

# Breakfast recipes

---

## Fruity Overnight Oats

These overnight oats are a healthy, delicious breakfast which, as the name suggests, are made the night before.

### Ingredients

40g porridge oats  
200g low-fat natural or greek yoghurt  
Strawberries  
Raspberries  
Blueberries

### Method

Prepare your overnight oats the night before

- Layer the porridge oats, yoghurt and fruit in a jar or bowl.
- Cover and chill in the fridge overnight to allow the yoghurt to be absorbed by the porridge oats.
- When you are ready to eat your overnight oats the following morning, stir through to mix everything together.
- Top with more fruit if you wish.



**Serves 1**

**Preparation time: 5 minutes**

---

## Potato and Poached Egg Hash

A great way to use up cold, cooked potatoes. For a vegetarian version, omit the bacon rashers and replace with 2 tablespoons of drained kidney beans.

### Ingredients

2 tsp vegetable oil  
2 rashers lean back bacon, chopped  
400g potatoes, pre-cooked and cut into chunks  
4 spring onions, finely chopped  
4 tomatoes, chopped  
4 eggs



**Serving: 4**

**Preparation time: 10 minutes**

**Cooking time: 20 minutes**

- Heat the vegetable oil in a large non stick frying pan and add the bacon, cooking it for 1-2 minutes.
- Tip in the potatoes and cook over a medium heat for 12-15 minutes, turning occasionally, until browned.
- Add the spring onions and tomatoes and cook over a low heat for another 4-5 minutes, while poaching the eggs.
- Poach the eggs in simmering water for 3-4 minutes, until the whites are set and the yolks still runny (or longer if you prefer a firm set).
- Share the potato hash between 4 plates and place a poached egg on top.
- Season with black pepper, then serve.

# Breakfast recipes

---

## Mini Mushroom Breakfast Muffins

These mini breakfast muffins are a great source of energy to start the day, serve with grilled tomatoes and toast for a delicious weekend brunch. Try swapping the mushrooms and onions for other vegetables.

### Ingredients

1 tsp spread to grease tin  
1 tbsp vegetable oil  
100g button mushrooms, cut into quarters  
1 small onion  
2 eggs, beaten  
50ml semi-skimmed milk  
Large pinch of black pepper  
Large pinch of nutmeg  
10g cheddar cheese, finely grated



**Serving: Makes 4 muffins**

**Preparation time: 20 minutes**

**Cooking time: 15 minutes**

### Method

- Preheat oven to 180C/160C fan/gas mark 4.
  - Grease the bottom and sides of 4 holes of a muffin tray. Cut 4 circles of baking paper and place in the bottom of each hole.
  - Heat the oil in a small frying pan, add the onions and cook for a couple of minutes until softened, then add the mushrooms and cook for a further few minutes. Transfer to the muffin tray.
  - Mix the eggs with the milk, black pepper and nutmeg. Pour into the muffin tray and sprinkle the cheese on top.
  - Bake in the oven for 15 minutes until risen and brown
  - Leave in the tin to cool for 10 minutes. Remove by running a knife around the edge of the tin and serve.
-

# Lunch recipes

---

## Pasta Salad

A healthy pasta lunch full of flavours. For a meaty alternative, replace the cheese with 100g cooked chicken, cut into chunks or a tin of tuna, drained.

### Ingredients

100g dried pasta shapes  
1.5 tbsp low-fat natural or greek yoghurt  
1 tbsp low-fat mayonnaise  
1 tomato, chopped  
¼ cucumber, chopped  
½ tbsp sultanas or raisins  
Handful of lettuce leaves  
75g hard cheese, cut into small cubes  
2 spring onions, sliced



**Serving: 2**

**Preparation time: 10 minutes**

**Cooking time: 12 minutes**

### Method

- Cook the pasta following the instructions on the packet, drain and rinse with cold water to cool it quickly. Drain well.
- Mix together the yoghurt and mayonnaise in a bowl. Add tomato, cucumber, raisins or sultanas, then stir in the pasta.
- Serve each portion on the lettuce and scatter the cheese cubes and spring onions on top.

---

## Smart Beans on Toast

Adding vegetables to beans makes the traditional beans on toast a little smarter and tastier.

