



**GRS Healthy Cooks
Recipe Book**

grs
We go beyond

Welcome GRS Healthy Cooks

Quite often when we get home, it is so easy to find excuses not to cook properly for ourselves, but with the help from our very own GRS colleagues we have gathered some healthy, tasty recipes to add to your own home collection!



As you know, cooking our own food, means we know exactly what has been put into every meal. If we have any allergies or food intolerances, or simply want to cut back on the fat, then cooking for ourselves gives us control over our food and calorie intake.

Remember putting good fuels into our bodies makes us feel good and function well.

We do hope you enjoy trying some of these recipes provided by our people and a very special thank you to everyone who has taken the time to submit a recipe.

'It's all about choice'

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How to use your GRS Healthy Cooks recipe book

"We hope this recipe book helps you to cook up something delicious and healthy for you and your family."

Here's how it works:

1. Contents page to help you find what you need
2. Recipes are colour coded (see below) to identify if they are meat, fish, vegetarian or vegan.



3. Please note that you can adapt some of these recipes, to become a vegetarian/vegan options, simply by replacing ingredients for meat/fish free and vegan options.
4. Each recipe shows:
 - ✓ The employee who has recommended these recipes
 - ✓ A short description
 - ✓ Approximate calorific and food content values.
 - ✓ Ingredients
 - ✓ Preparation and cooking times.
 - ✓ Method
 - ✓ Useful hints and where possible, adaptations to make them vegan, meat free



Starters



TIP
You can add more vegetables to this soup or use a meat free alternative for the meatballs.

M Meatball and Tomato Soup

Recommended by: Claire Rowntree - HR & Recruitment Advisor

Get 3 of your 5-a-day in one serving with this healthy, low-calorie tomato soup. The addition of meatballs and giant couscous means it's filling too!

Prep time: 5 mins **Cooking time:** 15 mins **Serves:** 4 **Calories:** Approx. 330 (per portion)

Ingredients

- 1½ tbsp rapeseed oil
- 1 onion, finely chopped
- 2 red peppers, deseeded and sliced
- 1 garlic clove, crushed
- ½ tsp chilli flakes
- 2 x 400g cans chopped tomatoes
- 100g giant couscous
- 500ml hot vegetable stock
- 12 pork meatballs
- 150g baby spinach
- ½ small bunch of basil
- grated parmesan, to serve (optional)

Method/Steps

1. Heat the oil in a saucepan. Fry the onion and peppers for 7 mins, then stir through the garlic and chilli flakes and cook for 1 min.
2. Add the tomatoes, giant couscous and veg stock and bring to a simmer.
3. Season to taste, then add the meatballs and spinach. Simmer for 5-7 mins or until the meatballs are cooked through. Ladle into bowls and top with the basil and some parmesan, if you like.



TIP
Avocado is a great for cholesterol but eat in moderation. The recommendation is half an avocado a day.

F Smoked Salmon and Avocado Toast

Recommended by: Dean Brown - Driver Recruitment Co-ordinator

A great snack or quick starter. Fills the gap and is healthy.

Prep time: 5 mins **Cooking time:** 15 mins **Serves:** 2 **Calories:** Approx. 300 (per portion)

Ingredients

- Wholemeal or sourdough bread
- Smoked Salmon
- Ripe avocado
- Lemon juice
- Salt and Pepper to taste

Method/Steps

1. Smash your avocado up into a paste and add lemon, salt and pepper to taste.
2. Toast your bread
3. Top with avocado and smoke salmon
4. Enjoy



TIP

This dish can be served as starter or main course. It's so good. As a tip, try a meat free version of a dish once a week as it could prevent heart disease and encourage you to eat more nutrients, minerals and fibre in your diet. You can make also this dish vegan by using vegan butter and cheese.

V Creamy Tomato Risotto

Recommended by: Mel Milazzo - Group People Director

A budget rice dish flavoured with rosemary, basil and sweet cherry tomatoes. It's healthy, filling and simple to make – an ideal midweek as a starter or main course. If you want to up your protein intake, I sometimes have a piece of salmon on the side with this dish.

