



HEALTHY RECIPES

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# VEGETARIAN RECIPES



# SPICY ROOT & LENTIL CASSEROLE

- kcal - 378
- fat - 9g
- saturates - 1g
- carbs - 64g
- sugars - 0g
- fibre - 10g
- protein - 14g
- salt - 1.24g



SERVES 4

## INGREDIENTS

- 2 tbsp sunflower or vegetable oil
- 1 onion, chopped
- 2 garlic clove, crushed
- 700g potatoes, peeled and cut into chunks
- 4 carrot, thickly sliced
- 2 parsnip, thickly sliced
- 2 tbsp curry paste or powder
- 1 litre/1¾ pints vegetable stock
- 100g red lentils
- a small bunch of fresh coriander, roughly chopped
- low-fat yogurt

## METHOD

- Heat the oil in a large pan and cook the onion and garlic over a medium heat for 3-4 minutes until softened, stirring occasionally. Tip in the potatoes, carrots and parsnips, turn up the heat and cook for 6-7 minutes, stirring, until the vegetables are golden.
- Stir in the curry paste or powder, pour in the stock and then bring to the boil. Reduce the heat, add the lentils, cover and simmer for 15-20 minutes until the lentils and vegetables are tender and the sauce has thickened.
- Stir in most of the coriander, season and heat for a minute or so. Top with yogurt and the rest of the coriander. Serve with naan bread.



# MOROCCAN VEGETABLE STEW

- kcal - 482
- fat - 14g
- saturates - 2g
- carbs - 63g
- sugars - 26g
- fibre - 15g
- protein - 18g
- salt - 0.6g
- SERVES 4



SERVES 4

## INGREDIENTS

- 1 tbsp cold-pressed rapeseed oil
- 1 medium onion, peeled and finely sliced
- 2 thin leeks, trimmed and cut into thick slices
- 2 large garlic cloves, peeled and finely sliced
- 2 tsp ground coriander
- 2 tsp ground cumin
- ½ tsp dried chilli flakes
- ¼ tsp ground cinnamon
- 400g can of chopped tomatoes
- 1 red pepper, deseeded and cut into chunks
- 1 yellow pepper, deseeded and cut into chunks
- 400g can of chickpeas, drained and rinsed
- 100g dried split red lentils
- 375g sweet potatoes, peeled and cut into chunks
- juice 1 large orange plus peel, thickly sliced with a vegetable peeler
- 50g mixed nuts, such as brazils, hazelnuts, pecans and walnuts, toasted and roughly chopped
- ½ small pack coriander, roughly chopped, to serve
- full-fat natural bio-yogurt, to serve (optional)

## METHOD

- Heat the oil in a large flameproof casserole or saucepan and gently fry the onion and leeks for 10-15 mins until well softened, stirring occasionally. Add the garlic and cook for 2 mins more.
- Stir in the ground coriander, cumin, chilli and cinnamon. Cook for 2 mins, stirring occasionally. Season with plenty of ground black pepper. Add the chopped tomatoes, peppers, chickpeas, lentils, sweet potatoes, orange peel and juice, half the nuts and 400ml/14fl oz water and bring to a simmer. Cook for 15 mins, adding a splash of water if the stew looks too dry, and stir occasionally until the potatoes are softened but not breaking apart.
- Remove the pan from the heat and ladle the stew into bowls. Scatter with coriander and the remaining nuts and top with yogurt, if using.



# ROASTED ROOT & CHICKPEA SALAD

- kcal - 443
- fat - 20g
- saturates - 2g
- carbs - 39g
- sugars - 16g
- fibre - 19g
- protein - 16g
- salt - 0.3g



SERVES 4

## INGREDIENTS

- 4 carrots, peeled and cut into rough chunks
- 1 celeriac, peeled and cut into rough chunks
- 1 butternut squash, peeled and cut into rough chunks
- 1 tbsp smoked paprika
- 1 tbsp ground cumin
- 1 tsp cinnamon
- 1 tsp turmeric
- 4 tbsp cold pressed rapeseed oil
- 4 raw beetroots, peeled and cut into rough chunks
- 2 x 400g cans chickpeas, drained and rinsed
- 1 small red onion, thinly sliced
- 2 tbsp red wine vinegar (check the label if you're vegan)
- pinch of sugar
- 1 small pack coriander, roughly chopped
- 1 small pack mint, roughly chopped
- 50g almonds, toasted and roughly chopped

## METHOD

- Heat oven to 220C/200C fan/gas 7. Put the carrots, celeriac and squash in a large bowl. Sprinkle over  $\frac{3}{4}$  of the spices and  $\frac{3}{4}$  of the oil. Toss to combine and season. Transfer to two large roasting trays. Add the beetroots to the same bowl, and toss in the remaining oil, spices and some seasoning, then divide between the roasting trays (coating the beetroots separately will stop everything turning purple). Roast the veg for 45 mins or until tender, tossing halfway. Add the chickpeas to the tray, stir, then return to the oven for 5 mins.
- Meanwhile, mix the onion with the vinegar, sugar and some seasoning. Set aside to pickle.
- Transfer the roasted vegetables to a sharing platter, stir through the pickled onions and their vinegar, the herbs and almonds, and serve.



