprinkle over ten cheese and pop under a medium hot grill until the cheese is bubbling. Serve with green vegetables.

### **Tuna and potato bake**

Serves 4

350g new potatoes (thickly sliced), 1 tbsp oil, 400g tuna (drained and flaked), 500g sliced vegetables (e.g. courgettes, peppers, etc.), 350g jar tomato based pasta sauce, 50g grated reduced fat Cheddar cheese

Boil the potatoes until just tender. Drain well. Heat the oil in a large frying pan, then add the vegetables and potatoes and fry for a further 2-3 minutes. Stir in the tuna and pasta sauce. Transfer to a shallow ovenproof dish, sprinkle over the cheese and pop under a medium hot grill until the cheese is bubbling.

### **Potato and spinach curry**

Serves 4

500g new potatoes (halved), 1 tbsp oil, 1 large onion (sliced), 2 tbsp mild curry paste, 400g can chopped tomatoes, 2 large handfuls frozen spinach, boiled rice and tzatziki to serve

Place the potatoes in a saucepan and cover with cold water. Bring to the boil and simmer until tender. Drain well. Heat the oil in a frying pan and fry the onion for 2-3 minutes. Add the curry paste and fry for a further 30 seconds. Stir in the potatoes, tomatoes and spinach and cook for 10 minutes. Serve with boiled rice and tzatziki.

### **Chicken and potato curry**

Serves 4

500g new potatoes (halved), 1 tbsp oil, 1 large onion (sliced), 4 skinless chicken breasts (sliced in thin strips), 2 tbsp mild curry paste, 400g can chopped tomatoes, 2 large handfuls frozen spinach, boiled rice and tzatziki to serve

Place the potatoes in a saucepan and cover with cold water. Bring to the boil and simmer until tender. Drain well. Heat the oil in a frying pan and fry the onion for 2-3 minutes. Add the chicken and curry paste and fry for a further 30 seconds. Stir in the potatoes, chopped tomatoes and spinach and cook for 20 minutes. Serve with boiled rice and tzatziki.

### **Prawn and potato curry**

Serves 4

500g new potatoes (halved), 1 tbsp oil, 1 large onion (sliced), 2 tbsp mild curry paste, 400g tin chopped tomatoes, 2 large handfuls frozen spinach, 350g cooked peeled prawns, boiled rice and tzatziki to serve

Place the potatoes in a saucepan and cover with cold water. Bring to the boil and simmer until tender. Drain. Heat the oil in a frying pan and fry the onion for 2-3 minutes. Add the curry paste and fry for a further 30 seconds. Stir in the chopped tomatoes and spinach and cook for 15

minutes. Add the prawns and potatoes and cook for a further 5 minutes. Serve with boiled rice and tzatziki.

### **Quorn and potato curry**

Serves 4

500g new potatoes (halved), 1 tbsp oil, 1 large onion (sliced), 350g pack Quorn pieces, 2 tbsp mild curry paste, 400g tin chopped tomatoes, 2 large handfuls frozen spinach, 350g cooked peeled prawns, boiled rice and tzatziki to serve

Place the potatoes in a saucepan and cover with cold water. Bring to the boil and simmer until tender. Drain. Heat the oil in a frying pan and fry the onion for 3 minutes. Add the Quorn and curry paste and fry for a further 30 seconds. Stir in the chopped tomatoes and spinach and cook for 15 minutes. Add the Quorn and potatoes and cook for a further 5 minutes. Serve with boiled rice and tzatziki.

### **Chicken and lentil salad with a honey and mustard dressing**

Serves 4

6 spring onions (thinly sliced), 2 x 400g can brown lentils (rinsed and drained), 3 plum tomatoes (halved and finely chopped), 10 radishes (sliced), 2 sticks celery (sliced), 300g cooked chicken breast (cut into bite-sized pieces), 3 tbsp honey and mustard dressing

Combine all the ingredients in a bowl. Toss to mix well and serve.

### **Prawn and lentil salad with a sweet chili dressing**

Serves 4

3 tbsp sweet chili sauce, 3 tbsp rice wine vinegar, 8 spring onions (thinly sliced), 2 x 400g can brown lentils (rinsed and drained), 200g cherry tomatoes, (halved), 8 radish (sliced), 2 sticks celery (sliced), 350g cooked peeled prawns

Whisk together the sweet chili sauce and the rice wine vinegar. Combine the remaining ingredients in a bowl. Pour over the dressing and toss to mix well and serve.

### **Chicken and lentil salad with a sweet chili dressing**

Serves 4

3 tbsp sweet chili sauce, 3 tbsp rice wine vinegar, 8 spring onions (thinly sliced), 2 x 400g cans brown lentils (rinsed and drained), 300g cooked chicken (sliced into bite-sized chunks), 200g cherry tomatoes, (halved), 8 radishes (sliced), 2 sticks celery (sliced)

Whisk together the sweet chili sauce and the rice wine vinegar. Combine the remaining ingredients in a bowl. Pour over the dressing and toss to mix well and serve.

### **Sticky chicken with new potatoes and sugar snap peas**

Serves 4

8 tbsp mango chutney, 2 cloves garlic (crushed), zest and juice of 1 lemon, 4 skinless chicken breasts, 4 tbsp sesame seeds, new potatoes and sugar snap peas to serve

Mix together the mango chutney, garlic, lemon juice and zest. Using a sharp knife make a few deep cuts in the surface of each chicken breast. Place the chicken in a shallow dish and spoon over the marinade. Cover and leave the chicken to marinate in the fridge for 30 minutes. Remove the chicken from the marinade and place under a hot grill. Brush over a little of the marinade and cook for 5 minutes. Turn and brush over the remaining marinade, sprinkle with sesame seeds and continue cooking for a further 5 minutes or until the chicken is cooked through. Serve with baby new potatoes and sugar snap peas.

### **Mushrooms stuffed with smoked salmon**

Serves 2

4 Portobello mushrooms or large field mushrooms, 1 small red onion (finely chopped), 3 sticks celery (finely chopped), 1 tbsp olive oil, 75g fresh white breadcrumbs, 100g smoked salmon (roughly chopped), 2 tbsp chopped fresh parsley, zest of ½ lemon, mixed green salad with fat-free dressing to serve

Wipe the mushrooms with a damp cloth and remove and finely chop the stalks. Lightly brush the cap of each mushroom with a little olive oil and place on a baking sheet. Heat the remaining oil in a frying pan, add the mushroom stalks, onions and celery and cook over a medium heat, stirring occasionally, for 3-4 minutes or until the vegetables are beginning to soften. Stir in the breadcrumbs, salmon, parsley, lemon zest and seasoning to taste. Spoon the breadcrumb mixture into the mushrooms and cook in a hot oven (200°C/gas mark 6) for 15-20 minutes.