Prep time: 5 mins **Cooking time:** 35 mins **Serves:** 4 **Calories:** Approx. 381 (per portion)

Ingredients

- 400g can chopped tomato
- 1 litre of vegetable stock
- knob of butter
- 1 tbsp olive oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 rosemary sprig, finely chopped
- 250g risotto rice
- 300g cherry tomato, halved
- small pack basil, roughly torn
- 4 tbsp grated parmesan

Method/Steps

1. Tip the chopped tomatoes and half the stock into a food processor and pulse until smooth. Pour into a saucepan with the remaining stock, bring to a gentle simmer and keep over a low heat.
2. Meanwhile, place the butter and oil in the base of a large saucepan and heat gently until the butter has melted. Add the onion and gently cook for 6-8 mins until softened. Stir in the garlic and rosemary, then cook for 1 min more. Add the rice and cook, stirring, for 1 min.
3. Start adding the hot stock and tomato mixture about a quarter at a time. Let the risotto cook, stirring often, adding more stock as it is absorbed. After you have added half the stock, add the cherry tomatoes and continue slowly adding the remaining stock. After 20-25 mins, the rice should be creamy and tender, the cherry tomatoes softened and all of the stock should be used up.
4. Cover and leave for 1 min, then stir in the basil. Serve sprinkled with Parmesan and a good grinding of black pepper.



M Nutty Chicken Satay Strips

Recommended by: Kelly O'Hara - Business Transformation Manager

Keep these nutty chicken satay strips in the fridge for a healthy choice when you're peckish. The chicken is best served with some cucumber strips and sweet chilli sauce.

Prep time: 10 mins **Cooking time:** 10 mins **Serves:** 2 **Calories:** Approx. 276 (per portion)

Ingredients

- 2 tbsp chunky peanut butter (without palm oil or sugar)
- 1 garlic clove, finely grated
- 1 tsp Madras curry powder
- few shakes soy sauce
- 2 tsp lime juice
- 2 skinless, chicken breast fillets (about 300g) cut into thick strips
- about 10cm cucumber, cut into fingers
- sweet chilli sauce, to serve

Method/Steps

1. Heat oven to 200C/180C fan/gas 4 and line a baking tray with non-stick paper.
2. Mix 2 tbsp chunky peanut butter with 1 finely grated garlic clove, 1 tsp Madras curry powder, a few shakes of soy sauce and 2 tsp lime juice in a bowl. Some nut butters are thicker than others, so if necessary, add a dash of boiling water to get a coating consistency.
3. Add 2 skinless chicken breast fillets, cut into strips, and mix well. Arrange on the baking sheet, spaced apart, and bake in the oven for 8-10 mins until cooked, but still juicy.
4. Eat warm with roughly 10cm cucumber, cut into fingers, and sweet chilli sauce. Alternatively, leave to cool and keep in the fridge for up to 2 days.



TIP
 Try to use a wholemeal version of French bread to get more fibre in your diet. Also you can make this into a vegan meal by using vegan version of parmesan cheese.

V Bruschetta

Recommended by: Dean Brown - Driver Recruitment Co-ordinator

This is a great garlicky bruschetta recipe. Serve it on slices of french bread or a wholemeal version of French bread. It's a wonderful accompaniment to pasta dishes.

Prep time: 5-10 mins **Cooking time:** N/A **Serves:** 2 **Calories:** Approx. 47 (per portion)

Ingredients

- 2 tomatoes, cubed
- 1 teaspoon dried basil
- 4 tablespoons grated Parmesan cheese
- 2 tablespoons olive oil
- 1 clove garlic, crushed
- seasoning salt to taste
- ground black pepper to taste

Method/Steps

1. In a medium bowl, mix tomatoes, dried basil, Parmesan cheese, olive oil, garlic, seasoning salt and ground black pepper. Cover and chill in the refrigerator 8 hours, or overnight, before serving.



TIP
You can double up on the ingredients and freeze batches to bring to work for your lunch. A small amount of cream can be used to flavour the soup, but this can be substituted for creme fraiche or a vegan alternative.

V Healthy Tomato Soup

Recommended by: Jack Stevens - External Trader

Enjoy this vegetable-packed tomato soup for a lovely light family meal, with leftovers for the next day.