# SWEET POTATO TEX-MEX SALAD

- kcal - 485
- fat - 21g
- saturates - 4g
- carbs - 56g
- sugars - 27g
- fibre - 17g
- protein - 9g
- salt - 0.6g



SERVES 4

## INGREDIENTS

- 600g sweet potatoes, cut into even chunks
- 2 tbsp extra virgin olive oil
- 1 tsp chilli flakes
- 400g can black beans, drained and rinsed
- 198g can sweetcorn, drained and rinsed
- 2 avocados, chopped
- 250g tomatoes, cut into chunks
- 1 small red onion, thinly sliced
- 1 small pack coriander, roughly chopped
- juice 1 lime

## METHOD

- Heat oven to 200C/180C fan/ gas 6. On a baking tray, toss the sweet potato in 1 tbsp of the oil with the chilli flakes, sea salt and pepper. Roast for 30 mins until tender.
- Once the sweet potato is nearly ready, combine the remaining ingredients in a large bowl with the remaining 1 tbsp oil and season well. Mix everything well but take care to avoid squashing the avocado. Divide the salad evenly between plates, or serve sharing-style with the sweet potato chunks.



# CRUNCHY BULGUR SALAD

- kcal - 483
- fat - 22g
- saturates - 2g
- carbs - 50g
- sugars - 11g
- fibre - 9g
- protein - 17g
- salt - 0g



SERVES 4

## INGREDIENTS

- 200g bulgur wheat
- 150g frozen podded edamame (soya) beans
- 2 Romano peppers, sliced into rounds, seeds removed
- 150g radishes, finely sliced
- 75g whole blanched almonds
- small bunch mint, finely chopped
- small bunch parsley, finely chopped
- 2 oranges
- 3 tbsp extra virgin olive oil

## METHOD

- Cook the bulgur following pack instructions, then drain and tip into a large serving bowl to cool. Meanwhile, put the edamame beans in a small bowl, pour over boiling water, leave for 1 min, then drain. Put in a serving bowl with the peppers, radishes, almonds, mint and parsley.
- Peel one orange, carefully cut away the segments and add to the bowl. Squeeze the juice of the other into a jam jar with the oil. Season well and shake to emulsify. Pour over the salad, toss well and serve.



## SPICED CAULIFLOWER WITH CHICKPEAS, HERBS & PINE NUTS

- kcal - 407
- fat - 29g
- saturates - 3g
- carbs - 19g
- sugars - 7g
- fibre - 10g
- protein - 17g
- salt - 0.5g



SERVES 4

### INGREDIENTS

- 1 large head cauliflower, broken into florets (about 1kg in total)
- 2 garlic cloves, crushed
- 2 tsp each caraway and cumin seed
- 3 tbsp olive oil
- 400g can chickpea, drained and rinsed
- 100g pine nut
- small bunch each parsley and dill, leaves torn

### METHOD

- Heat oven to 200C/180C fan/gas 6. Toss the cauliflower, garlic, spices, 2 tbsp oil and some seasoning in a roasting tin, then roast for 30 mins.
- Add the chickpeas, pine nuts and remaining oil to the tin, then cook for 10 mins more. To serve, stir in the herbs with your chosen dressing.



# VEGAN MOUSSAKA

- kcal - 533
- fat - 19g
- saturates - 3g
- carbs - 60g
- sugars - 15g
- fibre - 16g
- protein - 19g
- salt - 0.3g



SERVES 6

## INGREDIENTS

- 30g bag dried porcini mushrooms
- 8 tbsp olive oil
- 1 onion, finely chopped
- 2 carrots, finely chopped
- 2 celery sticks, finely chopped
- 4 garlic cloves, sliced
- few springs of thyme
- 1 tsp tomato purée
- 100ml vegan red wine (optional)
- 250g dried green lentils
- 2 x 400g cans whole plum tomatoes
- 250g pack chestnut mushrooms, chopped
- 250g pack portobello mushrooms, sliced
- 1 tsp soy sauce
- 1 tsp Marmite
- 1kg floury potato, peeled and chopped
- 1 ½ tsp dried oregano
- 3 aubergines, sliced lengthways
- 150ml soya milk

