

Healthy Recipes

These recipes have been written so that they contain a good balance of vegetables, protein and carbohydrate, according to the eatwell plate.

Spaghetti Bolognese – serves 4



Ingredients

2tsp olive oil

1 onion, chopped

4 carrots, chopped

2 courgettes, chopped

85g button mushrooms

1 garlic clove, crushed

400g can of chopped tomatoes

500g lean minced beef

1tbsp gravy granules

1tsp each of dried oregano, basil, thyme and rosemary – for flavour rather than using salt

400g wholewheat spaghetti

Small handful of low fat cheese

Method

Heat the oil in a large frying pan and add the onion

Cook gently for a few minutes, then add carrots, courgettes and mushrooms and fry for 5 more minutes

Stir in the garlic with one minute to go

Tip in the tomatoes and 300ml of boiling water

Bring to the boil, cover, and then simmer for 15 minutes until tender.

In a separate pan cook the mince, breaking it up with a wooden spoon

Cook for 10 minutes until browned all over

Blend sauce until smooth

Pour sauce over mince and add gravy granules and stir

Cover and simmer for a further 15 minutes

Boil the pasta

Serve and top with a sprinkle of a low fat cheese

Beef Burger with Sweet Potato Chilli Chips – 4 servings

Ingredients

4 large sweet potatoes cut into chunky chips
1 tsp olive oil
1 tsp chilli flakes
400g extra lean beef mince
1 onion, grated
1 tbsp grated parmesan
1 tbsp tomato ketchup
4 small wholemeal buns, halved
1 beef tomato, sliced
1 red onion, sliced
4 pickles, halved

Method

Heat oven to 220C /200C fan.

Toss the chips with the oil and 1 tsp of chilli flakes.

Arrange in a single layer on a large baking tray and cook for about 30 minutes, turning halfway through.

Put the mince, remaining chilli flakes, onion, parmesan, tomato ketchup and black pepper in a large bowl and mix to combine.

Shape into 4 burgers.

Ten minutes before the chips are ready, put the burgers on a baking tray and bake for 10 minutes until cooked through.

Top one half of the buns with the lettuce, tomato and onion.

Add the burgers, then the top halves of the buns.

Serve with chips and pickles on the side.

Chicken Curry – serves 2



Ingredients

1 tbsp olive oil
1 large onion, chopped
2 garlic cloves, chopped

1 large tomato, chopped
1 tbsp tomato sauce
1 medium chilli, chopped
1tsp of curry powder
2 tbsps water
2 chicken breasts, chopped
1 tbsp yoghurt
2 handfuls of brown rice
160g cauliflower

Method

Heat the oil and fry the onions until soft.

Add garlic, tomato, tomato sauce, chopped chilli and curry powder.

Cook for a few minutes and then add two tablespoons of water and allow to reduce.

Add chicken and cook for 10–15 minutes on a medium heat, then add the yoghurt, stirring slowly.

Simmer for 10–15 minutes.

Boil the rice following the cooking instructions on the packet of rice.

Boil the cauliflower until tender.

Serve with rice and cauliflower.

Lasagne – serves 4

Ingredients

Meat sauce:

1 tbsp olive oil

1 onion, chopped

2 medium carrots, diced

3 garlic cloves, finely chopped

500g lean minced beef

2 tbsp tomato sauce

400g can plum tomatoes

1tsp each of dried oregano, basil, thyme and rosemary – for flavour rather than using salt

100g frozen peas

For the layers:

300g fresh spinach

6 wide sheets of wholegrain lasagne sheets

125g ball low fat mozzarella, roughly chopped

200g cherry tomatoes on the vine

Side salad, to serve

Method

Heat oven to 200C/fan 180C.

To make the meat sauce: heat oil in a large pan and fry onions for 5 minutes until golden.

Add carrots and garlic and fry for 2 more minutes.

Stir in the mince beef, breaking up with a wooden spoon.
Cook over a high heat until the meat is no longer pink and juices are released.
Tip in tomato sauce, tomatoes and 2 tbsp water then stir to break up tomatoes while the sauce is simmering, prepare the other layers.
Tip spinach into a large bowl and pour over boiling water.
After 30 seconds tip spinach into a colander and put under cold running water briefly to cool.
Squeeze to remove excess water.
Soak the lasagne sheets in a single layer in a boiling water for 5 minutes and drain well.
Start layering.
Spread a few big spoonfuls of sauce to barely cover the base of an ovenproof dish.
Cover with 2 sheets of lasagne, then spread over half the remaining sauce.
Cover with 2 more lasagne sheets.
Spread the remaining sauce then scatter over mozzarella and parmesan to almost cover meat.
Top with cherry tomatoes and some pepper then cover loosely with foil.
Bake for 35 minutes, then remove foil and bake 5–10 minutes more.
Serve with side salad.

Chilli con Carne – Serves 2

Ingredients

1 tbsp olive oil
100g lean mince beef
1 onion, finely chopped
1 garlic clove, finely chopped
400g can of chopped tomatoes
1 tbsp tomato sauce
1 tsp curry powder
1 red pepper chopped
100g mushrooms, sliced
1 small can of kidney beans
2 handfuls of brown rice

Method

Brown the mince over a gentle heat, stirring to stop it from sticking.
Add the onion and garlic to the mince and cook for two–three minutes.
Add the chopped tomatoes, tomato sauce and curry powder.
Bring the sauce to the boil, then lower the heat and simmer gently for 10 to 15 minutes.
Meanwhile cook the brown rice according to the packet instructions.
Add the chopped pepper and sliced mushrooms and simmer for five minutes.
Add the drained kidney beans and simmer for another 5 minutes.
Add pepper to taste and serve with brown rice.