Prep time: 20 mins **Cooking time:** 40 mins **Serves:** 6 **Calories:** Approx. 198 (per portion)

Ingredients

- *You'll need a hand blender or food processor for this recipe*
- 2 tbsp olive oil
- 2 onions, chopped
- 2 carrots, chopped
- 2 garlic cloves, crushed
- 2 red peppers, chopped
- 1 large sweet potato, peeled and chopped
- 2 x 400g cans tomatoes
- 1 low-salt veg or chicken stock cube
- 1 tsp dried oregano
- 3 rosemary sprigs, leaves picked and chopped
- 70ml double cream (optional)

Method/Steps

1. Heat the oil in a large pan and cook the onion for 8-10 mins until softened and starting to take on a little colour. Add the carrots, garlic, peppers and sweet potato. Cook for a further 10 mins, stirring often and taking care not to burn the garlic. Add the tomatoes, stock, herbs and 1 litre of water. Bring to a simmer. Cover and cook for 20 mins until the sweet potato is soft.
2. Use a hand blender to whizz the soup until smooth. Stir in the cream and season to taste. Can be chilled for three days or frozen for up to three months.

TIP
The vitamins, minerals, and fatty acids in fish can provide significant health benefits. The vitamin B12 found in fish is crucial for the growth of healthy red blood cells, DNA reproduction, and nerve function. Consuming enough vitamin B12 is linked to a lower risk of dementia and heart disease.

F Mediterranean Fish Gratin

Recommended by: Kelly O'Hara - Business Transformation Manager

These individual portions of fish in tomato sauce, topped with herby breadcrumbs, freeze beautifully - perfect for a no-fuss entertaining starter.



Prep time: 25 mins **Cooking time:** 55 mins **Serves:** 6 **Calories:** Approx. 372 (per portion)

Ingredients

- 3 tbsp olive oil
- 1 large onion, thinly sliced
- 1 fennel bulb (about 250g/9oz), trimmed and thinly sliced
- 3 large garlic cloves, finely sliced
- 1 heaped tsp coriander seeds, lightly crushed
- 150ml white wine
- 2 x 400g cans chopped tomatoes with herbs
- 2 tbsp tomato purée
- good pinch of saffron
- 1 bay leaf
- 1 tbsp fresh lemon juice
- 1 small bunch flat-leaf parsley, leaves roughly chopped
- 900g mixed skinless fish fillets, (anything you like) cut into chunks
- 350g raw peeled king prawn
- 75g finely grated parmesan
- 50g panko or coarse dried breadcrumbs
- green salad, to serve (optional)

Method/Steps

1. Heat the oil in a large, wide non-stick saucepan or sauté pan and gently fry the onion, fennel, garlic and coriander seeds for 15 mins, stirring regularly until the vegetables are softened and lightly coloured. Pour the wine into the pan and add the tomatoes, tomato purée, saffron and bay leaf. Season and bring to a gentle simmer. Cook for about 15 mins, stirring occasionally, until thick.
2. Heat oven to 220C/200C fan/gas 7. Stir the lemon juice and most of the parsley into the tomato mixture, pop the raw fish pieces and prawns on top and stir well. Cover tightly with a lid and simmer gently over a medium heat for 4-5 mins or until the fish is almost cooked. Stir a couple of times as the fish cooks, taking care not to let it break up.
3. Ladle the hot tomato and fish mixture into 6 individual pie dishes – they will each need to hold around 350ml. Mix the cheese, breadcrumbs, remaining parsley and a little ground black pepper together and sprinkle over the top. Bake on a baking tray for 20 mins or until the pies are golden brown and bubbling. Serve with green salad, if you like.



TIP
This is a nice treat for a starter or as a light main. To adapt this to be vegan/vegetarian option, you can use meat free alternatives such as plant kitchen chorizo for this recipe.

M Warm Chorizo and Chickpea Salad

Recommended by: Sharon Naylor - Health & Wellbeing Advisor

Full of flavour with chorizo, dried tomatoes and red onion, this salad is bulked out with chickpeas to help give you 3 of your 5 a day. It tastes amazing.

Prep time: 5 mins **Cooking time:** 20 mins **Serves:** 4 **Calories:** Approx. 360 (per portion)

Ingredients

- Cooking oil or spray
- 280g pack cooking chorizo, sliced
- 1 large red onion, finely sliced
- 2 red peppers, deseeded and cut into strips
- 400g can chickpeas, drained and rinsed
- 12 semi-dried tomatoes
- 1 tbsp red wine vinegar
- 100g bag rocket, to serve

Method/Steps

1. In a large frying pan, pan fry the chorizo until golden for about 10 mins, then use a slotted spoon to scoop it from the pan and set aside.
2. Add the onion and peppers to the pan and soften in the chorizo fat for 10 mins. Stir in the chickpeas and tomatoes, warming through.
3. Pour in the red wine vinegar, return the chorizo to the pan and season. Serve in bowls with handfuls of rocket on top.