### **Smoked haddock and sweetcorn chowder**

Serves 4

15g butter, 1 onion (finely chopped), 2 floury potatoes such as Maris piper (peeled and cut into small cubes), 450ml fish stock, 300g fresh, frozen or canned sweetcorn (thawed or drained as necessary), 450ml semi-skimmed milk, 400g skinless smoked haddock fillets (cut into bite-sized pieces)

Melt the butter in a large saucepan, add the onions and cook over a gentle heat, stirring occasionally for 5 minutes. Add the potato and continue cooking for a further 2 minutes. Add the stock, bring to the boil, reduce the heat to a simmer, cover and simmer for about 10 minutes or until the potatoes are tender. Roughly mash the potatoes. Add the sweetcorn and milk and continue to cook over a moderate heat for 5 minutes. Stir in the fish and cook for a further 5 minutes.

### **Pappardelle with ricotta and a spicy tomato sauce**

Serves 2

1 tbsp olive oil, 1 red onion (finely chopped), 1 clove garlic (crushed), large pinch of chili flakes, ½ level tsp each ground coriander and ground cumin, 1 tbsp tomato puree, 1 x 400g can chopped tomatoes, 100ml red wine, 100g pappardelle pasta, 100g ricotta cheese, fresh basil to garnish

Heat the oil in a large saucepan, add the onion, garlic, chili, cumin and coriander and cook for 5 minutes or until the onions are beginning to soften. Add the tomatoes, tomato puree, red wine and seasoning to taste, bring to the boil, then simmer for about 30 minutes or until the sauce is reduced by about half. Cook the pasta according to the packet instructions and drain well. Transfer the pasta to a serving dish, spoon over the tomato sauce then top with the ricotta cheese. Garnish with a little chopped fresh basil and serve immediately.

### **Pappardelle with prawns and a spicy tomato sauce**

Serves 2

1 tbsp olive oil, 1 red onion (finely chopped), 1 clove garlic (crushed), large pinch of chili flakes, ½ level tsp each ground coriander and ground cumin, 1 tbsp tomato puree, 1 x 400g can chopped tomatoes, 100ml red wine, 100g pappardelle pasta, 200g cooked peeled prawns, fresh basil to garnish

Heat the oil in a large saucepan; add the onion, garlic, chili, cumin and coriander and cook for 5 minutes or until the onions are beginning to soften. Add the tomatoes, tomato puree, red wine and seasoning to taste, bring to the boil, then simmer for about 30 minutes or until the sauce is reduced by about half. Add the prawns and cook for a further 5 minutes. Cook the pasta according to the packet instructions and drain well. Transfer the pasta to a serving dish and spoon over the tomato sauce. Garnish with a little chopped fresh basil and serve immediately.

### **Quorn with a spicy tomato sauce and pasta**

Serves 4

1 tbsp olive oil, 1 red onion (finely chopped), 1 clove garlic (crushed), large pinch of chili flakes, 1 level tsp each ground coriander and ground cumin, 350g Quorn mince, 2 tbsp tomato puree, 2 x 400g cans chopped tomatoes, 200ml red wine or vegetable stock, 350g pasta, 2 tbsp freshly grated Parmesan cheese

Heat the oil in large saucepan, add the onion, garlic, chili, cumin and coriander and cook for 2-3 minutes or until the onions are beginning to soften. Add the Quorn, tomatoes, tomato puree, red wine or stock and seasoning to taste. Bring to the boil, then simmer for about 30 minutes or until the sauce is reduced by about half. Add the prawns and cook for a further 5 minutes. Cook the pasta according to the packet instructions and drain well. Transfer the pasta to a serving dish and spoon over the tomato sauce. Sprinkle over the Parmesan and serve immediately.

### **Stir-fried Quorn with a black bean sauce**

Serves 4

2 tbsp oil, 350g Quorn pieces, 2 clove garlic (crushed) 2.5cm fresh ginger (finely chopped), 225g oyster mushrooms, 225g baby leeks (cut into slices 2cm long), 200g pak choi, 3 tbsp black bean sauce, 1 tbsp runny honey, 200g egg noodles, 2 tsp sesame oil

Trim the pak choi, discarding any damaged or discolored leaves. Heat 1 tbsp oil in a wok or large frying pan, add the Quorn and leeks and stir-fry over a high heat for 3 minutes or until browned. Remove from the pan and set aside. Wipe the wok clean with kitchen paper and add the remaining oil and heat. Once the oil is hot add the garlic, ginger and stir-fry for 1min. Add the mushrooms and pak choi and continue cooking for 2-3 minutes. Return the Quorn and leeks to the pan, stir in the black bean sauce, honey and 50ml water and cook for a further 2 minutes or until the sauce is hot. Cook the noodles according to the packet instructions. Drain well then stir through the sesame oil. Place the noodles and Quorn in a bowl and serve.

### **Cottage pie**

Serves 4

2 tbsp vegetable oil, 300g extra lean mince, 1 large onion (finely chopped), 400g can brown lentils (rinsed and drained), 1 large carrot (diced), 1 clove garlic (crushed), 200g frozen peas (thawed), 400ml beef stock, 2 tbsp plain flour, 750g potatoes (peeled and quartered), 200ml hot milk, 15g butter or margarine, seasoning to taste

Heat 1 tbsp of the oil in a large non-stick pan and brown the mince over a high heat. Remove the mince and set to one side. Add the remaining oil to the pan, and fry onion, garlic and carrot for about 5 minutes. Return the mince to the pan. Add the lentils, stock, peas, flour and seasoning to taste, bring to the boil, then reduce the heat and simmer for 20 minutes. While the mince is cooking, boil the potatoes, drain well, then mash with the milk and butter and seasoning to taste. Transfer the mince to a shallow ovenproof dish, top with the potato and cook at 200°C/gas mark 6 for 20 minutes.

### **Vegetarian Cottage pie**

Serves 4

1 tbsp vegetable oil, 1 large onion (finely chopped), 2x 400g cans brown lentils (rinsed and drained), 1 large carrot (diced), 2 sticks celery, (roughly chopped) 1 clove garlic (crushed), 200g frozen peas (thawed), 400ml vegetable stock, 2 tbsp plain flour, 750g potatoes (peeled and quartered), 200ml hot milk, 15g butter or margarine, seasoning to taste, 50g grated reduced-fat Cheddar cheese

Heat the oil in a large non-stick pan and fry onion, garlic and carrot for about 5 minutes. Add the lentils, stock, peas, flour and seasoning to taste, bring to the boil, then reduce the heat and simmer for 10 minutes. Boil the potatoes, drain well, and then mash with the milk and butter and seasoning to taste. Transfer the mince to a shallow ovenproof dish, top with the potato, scatter over the cheese and cook at 200°C/gas mark 6 for 20 minutes.