## METHOD

- Pour 800ml boiling water over the dried porcini and leave for 10 mins until hydrated. Meanwhile, pour 1½ tbsp oil into a large saucepan. Add the onion, carrot, celery and a pinch of salt. Cook gently, stirring for 10 mins until soft. Remove the porcini from the liquid, keeping the mushroomy stock and roughly chop. Set both aside.
- Add the garlic and thyme to the pan. Cook for 1 min, then stir in the tomato purée and cook for a minute more. Pour in the red wine, if using, cook until nearly reduced, then add the lentils, reserved mushroom stock and tomatoes. Bring to the boil, then reduce the heat and leave to simmer with the lid on.





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## METHOD

- Meanwhile, heat a large frying pan. Add 1½ tbsp oil and tip all of the mushrooms into the pan, including the rehydrated ones. Fry until all the water has evaporated and the mushrooms are deep golden brown. Pour in the soy sauce. Give everything a good mix, then scrape the mushrooms into the lentil saucepan.
- Stir in the Marmite, then continue to cook the ragu, stirring occasionally, over a low-medium heat for 30-45 mins until the lentils are cooked and the sauce is thick and reduced, adding extra water if necessary. Remove the thyme sprigs and season to taste.
- Heat oven to 180C/160C fan/gas 4. Put the potatoes into a pan of cold salted water. Bring to the boil, then cook until mashable.
- Meanwhile, mix the remaining 5 tbsp oil with the oregano, then brush the aubergine slices with most of it and sprinkle with sea salt. Griddle for 3 mins on each side until soft.
- Drain and mash the potatoes with the soya milk. Season to taste.
- Spoon the ragu into a large lasagne dish (or two smaller ovenproof dishes), layer in ½ the aubergine, followed by the mash. Brush the remaining oregano oil across the mash, then finish by topping with the remaining aubergine slices. Bake in the oven for 25-35 mins until golden and bubbling.



# CHILLI & AVOCADO SALSA SWEET POTATOES

- kcal - 594
- fat - 17g
- saturates - 3g
- carbs - 78g
- sugars - 37g
- fibre - 24g
- protein - 18g
- salt - 0.3g



SERVES 2

## INGREDIENTS

- 2 large sweet potatoes
- 1 tbsp vegetable oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 1 tsp paprika
- 400g can chopped tomatoes
- 1 small avocado, chopped
- 1 red chilli, finely chopped
- ½ small pack coriander, chopped
- 400g can mixed beans, drained
- ½ x 460g jar roasted red peppers, sliced
- 1 tbsp coconut yogurt, to serve (optional)

## METHOD

- Heat oven to 200C/180C fan/gas 6. Prick the sweet potatoes with a fork and bake for 40-45 mins, or until tender and cooked.
- Meanwhile, heat the oil in a deep frying pan and cook the onion for about 10 mins until softening. Add the garlic and paprika, and stir for 1 min. Tip in the tomatoes, then bring to a gentle simmer, season well and leave to bubble away for 10-15 mins.
- To make the salsa, combine the avocado, chilli and coriander in a small bowl. Pour the mixed beans into the pan with the red peppers. Warm through for 5 mins and taste.
- Halve each baked potato, ladle over the chilli and spoon on the salsa. Add a dollop of coconut yogurt to each half before serving, if you like.



# SWEET POTATO & BLACK BEAN CHILLI WITH ZESTY QUINOA

- kcal - 551
- fat - 20g
- saturates - 3g
- carbs - 73g
- sugars - 18g
- fibre - 15g
- protein - 22g
- salt - 1.7g



SERVES 3

## INGREDIENTS

- 1 tbsp rapeseed oil
- 2 sweet potatoes, peeled and cut into 1 in cubes
- 1 onion, chopped
- 2 fat garlic cloves crushed
- 1 red chilli, seeds removed if you don't like it too hot, and finely chopped
- small bunch coriander, stalks finely chopped, leaves roughly chopped (keep them separate)
- 2 tsp ground coriander
- 2 tsp ground cumin
- 2 tsp smoked paprika
- 2 tsp chipotle paste (ensure you use a gluten-free variety)
- 1 heaped tsp vegan-friendly yeast extract
- 2 x 400g cans chopped tomato
- 400g can black bean
- 140g quinoa, cooked according to pack instructions, or 250g pack ready-cooked quinoa (we used Merchant Gourmet red and white quinoa)
- zest and juice 1 lime
- 1 tbsp pumpkin seed
- 1 ripe avocado, peeled and cubed