### Ingredients

½ red pepper, deseeded and finely chopped  
2 spring onions, finely chopped  
200g baked beans  
75g mushrooms, sliced  
8 cherry tomatoes  
2 medium slices wholemeal bread  
2 tsp lower-fat spread  
Freshly ground pepper



**Serving: 2**

**Preparation time: 10 minutes**

**Cooking time: 10 minutes**

### Method

- Place the pepper and spring onions into a large saucepan with 3 tbsp of water. Cook for 2-3 minutes over a low heat, until the water has evaporated.
- Add the beans, mushrooms and cherry tomatoes to the saucepan and heat gently for 5-6 minutes, stirring often, until the beans are piping hot. Meanwhile, toast the bread.
- Spread each piece with 1 tsp of lower-fat spread. Pile the beans on to the toast and serve, sprinkled with black pepper.

# Lunch recipes

## Tuna and Potato Salad

Great fresh flavours combine to make this tasty tuna salad. For a vegetarian version, replace the tuna with 100g feta cheese, cut into chunks.

### Ingredients

800g new potatoes, scrubbed  
2 tbsp lemon juice  
1 garlic clove  
2 tbsp chopped fresh parsley  
1 small red onion  
200g canned tuna, drained  
2 handfuls cherry tomatoes, halved  
¼ cucumber, chopped  
1 pinch ground black pepper  
Basil leaves to garnish (optional)



**Serving: 4**

**Preparation time: 15 minutes**

**Cooking time: 20 minutes**

### Method

- Cook the potatoes in gently boiling water for 20 minutes, until tender
- Meanwhile, in a salad bowl, mix together the lemon juice, garlic and parsley. Add the red onion and set aside.
- Drain the cooked potatoes and add them to the salad bowl while they are hot. (They will absorb the flavour of the dressing as they cool down).
- When the potatoes are cool, add the tuna, tomatoes and cucumber. Stir everything together gently and season with black pepper. Serve immediately, or cover and chill to serve later.

## Chicken Pitta Pockets with Hummus Drizzle

A quick and easy lunch for those busy days. Swap the chicken for 85g of chopped avocado for a vegetarian version.

### Ingredients

85g shredded chicken breast  
A finger length of cucumber, cut into strips  
1 grated carrot  
A handful of cress (optional)  
2 tbsp hummus  
3 tbsp low-fat natural or Greek yoghurt  
2 wholemeal pitta breads, cut in half and split open



**Serving: 2**

**Preparation time: 10 minutes**

### Method

- Mix together the shredded chicken breast, cucumber strips, grated carrot and a handful of cress. Set to one side.
- Mix together the hummus with the natural or Greek yoghurt.
- Lightly toast the wholemeal pitta breads, cut in half and split open.
- Stuff the chicken mixture into pitta pockets and top each with the hummus drizzle.

# Dinner recipes

## Saucy Sausage Pasta

Tomato, onion and garlic pasta sauce with sausage chunks for a bit of substance.

### Ingredients

1 tbsp olive oil  
Packet of 8 pork sausages, cut into chunky pieces  
1 large onion, chopped  
2 garlic cloves, crushed  
1 tsp chilli powder  
400g can chopped tomatoes  
300g pasta, such as fusilli or farfalle (just over half a 500g bag)



**Serving: 4**

**Preparation time: 5 minutes**

**Cooking time: 25 minutes**

### Method

- Heat the olive oil in a large frying pan and fry the pork sausages on a fairly high heat until they are golden brown all over.
- Turn the heat down and add the onion and garlic, cooking them until they have softened.
- Stir in the chilli powder and chopped tomatoes, bring the sauce to the boil, turn the heat down and let it bubble for about 10 minutes while you cook the pasta.
- Meanwhile, cook the pasta according to the pack instructions.
- Drain the pasta and tip it into the frying pan with the sausage sauce, mixing well to coat.
- Serve with crusty bread

## Chicken and Chorizo Jambalaya

A Cajun inspired rice pot recipe with spicy Spanish sausage, sweet peppers and tomatoes.