## **Quorn Cottage pie**

Serves 4

1 tbsp vegetable oil, 1 large onion (finely chopped), 350g Quorn mince, 1 large carrot (diced), 2 sticks celery, (roughly chopped) 1 clove garlic (crushed), 200g frozen peas (thawed), 400ml vegetable stock, 2 tbsp plain flour, 750g potatoes (peeled and quartered), 200ml hot milk, 15g butter or margarine, seasoning to taste, 50g grated reduced-fat Cheddar cheese

Heat the oil in a large non-stick pan and fry onion, garlic and carrot for about 5 minutes. Add the Quorn, stock, peas, flour and seasoning to taste, bring to the boil, then reduce the heat and simmer for 10 minutes. Boil the potatoes, drain well, and then mash with the milk and butter and seasoning to taste. Transfer the mince to a shallow ovenproof dish, top with the potato, scatter over the cheese and cook at 200°C for 20 minutes.

## **Tuna and chickpea fishcakes**

Serves 4

2 x 400g cans chickpeas (rinsed and drained), 400g can of tuna in water (drained), pinch chili powder, a little plain flour, 2 tbsp of vegetable oil, seasoning to taste, green salad and reduced-fat coleslaw to serve

Place the chickpeas and tuna in a food processor and process until just blended. Add chili and seasoning to taste. On a lightly floured surface shape the mixture into 8 fishcakes, then place in the fridge for at least 1 hour. Heat 1 tbsp of oil in a large non-stick frying pan, add half of the fishcakes and cook for 4-5 minutes either side or until lightly browned. Transfer to a plate and transfer to the oven to keep warm. Add 1 more tablespoon of oil and cook the remaining fishcakes in the same way. Serve with green salad and reduced-fat coleslaw.

## **Tuna fishcakes**

Serves 4

400g floury potatoes such as Desiree or King Edward (peeled and cut into large chunks), 2 tbsp reduced-fat mayonnaise, 400g tuna in water (drained and flaked), plain flour for dusting, 1 large egg (beaten), 100g fresh white breadcrumbs, 2 tbsp oil, tzatziki or fresh tomato salsa and green vegetables to serve

Place the potatoes in a large pan of salted water, bring to the boil and cook for about 20 minutes or until tender. Drain well, add mayonnaise and mash. Place the tuna in a large bowl, add the mashed potato and seasoning to taste. Mix well, then cover and place in the fridge for 1 hour. Turn the mixture onto a lightly floured surface and shape the mixture into 8 fishcakes. Carefully dip each fishcake into the beaten egg, then into the breadcrumbs, making sure they are evenly coated. Cook the fishcakes in two batches. Heat half of the oil in a large frying pan and cook the fishcakes over a high heat for 4 minutes each side or until breadcrumbs are golden brown. Drain the cooked fish on absorbent kitchen paper, and then transfer to a warm oven while you cook the remainder. Serve with green vegetables and tzatziki or fresh tomato salsa.

## **Salmon fishcakes**

Serves 4

400g floury potatoes such as Desiree or King Edward (peeled and cut into large chunks), 2 tbsp reduced-fat mayonnaise, 400g can red salmon (flaked), 85g smoked salmon (roughly chopped), plain flour, for dusting, 1 large egg (beaten), 100g fresh white breadcrumbs, 2 tbsp oil, tzatziki or fresh tomato salsa and green vegetables to serve

Place the potatoes in a large pan of salted water, bring to the boil and cook for about 20 minutes or until tender. Drain well, add mayonnaise and mash. Place the canned and smoked salmon in a large bowl, add the mashed potato and seasoning to taste. Mix well then cover and place in the fridge for 1 hour. Turn the mixture onto a lightly floured surface and shape the mixture into 8 fishcakes. Carefully dip each fishcake into the beaten egg, then into the breadcrumbs, making sure they are evenly coated. Cook the fishcakes in two batches. Heat half of the oil in a large frying pan and cook the fishcakes over a high heat for 4 minutes each side or until breadcrumbs are golden brown. Drain the cooked fishcakes on absorbent kitchen paper, and then transfer to a warm oven while you cook the remainder. Serve with green vegetables and tzatziki or fresh tomato salsa.

## **Leek and potato soup**

Serves 4

15g butter or margarine, 2 large leeks (finely chopped), 2 floury potatoes such as Maris piper (peeled and cut into small cubes), 1 litre vegetable stock, 300ml semi-skimmed milk, seasoning to taste, wholemeal bread to serve

Melt the butter in a large saucepan, add the leeks and cook over a gentle heat, stirring occasionally for 5 minutes. Add the potato and continue cooking for a further 5 minutes. Add the stock, bring to the boil, reduce the heat, cover and simmer for about 20 minutes or until the potatoes are tender. Transfer the mixture to a blender and puree until smooth. Return to the pan, add the milk and simmer for 5 minutes. Serve with wholemeal crusty bread.

## **Paprika chicken with rice**

Serves 4

2 tbsp olive oil, 8 skinless boneless chicken thighs (chopped into bite-sized chunks), 1 large onion (finely chopped), 2 cloves garlic (crushed), 200g long grain white rice, 200g frozen peas, 400g can chopped tomatoes, 400ml hot chicken stock, 2 tsp smoked paprika, seasoning to taste.

Heat half of the oil in a shallow ovenproof casserole dish. Cook the chicken until lightly browned (you may need to do this in two batches). Remove the chicken and add the remaining oil and cook the onions and garlic until soft. Stir in the rice and cook, stirring constantly, for 5 minutes. Add the stock, peas, tomatoes, paprika and seasoning to taste. Bring to the boil then reduce the heat. Place the chicken on top of the rice. Cover with a tight lid or foil and simmer over a low heat for 20-25 minutes or until all the liquid is absorbed and the chicken is cooked through.

### **Mixed bean stew**

Serves 4

1 tbsp oil, 1 large onion (finely chopped), 2 cloves garlic (crushed), 400g can chopped tomatoes, 250ml vegetable stock, 2 tbsp dark soy sauce, 2 tbsp dark brown sugar, 1 tbsp Dijon mustard, 2 x 400g cans mixed beans (rinsed and drained), boiled rice and tzatziki to serve

Heat the oil in a large non-stick saucepan. Add the onion and garlic and cook, stirring occasionally, for 10 minutes. Add the tomatoes, stock and soy sauce. Bring to the boil, then reduce to a fast simmer and cook for about 15 minutes or until the sauce begins to thicken. Stir in the mustard and beans and cook for a further 5 minutes. Serve with boiled rice and tzatziki.