TIP
These are a great mini starter, you can use a meat alternative to make these vegetarian.

M Mini Spinach and Mushroom Quiches

Recommended by: Claire Rowntree - HR & Recruitment Advisor

Ideal for a starter, light supper or weekend lunch. Great for lunch boxes too.

Prep time: 45 mins **Cooking time:** 20 mins **Serves:** 2 **Calories:** Approx. 180 (2 quiches)

Ingredients

- *Cooking spray*
- *6 strips (3 ounces) turkey bacon*
- *1 tablespoon olive oil*
- *10 ounces white mushrooms, coarsely chopped*
- *1 small shallot, thinly sliced*
- *Salt and freshly ground black pepper*
- *2 cups baby spinach*
- *Pinch freshly grated nutmeg*
- *4 large eggs*
- *4 large egg whites*
- *1/4 cup skimmed milk*
- *1/3 cup (1 1/2 ounces) grated Fontina cheese or mature cheddar*
- *Mixed greens or salad for serving*

Method/Steps

1. Preheat the oven to 375 degrees F. Lightly coat a 12-cup non-stick muffin pan with non-stick cooking spray.
2. Mist a large non-stick frying pan with more non-stick cooking spray and put over medium heat. Add the turkey bacon and cook turning frequently until crisp about 8 minutes. Transfer to a cutting board and coarsely chop.
3. In the same frying pan, heat the oil. Add the mushrooms, shallot, and season to taste with salt and pepper. Cook until shallots are soft and the mushrooms are dry and lightly browned, about 10 minutes. Remove from the heat and stir in the baby spinach and nutmeg until the spinach is just wilted, but still bright green, 2 minutes. Set aside to cool slightly.
4. Meanwhile, whisk the eggs, egg whites, milk, and salt and pepper until well combined. Stir in the cheese. Divide the egg mixture evenly between the muffin tins, filling them about halfway. Top evenly with the mushroom and spinach mixture and then the chopped bacon.
5. Bake until the quiches are well risen, golden brown and set, 20 to 25 minutes. Cool in the pan 5 minutes and then transfer to a wire rack. Serve warm or at room temperature with greens or green salad.



TIP
You can mix this up by using mushrooms instead of aubergines. You can also use vegan option for the dairy items.

V Vegetarian Chilli Stuffed Peppers with Feta Topping

Recommended by: Kelly O'Hara - Business Transformation Manager

A satisfying vegetarian lunch or dinner that packs in 4 of your 5-a-day!

Prep time: 10 mins **Cooking time:** 25 mins **Serves:** 2 **Calories:** Approx. 288 (per portion)

Ingredients

- 2 large peppers, halved, deseeded but stalks left on
- 1 tsp ground cumin
- 1 tsp ground coriander
- 400g can chopped tomatoes
- 1 red onion, halved and sliced
- 1 garlic clove, finely grated
- 1 red chilli, deseeded and finely chopped
- 1 small aubergine, cut into small cubes
- 220g can kidney beans (not drained)
- small bunch of coriander, chopped
- 1 large egg
- 25g low-fat feta cheese, finely grated
- 50g low-fat fromage frais
- 2 handfuls rocket
- lime wedges, for squeezing over

Method/Steps

1. Heat oven to 190C/170C fan/gas 5. Place the pepper halves in a shallow baking dish, skin-side up, and roast for 15-20 mins.
2. Meanwhile, tip the spices into a pan and warm briefly to release their flavour. Tip in the tomatoes and stir in the onion, garlic, chilli, aubergine and kidney beans with their juice. Cover the pan and cook for 20 mins, stirring occasionally. Try not to add any extra liquid; the mixture should be quite dry. Stir in the coriander.
3. Meanwhile, beat the egg with the feta and fromage frais. Turn the peppers over and pile the aubergine mixture into each one, packing it down as much as you can. Top with the feta mixture and return to the oven for 10 mins more until the topping has lightly set. Don't worry if some of it flows off, as it will just set in the dish. Serve the peppers on the rocket with lime wedges for squeezing over.



TIP
Can be a starter or a main option. Use low fat spread and fresh tomatoes and don't actually cook the tomatoes, it gives the eggs a "fresher" taste.

V Feta Eggs

Recommended by: Demi Milazzo - Administrator, HR

Make with fresh tomatoes to give it a fresher taste. This dish is low in fat and a great source of protein.