### Ingredients

1 tbsp olive oil                      400g can plum tomato  
1 onion, diced                      350ml chicken stock  
2 chicken breasts, chopped  
1 red pepper, thinly sliced  
2 garlic cloves, crushed  
75g chorizo, sliced  
1 tbsp Cajun seasoning  
250g long grain rice



**Serving: 4**

**Preparation time: 10 minutes**

**Cooking time: 45 minutes**

### Method

- Heat 1 tbsp olive oil in a large frying pan with a lid and brown 2 chopped chicken breasts for 5-8 mins until golden.
- Remove and set aside. Tip in the 1 diced onion and cook for 3-4 mins until soft.
- Add 1 thinly sliced red pepper, 2 crushed garlic cloves, 75g sliced chorizo and 1 tbsp Cajun seasoning, and cook for 5 mins more.
- Stir the chicken back in with 250g long grain rice, add the 400g can of tomatoes and 350ml chicken stock. Cover and simmer for 20-25 mins until the rice is tender

# Dinner recipes

## Slow Cooker Hearty Beef Stew

A robust, hearty stew with a rich texture.

### Ingredients

Beef stewing steak, lean, raw  
1 tbsp olive oil  
1 small onion, chopped  
300g mushrooms, sliced  
2 garlic cloves, crushed  
2 carrots, sliced  
400g butter beans, drained and rinsed  
300ml vegetable stock  
400g canned chopped tomatoes  
½ teaspoon oregano, dried  
¼ teaspoon thyme, dried  
½ teaspoon salt  
¼ teaspoon pepper

### Method

- Heat the olive oil in a frying pan, add the onion, mushrooms and garlic. Sauté over medium-high heat for 5 minutes, stirring occasionally. Add to slow cooker.
- Add the carrots, beans, stock, tomatoes, oregano, dried thyme, salt and pepper.
- Cover and cook on high setting of slow cooker for 6 to 7 hours.
- Serve with your choice of potato



**Serving: 6**

**Preparation time: 10 minutes**

**Cooking time: 6 hours and 30 minutes**

## Vegetarian Bean Chilli

Simple and easy to cook, this vegetarian bean chilli contains three types of bean.

### Ingredients

420g can kidney beans in chilli sauce  
400g can chopped tomatoes  
410g can haricot beans, drained  
410g can adzuki beans, drained  
1 Tbsp oil  
1 onion, chopped  
1 clove garlic, chopped  
1 tsp chilli powder  
1 tsp sugar  
Pinch of salt  
Sour cream and tortilla wraps to serve

### Method

- In a large saucepan heat oil, add the onion and garlic and fry for five minutes until soft and golden.
- Add chilli powder and fry for a further minute.
- Add the kidney beans in chilli sauce, tomatoes, haricot beans, adzuki beans, salt and sugar, then stir thoroughly to combine.
- Bring to the boil and then reduce to a simmer for 10 minutes. Stir occasionally.
- Serve with sour cream and warmed tortilla wraps.



**Serving: 4**

**Preparation time: 5 minutes**

**Cooking time: 20 minutes**

# Desserts

## Berry Fruit Crumble

Frozen berries are topped with a crunchy crumble mixture in this easy pudding.

### Ingredients

400g frozen summer fruits  
150g plain flour  
75g low fat spread  
30g porridge oats  
1 tbsp demerara or granulated sugar  
12 tbsp low fat natural or Greek yoghurt, to serve

### Method

- Preheat the oven to 180C, fan oven 160C, gas mark 4
- Put the frozen berries into a baking dish (there is no need to thaw them).
- Put the flour into a large mixing bowl and add the low fat spread, rubbing it in with your fingertips until the mixture looks like fine breadcrumbs. Stir in the porridge oats and sugar.
- Sprinkle the crumble topping evenly over the fruit.
- Place the dish on a baking tray and bake for 30-35 minutes.



**Serving: 6**

**Preparation time: 10 minutes**

**Cooking time: 35 minutes**

---

## Rice Pudding

A comforting, creamy rice pudding that can be served with jam or fruit.

### Ingredients

100g pudding rice  
Butter, for the dish  
50g sugar  
700ml semi-skimmed milk  
Pinch of grated nutmeg  
Lemon zest

### Method

- Heat the oven to 150C, fan oven 130C, gas mark 2
- Wash and drain the rice.
- Butter an 850ml baking dish, tip the rice and sugar in and stir through the milk.
- Sprinkle in the nutmeg and sprinkle the lemon zest on top.
- Cook for 2 hours or until the pudding wobbles ever so slightly when shaken.



**Serving: 4**

**Preparation time: 5 minutes**

**Cooking time: 2 hours**