## METHOD

- Heat oven to 180C/160C fan/gas 4. Toss the potatoes with half the oil and some seasoning on a baking tray. Bake for 30 mins, tossing halfway through cooking, until tender. Meanwhile, heat the remaining oil in a pan, add the onion and cook for 5 mins until soft, then add the garlic, chilli and coriander stalks. Cook everything for a further 2-3 mins, stirring to prevent the garlic from burning. Sprinkle in the spices, stirring for 1 min more, until aromatic. Stir in the chipotle paste, yeast extract, tomatoes and half a can of water, swirling it around the tin to wash out all the bits of tomato. Simmer the sauce, uncovered, while the sweet potato is cooking, adding a splash more water if it looks too dry.
- Add the sweet potato, black beans and seasoning to the chilli. Bubble for 5 mins, then taste and adjust the seasoning with a squeeze of lime and a sprinkle of sugar if it needs it. Meanwhile, stir the lime zest, a squeeze of lime juice, the coriander leaves and the pumpkin seeds into the quinoa. Toss the avocado in the remaining lime juice as soon as you've cut it – this will prevent it turning brown. To serve, divide the quinoa between plates or bowls, top with the chilli and a pile of avocado.



# SPICED-CRUSTED TOFU WITH KUMQUAT RADISH SALAD

- kcal - 528
- fat - 33g
- saturates - 5g
- carbs - 24g
- sugars - 13g
- fibre - 12g
- protein - 27g
- salt - 1.9g



SERVES 2

## INGREDIENTS

- 200g firm tofu
- 2 tbsp sesame seeds
- 1 tbsp Japanese shichimi togarashi spice mix
- ½ tbsp cornflour
- 1 tbsp sesame oil
- 1 tbsp vegetable oil
- 200g Tenderstem broccoli
- 100g sugar snap peas
- 4 radishes, thinly sliced
- 2 spring onions, finely chopped
- 3 kumquats, thinly sliced

## FOR DRESSING

- 2 tbsp low-salt Japanese soy sauce
- 2 tbsp Yuzu juice (or 1 tbsp each lime and grapefruit juice)
- 1 tsp golden caster sugar
- 1 small shallot, finely diced
- 1 tsp grated ginger

## METHOD

- Slice the tofu in half, wrap well in kitchen paper and put on a plate. Place a heavy frying pan on top to squeeze the water out of it. Change the paper a few times until the tofu feels dry, then cut into chunky slices. Mix together the sesame seeds, Japanese spice mix and cornflour in a bowl. Sprinkle over the tofu until well coated. Set aside.
- In a small bowl, mix the dressing ingredients together and set aside. Bring a pan of water to the boil for the vegetables and heat the two oils in a large frying pan.
- When the frying pan is very hot, add the tofu and fry for 1 min or so on each side until nicely browned. Repeat until you have done them all.
- When the water is boiling, cook the broccoli and sugar snap peas for 2-3 mins. Drain and divide between two large shallow bowls. Top with the tofu and drizzle over the dressing. Scatter the radishes, spring onions and kumquats on top.



## ROASTED CAULI-BROC BOWL WITH TAHINI HUMMUS

- kcal - 533
- fat - 37g
- saturates - 4g
- carbs - 28g
- sugars - 6g
- fibre - 10g
- protein - 16g
- salt - 0.8g



SERVES 2

### INGREDIENTS

- 400g pack cauliflower & broccoli florets
- 2 tbsp olive oil
- 250g ready-to-eat quinoa
- 2 cooked beetroots, sliced
- large handful baby spinach
- 10 walnuts, toasted and chopped
- 2 tbsp tahini
- 3 tbsp hummus
- 1 lemon, ½ juiced, ½ cut into wedges

### METHOD

- The night before, heat oven to 200C/180C fan/gas 6. Put the cauliflower and broccoli in a large roasting tin with the oil and a sprinkle of flaky sea salt. Roast for 25-30 mins until browned and cooked. Leave to cool completely.
- Build each bowl by putting half the quinoa in each. Lay the slices of beetroot on top, followed by the spinach, cauliflower, broccoli and walnuts. Combine the tahini, hummus, lemon juice and 1 tbsp water in a small pot. Before eating, coat in the dressing. Serve with the lemon wedges.