### **Tuna and bean bake**

Serves 4

2 tbsp olive oil, 1 large onion (finely chopped), 2 cloves of garlic (crushed), 1 x 400g can chopped tomatoes, 250ml vegetable stock, 2 tbsp dark soy sauce, 2 tsp Dijon mustard, 2 x 400g cans mixed beans, 1 x 400g canned tuna (drained and flaked), 75g wholemeal breadcrumbs, 50g freshly grated Parmesan cheese, 3 tbsp chopped parsley, new potatoes and green vegetables to serve

Heat olive oil in a large non-stick saucepan, add onion, garlic and cook, stirring occasionally, for 10 minutes. Add tomatoes, stock and soy sauce. Bring to the boil, then reduce to a fast simmer and cook for about 15 minutes or until the sauce begins to thicken. Add mustard, beans, and tuna and continue to cook for a further 5 minutes. Transfer the mixture into a shallow ovenproof dish. Mix breadcrumbs Parmesan cheese and parsley and sprinkle over the turkey mixture, drizzle with a little olive oil and place under a medium hot grill for 5 minutes or until golden brown. Serve with new potatoes and green vegetables.

### **Tuna lasagna**

Serves 4

2 x 400g cans ratatouille, 1 x 400g can tuna in water (drained), 8-12 sheets precooked lasagna, 100g reduced-fat Cheddar cheese (grated), mixed green salad serve

Mix the ratatouille and tuna in a large bowl. Spoon half of the mixture into a large shallow ovenproof dish. Top with a layer of lasagna. Spoon the remaining mixture over the lasagna and top with a final layer. Sprinkle the cheese over the lasagna and bake at 200°C/gas mark 6 for 20 minutes. Serve with a large salad with low-fat dressing.

### **Quorn lasagna**

Serves 4

1 tbsp oil, 1 large onion (finely chopped), 350g Quorn pieces, 2 x 400g cans ratatouille, 8-12 sheets precooked lasagna, 100g reduced-fat Cheddar cheese (grated), mixed green salad to serve

Heat the oil in a non-stick pan, add the Quorn and onion and cook for 3-4 minutes. Mix the ratatouille with the Quorn mixture and spoon half the mixture into a large, shallow ovenproof dish. Top with a layer of lasagna. Spoon the remaining Quorn mixture over the lasagna and top with a final layer. Sprinkle the cheese over the lasagna and bake at 200°C/gas mark 6 for 20 minutes. Serve with a large salad with low-fat dressing.

### **Quorn in a creamy mustard sauce**

Serves 4

2 tbsp vegetable oil, 350g Quorn pieces, 1 large onion (thinly sliced), 4 sticks celery (thinly sliced), 2 cloves garlic (crushed), 200g button mushrooms (sliced), 200ml Greek yogurt, 2 tbsp wholegrain mustard, seasoning to taste, boiled rice and green vegetables to serve

Heat half of the oil in non-stick frying pan, add the Quorn and fry for 2-3 minutes over a high heat. Remove and set aside. Add the remaining oil and cook the onion, celery, and garlic for 5 minutes. Add the mushrooms and cook for a further 5 minutes. Return the Quorn to the pan, add the yogurt, mustard and seasoning to taste and cook over a medium heat for 5 minutes.

### **Quorn and mushroom stroganoff**

Serves 4

2 tbsp vegetable oil, 350g Quorn pieces, 1 large onion (thinly sliced), 4 sticks celery (thinly sliced), 2 cloves garlic (crushed), 200g button mushrooms (sliced), 200ml Greek yogurt, 2 tsp smoked paprika, seasoning to taste, boiled rice and green vegetables to serve

Heat half of the oil in non-stick frying pan, add the Quorn and fry for 2-3 minutes over a high heat. Remove and set aside. Add the remaining oil and cook the onion, celery, and garlic for 5 minutes. Add the mushrooms and cook for a further 5 minutes. Return the Quorn to the pan, add the yogurt, smoked paprika and seasoning to taste and cook over a medium heat for 5 minutes.

### **Quorn with potatoes and a spicy tomato sauce**

Serves 4

300g new potatoes (sliced into cubes), 2 tbsp vegetable oil, 350g Quorn pieces, 1 large onion (thinly sliced), 1 red pepper (sliced), 2 cloves garlic (crushed), 2 x 400g cans chopped tomatoes, 2 tsp smoked paprika, seasoning to taste, green vegetables to serve

Cook the potatoes in a pan of boiled water for 5 minutes, and then drain well. Heat half of the oil in non-stick frying pan, add the Quorn and fry for 2-3 minutes over a high heat. Remove and set aside. Add the remaining oil and fry the onion, pepper and garlic for 2-3 minutes. Return the Quorn to the pan, add the potatoes, tomatoes, paprika and seasoning to taste and cook over a gentle heat for 15 minutes. Serve with green vegetables.

### **Tuna with potatoes in a spicy tomato sauce**

Serves 4

300g new potatoes (sliced into small cubes), 1 tbsp vegetable oil, 400g can tuna in water (drained), 1 large onion (thinly sliced), 1 red pepper (sliced), 2 cloves garlic (crushed), 2 x 400g chopped tomatoes, 2 tsp smoked paprika, seasoning to taste, green vegetables to serve

Cook the potatoes in a pan of boiling water for 5 minutes, and then drain well. Heat the oil in a shallow non-stick pan and stir-fry the onion, pepper and garlic for 2-3 minutes. Add the tuna, potatoes, tomatoes, paprika and seasoning to taste and cook over a gentle heat for 15 minutes or until the potatoes are tender. Serve with green vegetables.

### **Prawns with potatoes in a spicy tomato sauce**

Serves 4

300g new potatoes (sliced into cubes), 1 tbsp vegetable oil, 1 large onion (thinly sliced), 1 red pepper (sliced), 2 cloves garlic (crushed), 2 x 400g chopped tomatoes, 2tsp smoked paprika, 400g cooked peeled prawns, seasoning to taste, green vegetables to serve

Cook the potatoes in a pan of boiling water for 5 minutes, and then drain well. Heat the oil in a shallow non-stick pan and cook the onion, pepper and garlic for 2-3 minutes. Add the potatoes, tomatoes, paprika and seasoning to taste and cook over a gentle heat for 10 minutes or until the potatoes are tender. Add the prawns and heat for a further 5 minutes. Serve with green vegetables.

### **Chicken with new potatoes and spicy green beans**

Serves 1

1 skinless chicken breast, 2 tsp oil, 150g baby new potatoes, 100g fresh tomato salsa, 80g French beans.

Slice chicken almost in half lengthways and then beat with a rolling pin until thin. Brush the chicken with a little oil and place on a hot griddle pan for 4-5 minutes either side or until cooked. Boil the potatoes until tender, then drain well. Cook the beans until just tender. Drain well and transfer to a bowl. Add the salsa and mix well. Transfer the chicken onto a warm plate, and serve with the potatoes and green beans.

### **Chicken with new potatoes and sugar snap peas**

Serves 1

1 skinless chicken breast, 2 tsp oil, 150g baby new potatoes, 150g tzatziki, sugar snap peas to serve.