Hearty Beef Stew – 4 servings

Ingredients

1 large onion, chopped
500g lean steak pieces
1 large garlic clove, finely chopped
1 large sweet potato, peeled and chopped into bite size chunks
2 large carrots, chopped into bite size chunks
3 large potatoes, peeled and cut into bite size chunks
1 beef stock cube dissolved in water (follow packet instructions)
Add more water if required
Add gravy granules to thicken
Season with salt and pepper to taste

Method

Sweat off onions in a large pot with a tablespoon of oil.
Add beef, garlic, sweet potatoes, carrots, potatoes along with stock cube to the pot.
Simmer for an hour on a low heat – add seasoning to taste.
Add more stock if required or thicken with gravy granules.

Super Healthy Pizza – Serves 2

Ingredients for base

200g wholewheat flour
1tsp or 7g sachet easy blend dried yeast
125ml warm water

Toppings

200g chopped tomatoes, juice drained
Handful cherry tomatoes halved
1 large courgette, thinly sliced
25g low fat mozzarella
1 glove of garlic finely chopped
Cooked chicken breast
Sweet corn (tinned)
Peppers sliced
Mushrooms sliced

Method

In a small bowl combine yeast, water and a pinch of salt. Let this sit for 5 minutes.
In a large bowl, combine 200g wholewheat flour with the yeast mixture.
Stir with a wooden spoon until the dough comes together. Knead the dough for around 5 minutes, if needed added a little more flour until the dough is no longer sticky.
Roll dough out on a lightly floured surface to a round about 30cm across.
Lift onto an oiled baking sheet
Spread the canned tomatoes over the dough to within 2cm of the edges.
Arrange your choice of toppings over the base.
Scatter low fat mozzarella cheese over the top.
Leave to rise for 20 minutes.
Preheat your oven to 240C/fan 220C/gas.

Bake the pizza for 10–12 minutes until crisp and golden around the edges.
Serve with a side salad.

Cooked Breakfast – Serves 2

Ingredients

4 rashers of good quality unsmoked back bacon – trim off all visible fat
4 Portabello mushrooms or 2 handfuls of button mushrooms
12–16 cherry tomatoes
6 tsp olive oil
2 slices wholegrain bread
2 good quality pork sausages (minimum 86% pork)
2 medium eggs
2 glasses of pure orange juice
1 tin of baked beans

Method

Lay the bacon, sausages, mushrooms and tomatoes on a foil-lined tray.
Heat the grill.
Grill for around 10 minutes until cooked, turning occasionally.
Meanwhile, fill a small pan $\frac{3}{4}$ full with water and bring to the boil.
Crack in each egg and simmer until cooked and remove from water.
Bring tin of baked beans to the boil.
Toast the bread.
Arrange everything onto a plate and serve with fruit juice.

Five-a-day Tagine – serves 4

Ingredients

4 carrots, cut into chunks
4 small parsnips cut into chunks
3 red onions cut into wedges
2 red peppers deseeded and cut into chunks
2 tbsp olive oil
4 tsp curry powder
400g can chopped tomatoes
4 handfuls soft dried apricots
2tsp honey
400g can kidney beans – drained

Method

Heat oven to 200C/fan 180C/gas.
Scatter the vegetables over a couple of baking trays. Drizzle with half the oil and mix to cover the vegetables.
Roast for 30 minutes until tender and beginning to turn brown.
Meanwhile, fry the spices in the remaining oil for 1 minute – they should sizzle and

start to smell aromatic.

Tip in the tomatoes, apricots, honey and a can of water.

Simmer for 5 minutes until the sauce is slightly reduced and the apricots plump, then stir in the veg and some seasoning.

Serve with couscous or jacket potatoes.

Spicy bean burger with a spinach, avocado and quinoa salad – serves 2

Ingredients

Tin of mixed beans (drained)

4 stalks of spring onions (lightly steamed)

1 egg (whisked)

1 – 2 garlic clove chopped

Chilli flakes

1 table spoon of coriander

Spice, e.g. garam masala or curry powder

Table spoon of sesame seeds

2 heaped tablespoons of flour

2 wholemeal burger buns, halved

Method

Heat oven to 220C /200C fan.

Roughly mash the tin of beans.

Add the spring onions, garlic, chilli, coriander, spice and sesame seeds.

Mix well then add whisked egg, finally add flour then make into burger shapes.

Put into oven 180 degrees for 7–10 mins.

Place burgers inside burger buns.

Salad

Bag of spinach

4–5 tablespoons of balsamic vinegar

Black pepper

Half cup quinoa (see cooking instructions on pack)

Whole avocado, chopped into small chunks

Vegetables of your choice (e.g. sweet corn and green beans)

Mix spinach, avocado, quinoa and vegetables in a large bowl.

Pour over balsamic vinegar and pepper, mix well.

Plate salad and set two burgers on top.

Vegetable crisps (crisp alternative)

Ingredients

One large carrot

One large parsnip

One sweet potato

Tablespoon of Thyme

Tablespoon of dried onion granules
Pepper
Tablespoon of olive oil

Method

Peel carrot, parsnips and sweet potato and slice very thinly into crisp shapes. Place into oven proof dish and rub olive oil evenly over vegetables. Place into pre-heated 180 degree oven for one hour or until vegetables have crisped. Sprinkle over dried herbs and rub in evenly.