## BAKED FALAFEL & CAULIFLOWER TABBOULEH, GREEN TAHINI SAUCE & CHARRED SPRING ONIONS

- kcal - 447
- fat - 25g
- saturates - 3g
- carbs - 30g
- sugars - 7g
- fibre - 14g
- protein - 19g
- salt - 0.4g



SERVES 2

## INGREDIENTS

- 400g can chickpeas, drained (or 85g dried chickpeas soaked in 500ml cold water overnight, then drained)
- 1 tsp ground cumin
- 1 tsp ground coriander
- ¼ tsp cayenne pepper
- ½ small red onion, chopped
- 2 garlic cloves, roughly chopped
- 1 tbsp sesame seeds
- ½ tsp baking powder (gluten free if you like)
- small bunch parsley
- , stalks and leaves separated, leaves chopped
- 1 tbsp olive oil, plus 1 tsp
- ½ small cauliflower, cut into florets
- ½ small bunch mint, leaves chopped
- 1 lemon, juiced

## FOR THE TAHINI & SPRING ONIONS

- 6 spring onions, kept whole, topped and tailed
- handful rocket
- ½ small bunch coriander, stalks and all
- 2 tbsp tahini

## METHOD

- Heat oven to 200C/180C fan/gas 6. Line a baking sheet with baking parchment. Tip the chickpeas, ½ tsp ground cumin, ½ tsp ground coriander, cayenne pepper, red onion, 1 garlic clove, sesame seeds, baking powder, parsley stalks and ½ tbsp water into a food processor. Blitz until everything is combined but not mushy – you want the falafel to have some texture, rather than being like hummus. Season to taste, then roll into 18 even-sized balls. Flatten each ball into a disc shape and put them on the baking sheet (the more surface area the crisper they will become). Brush them with ½ tbsp oil. Bake for 20 mins, turning halfway, until golden and crisp.





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## METHOD

- Meanwhile, clean out the food processor. Briefly pulse the cauliflower until you have a 'couscous' consistency. Mix the cauliflower with the remaining ground spices, ½ tbsp olive oil and seasoning. Tip onto a baking tray and roast for 10–12 mins, stirring occasionally, until slightly toasted. Once cool, mix through the chopped parsley, mint and half the lemon juice. Season to taste.
- Heat the grill to high (this can be done the night before, if you like). Brush the spring onions with 1 tsp oil, season, then grill until soft and charred for around 5 mins, turning halfway.
- Meanwhile, blitz the rocket, coriander, remaining garlic, lemon juice and 1 tbsp water together in a food processor until bright green. Put the tahini in a bowl, then gradually whisk in the herby water until the tahini loosens to a sauce consistency. Season to taste.
- Divide the green tahini and spring onions between the baked falafel and tabbouleh in bowls.



**NON-VEG**

# NON-VEGETARIAN RECIPES



## ONE-PAN SALMON WITH ROAST ASPARAGUS

- kcal - 483
- fat - 25g
- saturates - 4g
- carbs - 34g
- sugars - 6g
- fibre - 3g
- protein - 33g
- salt - 0.24g



SERVES 2

### INGREDIENTS

- 400g new potato, halved if large
- 2 tbsp olive oil
- 8 asparagus spears, trimmed and halved
- 2 handfuls cherry tomatoes
- 1 tbsp balsamic vinegar
- 2 salmon fillets, about 140g/5oz each
- handful basil leaves

### METHOD

- Heat oven to 220C/fan 200C/gas 7. Tip the potatoes and 1 tbsp of olive oil into an ovenproof dish, then roast the potatoes for 20 mins until starting to brown. Toss the asparagus in with the potatoes, then return to the oven for 15 mins.
- Throw in the cherry tomatoes and vinegar and nestle the salmon amongst the vegetables. Drizzle with the remaining oil and return to the oven for a final 10-15 mins until the salmon is cooked. Scatter over the basil leaves and serve everything scooped straight from the dish.



# SAUSAGE & BEAN CASSEROLE

- kcal - 519
- fat - 33.8g
- saturates - 11.7g
- carbs - 25.9g
- sugars - 11.7g
- fibre - 5.2g
- protein - 24.5g
- salt - 2.9g



SERVES 4 – 6

## INGREDIENTS

- 2 tbsp olive or rapeseed oil
- 1 onion, finely chopped
- 2 medium sticks celery, finely chopped
- 1 yellow pepper, chopped
- 1 red pepper, chopped
- 6 cooking chorizo sausages (about 400g)
- 6 pork sausages (about 400g)
- 3 fat garlic cloves, chopped
- 1½ tsp sweet smoked paprika
- ½ tsp ground cumin
- 1 tbsp dried thyme
- 125ml white wine
- 2 x 400g cans cherry tomatoes or chopped tomatoes
- 2 sprigs fresh thyme
- 1 chicken stock cube
- 1 x 400g can aduki beans, drained and rinsed
- 1 bunch chives, snipped (optional)