Slice chicken almost in half lengthways and then beat with a rolling pin until thin. Brush the chicken with a little oil and place on a hot griddle pan for 4-5 minutes either side or until cooked. Boil the potatoes until tender, then drain well. Mix the potatoes and tzatziki. Transfer the chicken onto a warm plate, and serve with the potatoes and sugar snap peas.

### **Chicken with new potatoes, ratatouille and broccoli**

Serves 1

1 skinless chicken breast, 2 tsp oil, 150g baby new potatoes, ½ x 500g can ratatouille, broccoli to serve

Slice chicken almost in half lengthways and then beat with a rolling pin until thin. Brush the chicken with a little oil and place on a hot griddle pan for 4-5 minutes either side or until cooked. Boil the potatoes until tender, then drain well. Heat the ratatouille in a small pan for 3-4 minutes. Transfer the chicken onto a warm plate, and serve with the potatoes, broccoli and ratatouille.

### **Salmon with new potatoes and spicy green beans**

Serves 1

1 salmon fillet, 2 tsp oil, 150g baby new potatoes, 100g fresh tomato salsa, 80g French beans.

Brush the salmon with a little oil and place on a hot griddle pan for 4-5 minutes either side or until cooked. Boil potatoes until tender, and drain well. Cook the beans until just tender. Drain well and transfer to a bowl, add the salsa and mix well. Transfer the salmon onto a warm plate, and serve with the potatoes and green beans.

### **Salmon with new potatoes and sugar snap peas**

Serves 1

1 salmon fillet, 2 tsp oil, 150g baby new potatoes, 150g tzatziki, sugar snap peas to serve.

Brush the salmon with a little oil and place on a hot griddle pan for 4-5 minutes either side or until cooked. Boil the potatoes until tender, and drain well. Mix the potatoes and tzatziki. Transfer the salmon onto a warm plate, and serve with the potatoes and sugar snap peas.

### **Salmon with new potatoes, ratatouille and broccoli**

Serves 1

1 salmon fillet, 2 tsp oil, 150g baby new potatoes, ½ x 500g can ratatouille, broccoli to serve

Brush the salmon with a little oil and place on a hot griddle pan for 4-5 minutes either side or until cooked. Boil the potatoes until tender, then drain well. Heat the ratatouille in a small pan for 3-4 minutes. Transfer the salmon onto a warm plate, and serve with the potatoes, broccoli and ratatouille.

### **Chicken with cheese and mustard crust**

Serves 1

1 skinless chicken breast, 2 tsp oil, 25g grated Cheddar cheese, 1 tsp wholegrain mustard, 1 tbsp milk, boiled new potatoes and leeks to serve

Preheat oven to 200°C/Gas mark 6. Slice chicken almost in half lengthways, then beat with a rolling pin until thin. Place chicken on a lightly oiled baking sheet. Mix cheese, mustard and milk and spoon the mixture over the surface. Transfer to the oven and cook for 20 minutes. Serve with boiled new potatoes and leeks.

### **Cod with cheese and mustard crust**

Serves 1

1 cod fillet, 25g grated Cheddar cheese, 1 tsp wholegrain mustard, 1 tbsp milk, boiled new potatoes and leeks to serve

Preheat oven to 200°C/Gas mark 6. Place cod fillet on a lightly oiled baking sheet. Mix cheese, mustard and milk and spoon the mixture over the fish. Transfer to the oven and cook for 15-20 minutes. Serve with boiled new potatoes and leeks.

### **Baked sweet potato with spicy prawns**

Serves 1

1 medium sweet potato, 100g cooked peeled prawns, 100g fresh tomato salsa

Pierce the potato in several places and bake at 180°C/gas mark 4 for 30 minutes or until soft. Mix the prawns with the salsa. Spoon into the potato and serve.

### **Baked potato with spicy prawns**

Serves 1

1 medium potato, 100g cooked peeled prawns, 3 tbsp sweet chili sauce

Pierce the potato in several places and bake at 180°C/gas mark 4 for 30 minutes or until soft. Mix the prawns with the sweet chili sauce. Spoon into the potato and serve.

### **Roast vegetable and pasta salad**

Serves 4

3 courgettes (thickly sliced), 2 red peppers (roughly chopped), 2 red onions (cut into wedges), 1 aubergine (cut into bite-sized pieces), 2 tbsp olive oil, seasoning, 300g pasta shapes, 2 tbsp salad dressing

Place vegetables in a roasting tin, drizzle over olive oil and season to taste. Cook at 200°C/gas mark 6 for 20-30 minutes. Cook pasta shapes according to the packet instructions. Drain well and transfer to a bowl, then add the roasted vegetables and dressing and serve.

### **Salmon with roast vegetables**

Serves 4

4 salmon fillets, 300g baby new potatoes (sliced in half), 3 courgettes (thickly sliced), 2 red peppers (roughly chopped), 2 red onions (cut into wedges), 1 aubergine (cut into bite-sized pieces), 3 tbsp olive oil, seasoning to taste

Cook the potatoes in a pan of boiling water for 7 minutes, then drain well. Place vegetables and potatoes in a roasting tin, drizzle over olive oil and season to taste. Cook at 200°C/gas mark 6 for 20-30 minutes. Grill the salmon until cooked through and serve with the roasted vegetables.

### **Cod with roast vegetables**

Serves 4

4 cod fillets, 300g baby new potatoes (sliced in half), 3 courgettes (thickly sliced), 2 red peppers (roughly chopped), 2 red onions (cut into wedges), 1 aubergine (cut into bite-sized pieces), 4 tbsp olive oil, seasoning to taste

Cook the potatoes in a pan of boiling water for 7 minutes, then drain well. Place vegetables and potatoes in a roasting tin, drizzle over 3 tablespoons of the olive oil and season to taste. Cook at 200°C/Gas mark 6 for 20-30 minutes. Pan-fry the cod in the remaining oil until cooked through and serve with the roasted vegetables.

### **Roast vegetable with couscous and feta**

Serves 4

3 courgettes (thickly sliced), 2 red peppers (roughly chopped), 2 red onions (cut into wedges), 1 aubergine (cut into bite-sized pieces), 2 tbsp olive oil, seasoning to taste, 200g couscous, 350ml hot vegetable stock, 50g reduced-fat feta cheese (crumbled)

Place vegetables in a roasting tin, drizzle over the olive oil and season to taste. Cook at 200°C/Gas mark 6 for 20-30 minutes. Place the couscous in a heatproof bowl, pour over the hot stock and leave to stand for 5 minutes. Mix the vegetables and the couscous. Crumble over the feta and serve.