Prep time: 5 mins **Cooking time:** 15 mins **Serves:** 2 **Calories:** Approx. 140 (per portion)

Ingredients

- 1 tablespoon butter
- ¼ cup chopped onion
- 4 eggs, beaten
- ¼ cup chopped tomatoes
- 2 tablespoons crumbled feta cheese
- salt and pepper to taste

Method/Steps

1. Melt butter in a skillet over medium heat. Sauté onions until translucent. Pour in eggs. Cook, stirring occasionally to scramble. When eggs appear almost done, stir in chopped tomatoes and feta cheese, and season with salt and pepper. Cook until cheese is melted.
2. Serve.



TIP

This is worth the effort to cook. You can swap olive oil for rapeseed oil as an alternative. You can also make this a vegan dish by substituting the parmesan with an alternative vegetarian or vegan option.

V Risotto Stuffed Tomatoes

Recommended by: Claire Rowntree - HR & Recruitment Advisor

Ideal for a starter, light supper or weekend lunch. Love these.

Prep time: 45 mins **Cooking time:** 20 mins **Serves:** 2 **Calories:** Approx. 175 (per portion)

Ingredients

- 2 beef tomatoes
- 2 tsp olive oil
- 50g risotto rice
- 2 spring onions, chopped
- 1 small courgette, chopped
- 50g chestnut mushroom, wiped and sliced
- 250ml vegetable stock
- ½ tsp dried mixed Italian herbs
- 6 fresh basil leaves
- 1 tbsp finely grated parmesan (or vegan alternative)
- handful of rocket leaves

Method/Steps

1. Slice the tops off the tomatoes and set aside. Scoop out the seeds and pulp from the tomatoes with a teaspoon, but be careful not to cut through to the base. Chop the pulp and keep the seeds, but discard the hard, central cores.
2. Heat the oil in a medium saucepan and tip in the rice. Fry gently over a low heat for 2 minutes, stirring frequently to stop the rice from browning, then add the spring onions, courgette and mushrooms and fry gently for 2 more minutes.
3. Preheat the oven to fan 170C/conventional 190C/gas 5. Pour in the stock then stir in the dried herbs, tomato pulp and seeds – the seeds will add fibre, and won't be noticeable in the finished dish. Cook gently for about 15-20 minutes, stirring frequently until the rice is tender and the stock has been absorbed – add extra stock or water if necessary. Turn off the heat, tear the basil leaves into the pan and scatter with Parmesan. Season with salt and pepper and stir well.
4. Put the tomatoes in an ovenproof dish and fill each one generously with the risotto. Replace tomato tops and bake, uncovered, for 15-20 minutes until the tomatoes are tender. Cool for 5 minutes, then serve with a few rocket leaves on top.



Main Dishes



TIP
You can use fry light/healthy equivalent cooking spray but don't forget a small amount of olive oil is good for you.

VE Lentil Lasagne

Recommended by: Lisa Wood - Accounts Receivable Administrator

Vegan cooking made easy - this Italian bake uses cauliflower and soya milk for a white sauce and canned lentils as filling. The lentil lasagne is a lovely twist, even my sister that doesn't like lentils loves this dish!

Prep time: 15 mins **Cooking time:** 75 mins **Serves:** 4 **Calories:** Approx. 398 (per portion)

Ingredients

- 1 tbsp olive oil
- 1 onion, chopped
- 1 carrot, chopped
- 1 celery stick, chopped
- 1 garlic clove, crushed
- 2 x 400g cans lentils, drained, rinsed
- 1 tbsp cornflour
- 400g can chopped tomato
- 1 tsp mushroom ketchup
- 1 tsp chopped oregano (or 1 tsp dried)
- 1 tsp vegetable stock powder
- 2 cauliflower heads, broken into florets
- 2 tbsp unsweetened soya milk
- pinch of freshly grated nutmeg
- 9 dried egg-free lasagne sheets

Method/Steps

1. Heat the oil in a pan, add the onion, carrot and celery, and gently cook for 10-15 mins until soft. Add the garlic, cook for a few mins, then stir in the lentils and cornflour.
2. Add the tomatoes plus a capful of water, the mushroom ketchup, oregano, stock powder and some seasoning. Simmer for 15 mins, stirring occasionally.
3. Meanwhile, cook the cauliflower in a pan of boiling water for 10 mins or until tender. Drain, then purée with the soya milk using a hand blender or food processor. Season well and add the nutmeg.
4. Heat oven to 180C/160C fan/gas 4. Spread a third of the lentil mixture over the base of a ceramic baking dish, about 20 x 30cm. Cover with a single layer of lasagne, snapping the sheets to fit. Add another third of the lentil mixture, then spread a third of the cauliflower purée on top, followed by a layer of pasta. Top with the last third of lentils and lasagne, followed by the remaining purée.
5. Cover loosely with foil and bake for 35-45 mins, removing the foil for the final 10 mins of cooking.