## METHOD

- Heat 2 tbsp olive or rapeseed oil in a large heavy-based pan.
- Add 1 finely chopped onion and cook gently for 5 minutes.
- Add 2 finely chopped medium celery sticks, 1 chopped yellow pepper and 1 chopped red pepper and cook for a further 5 mins.
- Add 6 chorizo sausages and 6 pork sausages and fry for 5 minutes.
- Stir in 3 chopped garlic cloves, 1 ½ tsp sweet smoked paprika, ½ tsp ground cumin and 1 tbsp dried thyme and continue cooking for 1 – 2 mins or until the aromas are released.
- Pour in 125ml white wine and use a wooden spoon to remove any residue stuck to the pan.
- Add two 400g cans of tomatoes, and 2 sprigs of fresh thyme and bring to a simmer. Crumble in the chicken stock cube and stir.
- Cook for 40 minutes. Stir in a 400g drained and rinsed can of aduki beans and cook for a further five minutes.
- Remove the thyme sprigs, season with black pepper and stir through some snipped chives, if using. Serve.



# SWEET MUSTARD SALMON WITH GARLICKY VEG

- kcal - 495
- fat - 22g
- saturates - 4g
- carbs - 41g
- sugars - 2g
- fibre - 4g
- protein - 35g
- salt - 0.38g



SERVES 4

## INGREDIENTS

- 750g baby new potato, halved
- 1 tbsp wholegrain mustard
- juice 1 small orange
- 2 tsp clear honey
- 4 skinless, boneless, salmon fillets, each weighing about 140g/5oz
- 2 orange or red peppers
- 250g sugar snap peas
- 2 tbsp olive oil (garlic-infused if you have it)

## METHOD

- Preheat the oven to fan 180C/conventional 200C/gas 6. Boil the potatoes for 10 minutes until tender. Meanwhile, whisk the mustard, orange juice and honey together in a bowl to make a marinade. Turn the salmon fillets in the marinade until evenly coated, then set aside. Deseed the peppers and cut into thick strips.
- Drain the potatoes and tip into a shallow ovenproof dish or roasting tray with the peppers and sugar snap peas. Drizzle over the oil, salt and pepper, then toss everything together. Put the salmon fillets on top of the vegetables and pour over the marinade. Bake for 20-25 minutes until the salmon is cooked and just starting to brown.



# MINTY GRIDDLED CHICKEN & PEACH SALAD

- kcal - 512
- fat - 18g
- saturates - 3g
- carbs - 36g
- sugars - 17g
- fibre - 13g
- protein - 44g
- salt - 0.2g



SERVES 2

## INGREDIENTS

- 1 lime, zested and juiced
- 1 tbsp rapeseed oil
- 2 tbsp mint, finely chopped, plus a few leaves to serve
- 1 garlic clove, finely grated
- 2 skinless chicken breast fillets (300g)
- 160g fine beans, trimmed and halved
- 2 peaches (200g), each cut into 8 thick wedges
- 1 red onion, cut into wedges
- 1 large Little Gem lettuce (165g), roughly shredded
- ½ x 60g pack rocket
- 1 small avocado, stoned and sliced
- 240g cooked new potatoes

## METHOD

- Mix the lime zest and juice, oil and mint, then put half in a bowl with the garlic. Thickly slice the chicken at a slight angle, add to the garlic mixture and toss together with plenty of black pepper.
- Cook the beans in a pan of water for 3-4 mins until just tender. Meanwhile, griddle the chicken and onion for a few mins each side until cooked and tender. Transfer to a plate, then quickly griddle the peaches. If you don't have a griddle pan, use a non-stick frying pan with a drop of oil.
- Toss the warm beans and onion in the remaining mint mixture, and pile onto a platter or into individual shallow bowls with the lettuce and rocket. Top with the avocado, peaches and chicken and scatter over the mint. Serve with the potatoes while still warm.



# KOREAN FISH- CAKES WITH FRIED EGGS & SPICY SALSA

- kcal - 451
- fat - 27g
- saturates - 4g
- carbs - 15g
- sugars - 7g
- fibre - 4g
- protein - 35g
- salt - 1g



SERVES 4

## INGREDIENTS

### FOR THE FISH CAKES

- 4 x loch trout or rainbow trout fillets, skinned and cut into 1cm/ ½ in pieces (about 450g/1lb fish)
- 2 tsp finely grated ginger
- 1 fat garlic clove, crushed
- 1 tsp light soy sauce
- bunch spring onions, thinly sliced
- 1 large egg white, beaten until frothy
- 2 tbsp rice flour
- 2 ½ tbsp vegetable oil, for frying