### **Pasta with prawns and peas**

Serves 1

50g pasta, 80g frozen peas, 100g cooked prawns, juice and zest ½ a lemon, 2 tsp olive oil

Cook the pasta according to manufacturer's instructions. About 5 minutes before the pasta has finished cooking add frozen peas. Drain the pasta and peas, return to a clean pan and stir in prawns, lemon juice and zest and oil, and cook for 1-2 minutes or until the prawns are hot.

### **Vegetable and chickpea tagline**

Serves 1

2 tsp oil, 1 small onion (finely chopped), 1 clove garlic (crushed), 1 tsp harissa, 25g dried apricots (roughly chopped), 1 carrot (diced), ½ red pepper (diced), 125ml vegetable stock, seasoning to taste, 75g canned chickpeas (rinsed and drained) 5 cherry tomatoes (halved), couscous to serve

Heat oil in a saucepan, add onion and cook for 2-3 minutes, add garlic and cook for a further 1 minute. Add apricots, carrot, red pepper and stock. Season to taste, cover and simmer for 15 minutes. Add chickpeas and cherry tomatoes and cook for a further 10 minutes or until the vegetables are just tender. Serve with couscous.

### **Cod with a Parmesan crust**

Serves 1

3 tbsp fresh white breadcrumbs, 2 tbsp freshly grated Parmesan cheese, 1 tbsp chopped fresh basil, seasoning to taste, 1 cod fillet, ratatouille and steamed broccoli to serve

Mix breadcrumbs, Parmesan cheese, basil and seasoning to taste. Place cod skin-side-down on a lightly greased baking sheet. Spoon the breadcrumb mixture on top of the fish and press down lightly with the palm of your hand. Place in the oven at 200°C/gas mark 6 for 20 minutes or until the topping is golden and the fish cooked though. Serve with a large portion of ratatouille and steamed broccoli.

### **Sticky chicken with jacket potato and corn on the cob**

Serves 4

1 tbsp tomato ketchup, 2 tbsp Worcester sauce, 2 tbsp vegetable oil, 1 tbsp clear honey, 1 tsp English mustard, 2 cloves garlic (crushed), 4 skinless chicken breasts (sliced into cubes), baked potatoes, tzatziki and corn on the cob to serve

Mix ketchup, Worcester sauce, oil, honey, mustard and garlic. Thread the chicken onto skewers, place on a baking sheet and cook at 200°C/gas mark 6 for 15-20 minutes or until cooked through. Serve with baked potatoes topped with tzatziki and corn on the cob.

### **Prawn and leek pilaf**

Serves 4

1 tbsp oil, 3 large leeks (thinly sliced), pinch chili powder, 1 level tbsp tomato puree, 1 x 400g can chopped tomatoes, 200g long grain white rice, 400ml vegetable stock, 350g cooked peeled prawns, seasoning to taste

Heat the oil in a non-stick frying pan. Add leeks and continue to cook for 5 minutes. Add chili powder, tomato puree and continue to cook for 5 minutes, stirring frequently. Add the rice and cook, stirring for 5 minutes. Stir in the stock, seasoning and cook, stirring occasionally, for 20 minutes. Add the prawns and cook for a further 5 minutes or until the rice is tender.

### **Soya bean and leek pilaf**

Serves 4

1 tbsp oil, 3 large leeks (thinly sliced), pinch chili powder, 1 level tbsp tomato puree, 1 x 400g can chopped tomatoes, 200g long grain white rice, 400ml vegetable stock, 200g frozen fresh soya beans or peas, seasoning to taste

Heat the oil in a non-stick frying pan. Add leeks and continue to cook for 5 minutes. Add chili powder, tomato puree and continue to cook for 5 minutes, stirring frequently. Add the rice and cook, stirring for 5 minutes. Stir in stock, seasoning and cook, stirring occasionally, for 15 minutes. Add the soya beans and cook for a further 10 minutes or until the rice is tender.

### **Beef burgers with spicy potatoes wedges**

Serves 4

400g extra lean minced beef, 6 tbsp fresh white breadcrumbs, 3 tbsp brown sauce, 1 small egg (beaten), 2 tbsp vegetable oil, 4 medium baking potatoes, 2 tbsp fajita seasoning

Mix the beef, breadcrumbs, brown sauce and egg. Shape the mixture into burgers, about 1cm thick. Chill in a refrigerator for 10 minutes. To make the potato wedges, slice potatoes into thick wedges, place in a pan of boiling water and cook for 10 minutes, then drain well. Mix fajita seasoning with 1 tbsp of oil and lightly brush over the potato. Bake at 200°C/gas mark 6 for 15-20 minutes. To cook the burgers, heat the remaining oil in a non-stick pan and cook over a medium heat for 7 minutes either side or until cooked through.

### **Gnocchi with tuna and tomatoes**

Serves 4

600g gnocchi, 250g cherry tomatoes (halved), 1 x 400g can tuna in water (drained), jar tomato-based pasta sauce, 150g baby spinach (washed), seasoning to taste, 50g freshly grated Parmesan cheese, green vegetables to serve

Cook the gnocchi in a large saucepan of boiling salted water according to packet directions. Drain and transfer to a greased baking dish. Mix the remaining ingredients with the gnocchi, season to taste and sprinkle over the Parmesan. Place in a hot oven (200°C/gas mark 6) for 15 minutes. Serve with green vegetables.

### **Gnocchi with chicken and tomatoes**

Serves 4

600g gnocchi, 250g cherry tomatoes (halved), 400g cooked chicken (sliced into bite-sized chunks), jar tomato-based pasta sauce, 150g baby spinach (washed), seasoning to taste, 50g freshly grated Parmesan cheese, green vegetables to serve

Cook the gnocchi in a large saucepan of boiling salted water according to packet directions. Drain and transfer to a greased baking dish. Mix the remaining ingredients with the gnocchi, season to taste and sprinkle over the Parmesan. Place in a hot oven (200°C/gas mark 6) for 15 minutes. Serve with green vegetables.

### **Jacket potato with chili**

Serves 1

1 medium baking potato, 1 tsp oil, 1 small onion (finely chopped), 1 clove garlic (crushed), 1 tsp chili powder, 100g extra lean beef mince, 1 x 200g can chopped tomatoes, 50ml beef stock, ½ x can kidney beans (rinsed and drained)

Prick the potato in several places and cook in a microwave on high for 5 minutes. To finish the potato, off place in a pre-heated oven at 200°C/gas mark 6, for 15 minutes or until soft. To make the chili, heat the oil in a pan, add the onion and cook until soft. Add the garlic and chili and cook for a minute. Turn up the heat, add the mince and cook until brown. Stir in the tomato sauce, stock and kidney beans and simmer for 15 minutes. Slice the potatoes in half, spoon in the chili and serve.