TIP
You can use Quorn or add vegetables to substitute/reduce the meat in this recipe. If you are making more, just add to the ingredients, i.e. more vegetables, mince, more lasagne sheets.

M Healthy Lasagne

Recommended by: Dean Brown - Driver Recruitment Co-ordinator

This is a lower fat option, so a healthier version of a great family favourite.

Prep time: 15 mins **Cooking time:** 75 mins **Serves:** 4 **Calories:** Approx. 487 (per portion)

Ingredients

- 1 tbsp olive oil
- 1 large onion (250g), finely chopped
- 320g carrots, finely chopped
- 2 celery sticks (140g), finely chopped
- 2 bay leaves
- 500g 5% fat beef mince
- 3 large garlic cloves, finely grated
- 400g can chopped tomatoes
- 2 tbsp tomato purée
- 1½ tsp vegetable stock
- 400ml semi-skimmed milk
- 30g wholemeal flour
- generous pinch of nutmeg
- 6 sheets wholemeal lasagne (125g)
- 25g finely grated parmesan

Method/Steps

1. Heat the oven to 180c/160c fan/gas mark 4. Heat the oil in a large frying pan at medium heat and fry onions, carrots, celery and one of the bay leaves for 8-10 minutes until the veg softens and starting to turn golden brown. Add in the mince, garlic and fry for around 5 mins.
2. Tip in the tomatoes and a can full of water, the tomato puree and veg stock cubes, bring to the boil and cover, simmer for 20 mins, removing the lid after 10 mins to reduce the mixture slightly.
3. Pour in the milk into a medium sauce pan with the flour and whisk over a low heat until the mixture is lump free. Add in a second bay leaf and an optional pinch of nutmeg. Continue to cook and whisk until it thickens.
4. Remove the bay leaf from the mince and white sauce and discard.
5. Spoon a third of the mince into the base of a baking dish about (19 x 24cm) and top with two lasagne sheets, then spoon over half of the remaining mince. Top again with two more sheets, the rest of the mince, then repeat with the lasagne sheets.
6. Top with the white sauce and sprinkle on the parmesan cheese.
7. Bake for 40 mins until bubbling and golden.



TIP
You can use Quorn or substitute meat in this recipe as an alternative to chicken. You can choose wholemeal bread or substitute with salad.

M Spanish Meatball and Butter Bean Stew

Recommended by: Jack Stevens - External Trader

This hearty one-pot is full of Mediterranean flavour, with pork, red onion, peppers and smoked paprika - an impressive 4 of your 5 a day.

Prep time: 15 mins **Cooking time:** 35 mins **Serves:** 4 **Calories:** Approx. 450 (per portion)

Ingredients

- 350g lean pork mince
- 2 tsp olive oil
- 1 large red onion, chopped
- 2 peppers, sliced, any colour will do
- 3 garlic cloves, crushed
- 1 tbsp sweet smoked paprika
- 2 x 400g cans chopped tomatoes
- 400g can butter beans, drained
- 2 tsp golden caster sugar
- small bunch parsley, chopped
- crusty bread, to serve (optional, but is included in the calorie count above)

Method/Steps

1. Season the pork, working the seasoning in with your hands, then shape into small meatballs. Heat the oil in a large pan, add the meatballs and cook for 5 mins, until golden brown all over. Push to one side of the pan and add the onion and peppers. Cook for a further 5 mins, stirring now and then, until the veg has softened, then stir in the garlic and paprika. Stir everything around in the pan for 1 min, then add the tomatoes. Cover with a lid and simmer for 10 mins.
2. Uncover, stir in the beans, the sugar and some seasoning, then simmer for a further 10 mins, uncovered. Just before serving, stir in the parsley.
3. Serve with crusty bread for dunking, if you like.