### FOR THE SALAD

- 1 pointed or small white cabbage, cored and finely shredded (about 350g/12oz)
- 100g radishes, thinly sliced
- 2 tbsp Chinese rice vinegar
- 1 tbsp sesame oil, plus 2 tsp to serve
- 1 tsp gochujang, plus 2 top to serve (see tip)
- 1 tsp golden caster sugar
- 1 garlic clove, crushed
- 2 tsp light soy sauce
- 4 medium eggs
- 1 tbsp sesame seeds, toasted
- 1 red chilli, finely sliced, to serve (optional)

## METHOD

- For the fishcakes, mix the fish with the ginger, garlic, soy and half the spring onions. Stir in the egg white and rice flour.
- Toss the cabbage and radishes with the vinegar, 1 tbsp sesame oil, 1 tsp gochujang, the sugar and garlic. Set aside. Stir together the remaining sesame oil, gochujang and the soy sauce to make a drizzling sauce for later.
- Heat 1 tbsp oil in a large, non-stick frying pan. Split the fish mixture into eight, then spoon four into the pan, pressing the mix to make cakes about 8cm across. Fry for 2 mins each side until just cooked through and golden. Add another 1 tbsp oil to the pan and repeat with the remaining fish. Keep warm in a low oven.
- Add the remaining oil to the pan. Fry the eggs for 2-3 mins until crisp but with a runny yolk. Serve the fishcakes with the cabbage, and top with the egg and sesame seeds. Scatter with the rest of the spring onions, red chilli (if using) and some of the chilli sesame drizzle.

# CORONATION CHICKEN SALAD

- kcal - 559
- fat - 21g
- saturates - 5g
- carbs - 53g
- sugars - 14g
- fibre - 10g
- protein - 34g
- salt - 0.4g



SERVES 2

## INGREDIENTS

- 1 tsp curry powder
- 1 tsp mango chutney
- ½ lemon, zested and cut into 2 wedges
- 250g pre-cooked grain pouch
- 150g leftover roast chicken
- 2 roasted red onions
- 1 large courgette, peeled into ribbons
- 1 small pack coriander, roughly chopped
- 1 tbsp flaked almonds

## METHOD

- Mix together the yogurt, curry powder, mango chutney and lemon zest with some seasoning in a large bowl. Add the grains, breaking them up with your fingers as you go, then add the chicken, onions, courgette and most of the coriander. Give everything a good stir and divide between two containers. Sprinkle over the remaining coriander, flaked almonds and nestle a lemon wedge into each lunchbox.



# MISO ROAST SALMON, LENTIL & POMEGRANATE SALAD

- kcal - 503
- fat - 20g
- saturates - 4g
- carbs - 27g
- sugars - 11g
- fibre - 10g
- protein - 47g
- salt - 0.6g



SERVES 2

## INGREDIENTS

- 80g dried Puy lentils
- 1 tsp miso paste
- 2 tsp finely grated ginger
- 1 garlic clove, finely grated
- 1 lime, zested and juiced
- 1 tsp rapeseed oil
- ½ tsp black/white sesame seeds
- 2 x 150g skinless wild salmon fillets
- 1 tsp apple cider vinegar
- 2 carrots, cut into fine strips with a julienne peeler or knife
- 60g pomegranate seeds
- 3 spring onions, finely sliced
- handful fresh coriander, chopped

## METHOD

- Heat oven to 200C/180C fan/gas 6. Cook the lentils in a pan of boiling water for 20 mins until tender. Meanwhile, mix the miso paste with 1 tsp of the ginger, the garlic, half the lime juice, the oil and sesame seeds. Put the salmon fillets on a foil-lined baking tray and spread 1 tbsp of the miso mixture over them. Roast for 10-12 mins until cooked through.
- Tip the rest of the miso mixture into a bowl with the remaining ginger and lime juice. Add the lime zest, vinegar, carrots, pomegranate, onions and coriander. Drain the lentils and toss into the salad. Divide between two plates and add the salmon.



# JERK CHICKEN SALAD WITH PAPAYA

- kcal - 485
- fat - 29g
- saturates - 6g
- carbs - 13g
- sugars - 5g
- fibre - 8g
- protein - 39g
- salt - 0.9g



SERVES 2

## INGREDIENTS

- 3-4 (depending on size) red chicory
- 4 skinless boneless chicken thighs, all visible fat removed
- 3 tsp rapeseed oil
- 1 lime, juice of  $\frac{1}{2}$ , the rest cut into 2 wedges
- 1 tsp jerk spice mix
- 2 tsp fresh oregano
- 2 tsp redcurrant jelly
- 2 tsp red wine vinegar
- 1 papaya, halved, deseeded, peeled and chopped
- 1 avocado, stoned, peeled and chopped
- new potatoes, to serve (optional)

## METHOD

- Chicory is made up of leaves attached to quite a solid base, so feel where the leaves start and slice them off. Thickly slice the base and set aside.
- Open out the chicken thighs and put them in a bowl with 1 tsp of the oil, the lime juice, jerk seasoning and oregano. Stir well, then griddle the chicken for 10 mins, turning once. Take off the griddle, cover with a plate and leave to rest while you quickly griddle the chicory slices.
- Meanwhile, put the redcurrant jelly, vinegar and remaining oil in a big bowl and mix well. Add the papaya and avocado, then the chicory leaves, but don't mix yet. Chop the chicken, add to the salad with the griddled chicory, then toss well. Pile on plates, squeeze over the remaining lime and serve while still warm, with new potatoes, if you like.