### **Jacket potato with Quorn chili**

Serves 1

1 medium baking potato, 1 tsp oil, 1 small onion (finely chopped), 1 clove garlic (crushed), 1 tsp chili powder, 100g Quorn mince, 1 x 200g can chopped tomatoes, 50ml vegetable stock, ½ x can kidney beans (rinsed and drained)

Prick the potato in several places and cook in a microwave on high for 5 minutes. To finish the potato off, place in a pre-heated oven at 200°C/gas mark 6, for 15 minutes or until soft. To make the chili, heat the oil in a pan, add the onion and cook until soft. Add the garlic and chili and cook for a minute. Turn up the heat, add the Quorn and cook until brown. Stir in the tomato sauce, stock and kidney beans and simmer for 15 minutes. Slice the potatoes in half, spoon in the chili and serve.

### **Jacket potato with sweet chili prawns**

Serves 1

1 medium baking potato, 100g cooked peeled prawns, ½ small cucumber, 1 tbsp rice wine vinegar, 1tbsp sweet chili sauce, 1 spring onion (finely sliced)

Prick the potato in several places and cook in a microwave on high for 5 minutes. To finish the potato off, place in a pre-heated oven at 200°C/gas mark 6, for 15 minutes or until soft. Slice the cucumber in half lengthways and using a small spoon scoop out and discard the seeds. Cut the cucumber into thick slices and place in a bowl with the prawns. Mix the vinegar, chili sauce and spring onions and mix well. Stir into the prawns. Slice the potato in half, spoon in the prawns and serve.

### **Jacket potato with Moroccan vegetables**

Serves 1

1 medium baking potato, 1 tsp oil, 1 small red onion (thinly sliced), 1 clove garlic (crushed), 1 tsp harissa paste, 15g dried apricots (roughly chopped), 1 small carrot (peeled and thickly sliced), ½ small red pepper (roughly chopped), 200ml hot vegetable stock, 4 tbsp canned chickpeas (rinsed and drained), 5 cherry tomatoes (halved)

Prick the potato in several places and place in a microwave on high for 5 minutes. To finish the potato off, place in a pre-heated oven at 200°C/gas mark 6, for 15 minutes or until soft. Heat the oil in a non-stick saucepan, add the onion and cook until beginning to soften. Add the garlic and harissa and cook for a further 1 minute. Add the apricots and vegetables. Pour over the stock and bring to the boil. Season to taste, cover and simmer for 15 minutes. Add the chickpeas and cherry tomatoes and cook for a further 5 minutes. Slice the potato in half, spoon in the vegetables and serve.

### **Jacket potatoes with Boston baked beans**

Serves 2

2 medium baking potatoes, 1 tbsp oil, 1 small red onion (finely chopped), 2 cloves garlic (crushed), 400g can chopped tomatoes, 100ml vegetable stock, 1 tbsp dark soy sauce, 1 tbsp dark brown sugar, 2 tsp Dijon mustard, 400g mixed beans (rinsed and drained)

Prick the potatoes in several places and cook in a microwave on high for 5 minutes. To finish the potatoes off, place in a pre-heated oven at 200°C/Gas mark 6, for 15 minutes or until soft. Heat

oil in a saucepan, add onion and garlic and cook, stirring for 3 minutes. Add tomatoes, stock and soy sauce. Bring to the boil, then reduce heat and simmer for 10 minutes or until the sauce begins to thicken. Add sugar, mustard and beans. Continue to cook for a further 5 minutes or until the beans are hot. Slice the potatoes in half, spoon in the beans and serve.

### **Jacket potato with chicken and pesto filling**

Serves 1

1 medium baking potato, 100g ready-prepared roast chicken (sliced into bite-sized pieces), 1 tbsp red pesto, 4 tbsp low-fat plain yogurt, 4 cherry tomatoes (halved)

Prick the potato in several places and cook in a microwave on high for 5 minutes. To finish the potato off place in a pre-heated oven at 200°C/Gas mark 6, for 15 minutes or until soft. Mix the pesto and yogurt and stir in the chicken and tomatoes. Slice the potatoes in half, spoon in the chicken mixture and serve.

### **Jacket potatoes with sweetcorn and smoked haddock**

Serves 2

2 medium baking potatoes, 225g smoked haddock, 150ml semi-skimmed milk, 2 tsp butter, 1 level tbsp plain flour, 100g frozen sweetcorn (thawed), 2 tbsp fresh chopped parsley

Prick the potatoes in several places and cook in a microwave on high for 5 minutes. To finish the potatoes off, place in a pre-heated oven at 200°C/gas mark 6, for 15 minutes or until soft. Place the haddock in a shallow pan and pour over the milk. Bring to the boil, cover and simmer for 6-8 minutes. Remove fish from the pan and transfer to an ovenproof dish, cover with foil and keep warm. Strain the milk into a large jug. Melt the butter in a small pan, add the flour and cook, stirring continuously, for 1 minute. Gradually stir in the milk. Bring the sauce to the boil, stirring all the time, and simmer for 2-3 minutes. Stir in the sweetcorn and flaked fish. Slice the potatoes in half and spoon in the haddock. Sprinkle over the chopped parsley and serve.

### **Jacket potato with Piri Piri chicken**

Serves 2

2 medium baking potatoes, 2 tsp paprika, 1 tsp chili powder, juice of 1 large lemon, 2 cloves garlic (crushed), 1 tsp chopped fresh ginger, 2 skinless chicken breasts, 1 tbsp oil, tzatziki to serve

Prick the potato in several places and cook in a microwave on high for 5 minutes. To finish the potatoes off, place in a pre-heated oven at 200°C/gas mark 6, for 15 minutes or until soft. To prepare the chicken, combine the paprika, chili, lemon juice, garlic, ginger and rub the mixture over the chicken. Slice the chicken into strips. Heat the oil in a non-stick pan and fry the chicken until cooked. Slice the potatoes in half and spoon in the chicken, add a spoonful of tzatziki and serve.

### **Jacket potatoes with Spanish chicken**

Serves 2

2 medium baking potatoes, 2 tsp oil, 1 small red onion (finely chopped), 1 clove garlic (crushed), 2 skinless chicken breasts (sliced into bite-sized pieces), 1 x 400g can chopped tomatoes, 25g chorizo (diced), 25g pitted black olives (roughly chopped)

Prick the potato in several places and place in a microwave on high for 5 minutes. To finish the potatoes off, place in a pre-heated oven at 200°C/gas mark 6, for 15 minutes or until soft. Heat the oil in a non-stick pan, add the onion and sauté for 2-3 minutes. Add the garlic and chicken and cook for 5 minutes. Add the tomatoes and simmer for 15 minutes. Stir in the chorizo and olives. Slice the potatoes in half, spoon in the chicken and serve.