# ONE-POT LENTIL CHICKEN

- kcal - 360
- fat - 10g
- saturates - 3g
- carbs - 14g
- sugars - 0g
- fibre - 2.5g
- protein - 41g
- salt - 2.4g



SERVES 2

## INGREDIENTS

- 1 tsp vegetable oil
- 2 rasher lean dry-cure back bacon, trimmed and chopped
- 2 large bone-in chicken thighs, skin removed
- 1 medium onion, thinly sliced
- 1 garlic clove, thinly sliced
- 2 tsp plain flour
- 2 tsp tomato purée
- 150ml dry white wine
- 200ml chicken stock
- 50g green lentil
- ½ tsp dried thyme
- 85g chestnut mushroom, halved if large

## METHOD

- Heat the oil in a non-stick wide, shallow pan, add bacon and fry briskly until lightly coloured, then lift on to a plate. Add the chicken and fry on each side until lightly brown. Set aside with the bacon. Tip onion and garlic into the pan and cook for 5 minutes. Stir in the flour and tomato purée, then stir over a low heat for 2-3 minutes. Add the wine, stock, lentils and thyme. Bring to the boil, reduce the heat, cover and simmer for 5 minutes.
- Stir in the mushrooms. Add the bacon and chicken, pushing them under the liquid. Cover and simmer for 20-25 minutes, or until lentils are tender and the chicken cooked. Season with salt and pepper.



## ONE-PAN BAKED CHICKEN WITH SQUASH, SAGE & WALNUTS

- kcal - 573
- fat - 42g
- saturates - 8g
- carbs - 23g
- sugars - 13g
- fibre - 5g
- protein - 27g
- salt - 0.27g



SERVES 4

### INGREDIENTS

- 1kg mixed chicken thigh and drumstick pieces
- 3 tbsp olive oil
- 3 red onions, peeled, cut into large wedges
- 1 butternut squash, peeled, deseeded and cut into wedges
- bunch sage, leaves picked
- 100g walnut halves, very roughly chopped
- good splash sherry vinegar

### METHOD

- Heat oven to 220C/200C fan/gas 7. Tip the chicken pieces into a largish roasting tin and toss with the oil, onions and squash. Season with salt and pepper and arrange chicken so it's all skin-side up.
- Roast in oven for about 25 mins, remove, toss through sage, walnuts, then drizzle over vinegar. Using tongs, again arrange chicken so it's all skin-side up. Roast for another 25-30 mins until chicken is golden brown and the veg soft and sticky. Serve straight from the tin with some mashed potato.



# STEAK, ROASTED PEPPER & PEARL BARLEY SALAD

- kcal - 498
- fat - 17g
- saturates - 5g
- carbs - 48g
- sugars - 13g
- fibre - 6g
- protein - 38g
- salt - 0.2g



SERVES 2

## INGREDIENTS

- 85g pearl barley, rinsed
- 1 red pepper, deseeded and cut into strips
- 1 yellow pepper, deseeded and cut into strips
- 1 red onion, cut into 8 wedges, leaving root intact
- 1 tbsp olive oil, plus a little extra
- 1 large lean steak, around 300g, trimmed of any excess fat
- ½ x 100g bag watercress, roughly chopped
- juice ½ lemon, plus wedges to serve (optional)

## METHOD

- Put the pearl barley in a large pan of water. Bring to the boil and cook vigorously for 25-30 mins or until tender. Drain thoroughly and transfer to a bowl.
- Meanwhile, heat oven to 200C/ 180C fan/ gas 6. Put the peppers on a baking tray with the onion wedges, toss in 1 tbsp olive oil and roast for about 20 mins until tender.
- While the peppers are roasting, rub the steak with a little bit of oil and season. Cook in a non-stick frying pan for 3-4 mins each side, or to your liking. Set aside to rest for a few mins. Mix the cooked peppers and onions into the barley. Stir through the watercress, lemon juice and some seasoning. Thinly slice the steaks, place on top of the salad and serve with lemon wedges, if you like.