### **Jacket potato with smoked mackerel**

Serves 1

1 medium baking potato, 50g peppered smoked mackerel, 4 tbsp tzatziki

Prick the potato in several places and cook in a microwave on high for 5 minutes. To finish the potato off, place in a pre-heated oven at 200°C/Gas mark 6, for 15 minutes or until soft. Remove the skin from the mackerel, roughly chop the flesh and stir into the tzatziki. Slice the potato in half and spoon into the mackerel mixture and serve.

### **Jacket potato with Mexican chicken**

Serves 2

2 medium baking potatoes, 2 skinless chicken breasts (thinly sliced), 1 tsp fajita seasoning, 1 tbsp oil, 1 small yellow pepper (diced), 200g tomato salsa, 4 tbsp guacamole

Prick the potatoes in several places and place in a microwave on high for 5 minutes. To finish the potatoes off, place in a pre-heated oven at 200°C/gas mark 6, for 15 minutes or until soft. Toss the chicken in the fajita seasoning. Heat the oil in a non-stick frying pan. Stir-fry the chicken for 1-2 minutes, add the pepper and continue to cook for 10 minutes or until the chicken is cooked through. Remove the chicken from the heat and stir in the salsa. Slice the potatoes in half, spoon in the chicken mixture, top with the guacamole and serve.

### **Jacket potatoes with spicy prawns**

Serves 2

2 medium baking potatoes, 150g cooked peeled prawns, 1 tsp fajita seasoning, 1 tbsp oil, 1 small yellow pepper (diced), 200g tomato salsa, 4 tbsp guacamole

Prick the potato in several places and cook in a microwave on high for 5 minutes. To finish the potatoes off, place in a pre-heated oven at 200°C/gas mark 6, for 15 minutes or until soft. Toss the prawns in the fajita seasoning. Heat the oil in a non-stick frying pan. Stir-fry the chicken for

1-2 minutes, add the pepper and continue to cook for 5 minutes. Remove the chicken from the heat and stir in the salsa. Slice the potatoes in half, spoon in the chicken mixture, top with the guacamole and serve.

### **Spiced chicken and chickpea salad**

Serves 4

2 tsp cumin seeds, 1 tsp oil, 2 cloves garlic (crushed), 1 red chili (deseeded and finely chopped), zest and juice 2 limes, 2 skinless chicken breasts (thinly sliced), 1 x 400g can chickpeas (rinsed and drained), 4 tomatoes (cut into quarters), ½ cucumber (halved lengthways, seeded and sliced), 1 small red onion, (thinly sliced), 150g baby spinach leaves (washed)

Dry-fry the cumin seeds in a large frying pan for 1 minute, shaking the pan frequently. Set aside for 5 minutes to cool. Using the end of a rolling pin crush the seeds. Tip into a large bowl and set aside. Return the frying pan to the heat, add the oil and fry the chicken, garlic and chili for 5-7 minutes or until the chicken is cooked. Tip into the bowl with the cumin seeds. Stir the lime zest and juice into the bowl along with the chickpeas, tomatoes, cucumber, onion and spinach. Toss well and season to taste.

### **Chicken Waldorf salad**

Serves 4

40g walnuts (roughly chopped), 2 green apples (cored and diced), 1 tbsp lemon juice, 2 sticks celery (roughly chopped), 2 baby gem lettuces (torn into leaves), 400g cooked chicken (cut into bite-sized pieces), 2 tbsp French dressing

Toast the walnuts in a dry frying pan over a low heat. In a bowl, toss the apples with the lemon juice to prevent them browning, then add the celery, walnuts, and chicken. Stir in the dressing and serve on a bed of lettuce.

### **Soya bean and couscous salad**

Serves 1

75g fresh frozen soya beans, 100ml hot vegetable stock, 50g couscous, 5 cherry tomatoes (halved), 1 spring onion (finely chopped), 8 pitted black olives (roughly chopped), 4 sun blush tomatoes (roughly chopped), 1 tbsp olive oil, zest and juice half a lemon

Cook the beans according the manufacturer's instructions. Drain and refresh in cold water. Set aside. Put the couscous into a bowl and pour over the hot stock. Cover and leave for 5 minutes or until it has absorbed all the stock. Fluff up the couscous with a fork. Add the remaining ingredients and stir well to combine. Season to taste and serve.

### **Prawn soya bean and couscous salad**

Serves 1

50g fresh frozen soya beans, 100ml hot vegetable stock, 50g couscous, 5 cherry tomatoes (halved), 1 spring onion (finely chopped), 8 pitted black olives (roughly chopped) 4 sun blush tomatoes (roughly chopped), 1 tbsp olive oil, zest and juice of half a lemon.

Put the couscous into a bowl and pour over the hot stock. Cover and leave for 5 minutes or until the couscous has absorbed all the stock. Cook the beans according to the manufacturer's instructions. Fluff the couscous with a fork and add the remaining ingredients and stir well to combine. Season to taste and serve.

### **Tuna with spaghetti and a tomato sauce**

Serves 4

400g spaghetti, 400ml tomato-based pasta sauce, 50g pitted black olives (roughly chopped), 1 x can 400g tuna (in water, flaked) 50g freshly grated Parmesan, tender-stem broccoli or green vegetable of choice to serve

Cook the beans according to the manufacturer's instructions. Drain and refresh in cold water. Set aside. Put the couscous in a bowl and pour over the hot stock. Cover and leave for 5 minutes or until it has absorbed all the stock. Fluff up the couscous with a fork and add the remaining ingredients, and stir well to combine. Season to taste and serve.

### **Prawns with spaghetti and a spicy tomato sauce**

Serves 4

400g spaghetti, 400ml spicy tomato-based pasta sauce, 50g pitted black olives (roughly chopped), 400g cooked peeled prawns, 50g freshly grated Parmesan, tender-stem broccoli or green vegetable of choice to serve

Cook the spaghetti according to the packet. Heat the tomato sauce and add the olives and tuna. Drain the spaghetti, return to the pan and gently stir in the sauce. Spoon into serving bowls, sprinkle with Parmesan and serve with tender-stem broccoli or the green vegetable of your choice.

### **Chicken and sweetcorn bake**

Serves 4

60g butter, 40g plain flour, 625ml 1% fat milk, 80g Cheddar (grated), seasoning to taste, 200g cooked rigatoni (or other pasta shape), 300g cooked chicken (sliced into bite-sized chunks) 300g frozen sweetcorn (thawed), sugar snap peas or vegetable of choice to serve

Preheat the oven to 180°C/gas mark 4. Melt the butter in a small pan over a medium heat. Stir in the flour and cook, stirring for 1 minute. Remove from the heat and whisk in the milk until

smooth. Return to the heat and cook, stirring, until the sauce boils and thickens. Reduce the heat and simmer for 3 minutes. Remove from the heat, stir in half of the cheese and season to taste. Add the pasta, chicken and sweetcorn. Pour into a large shallow oven, sprinkle with the remaining cheese and bake for 20-25 minutes. Serve with green vegetables.