TIP
You can use diced chicken/quorn instead of prawns if you prefer. Use wholemeal pasta and fry light/healthy equivalent cooking spray but remember a small amount of olive oil is good for you.

M Prawn and Harissa Spaghetti

Recommended by: Dean Brown - Driver Recruitment Co-ordinator

This pasta with king prawns and harissa dressing is a taste sensation. It only takes 20 minutes to make and is super healthy too.

Prep time: 5 mins **Cooking time:** 15 mins **Serves:** 2 **Calories:** Approx. 500 (per portion)

Ingredients

- 100g long stem broccoli, cut into thirds
- 180g dried spaghetti
- 2tsp of olive oil
- 1 large garlic clove (bashed)
- 150g cherry tomatoes, halved
- 150g raw king prawns
- 1 heaped tbsp of rose harissa paste
- 1 lemon, finely zested

Method/Steps

1. Bring pan of lightly salted water to the boil. Add the broccoli and boil for 1 minute 30 second, or until tender. Drain and set aside. Cook the pasta following pack instructions, drain and reserve a ladle of the cooking water.
2. Heat the oil in a large frying pan, add the garlic clove and fry over a low heat for 2 minutes.
3. Add the tomatoes to the pan and fry over a medium heat for 5 minutes, or until they soften and turn juicy. Stir through the prawns and cook for 2 mins, or until they have turned pink. Add the harissa and lemon zest stirring to coat.
4. Toss the cooked spaghetti and pasta water through the prawns and harissa. Add in the broccoli, season to taste and serve.



TIP
Use fry light/
healthy equivalent
cooking spray to cook
the chicken, or olive oil.
You can use Quorn or
substitute meat in this
recipe as an
alternative to
chicken.

M Kristiana's Chicken Delight

Recommended by: Kristiana Farrar - Sales & Social Media Co-ordinator

A lovely low fat option and it is my favourite tea. Give it a try it's gorgeous.

Prep time: 10 mins

Cooking time: 40 mins

Serves: 4

Calories: Approx. 500 (per portion)

Ingredients

- Chicken
- Olive oil
- Low Fat Soft Cheese
- Low Fat Pesto
- Salt & Pepper
- Broccoli
- Pine Nuts
- Spinach

Method/Steps

1. Heat a tsp of oil in a frying pan, add the chicken and cook until brown.
2. In a bowl, mix the whole jar of low fat pesto and low fat soft cheese.
3. Add the broccoli and spinach to the pan.
4. Pour half a cup of water into the pan cover and simmer for 30 minutes.
5. Pour in a handful of pine nuts.
6. Add in the pesto and cheese mix
7. Serve and enjoy.



TIP
As you are cooking this recipe from scratch you can use a small amount of cream, butter or oil. You can use quorn or substitute meat in this recipe as an alternative to chicken.

M Dean's Cheeky Chicken Curry

Recommended by: Dean Brown - Driver Recruitment Co-ordinator

Take it from me, this is better than any takeaway and worth the time cooking. It's healthier than a takeaway too!

Prep time: 30 mins **Cooking time:** 40 mins **Serves:** 4 **Calories:** Approx. 499 (per portion)

Ingredients

- 4 boneless, skinless chicken breasts (each weighing about 150g/5½oz), cut into 2.5cm/1 in chunks
- 2 tbsp sunflower or vegetable oil
- 25g/1 oz butter
- 2 onions (350g/12oz total weight), coarsely grated or very finely chopped
- 2 garlic cloves, crushed or finely grated
- 25g/1 oz fresh root ginger, peeled and finely grated
- 2 tbsp medium or mild curry powder
- 1 tsp ground turmeric
- 1 tbsp mango chutney
- 75g/2¾oz dried red split lentils
- 800ml/1½ pints chicken stock, made with 1 stock cube
- 3 tbsp single cream or natural yoghurt
- freshly ground black pepper
- 160g/5¾oz basmati rice, to serve

Method/Steps

1. Season the chicken generously with pepper.
2. Heat 1 tablespoon of the oil a large, non-stick frying pan. Fry the chicken over a medium-high heat for 4–5 minutes, turning occasionally. Set aside.
3. Place the remaining oil, butter and onions in a large, non-stick saucepan and cook over a medium heat for 8–10 minutes, or until the onions are well softened and lightly browned.
4. Stir in the garlic, ginger, curry powder and turmeric and cook for a few seconds more, stirring constantly.
5. Add in the mango chutney, lentils and stock to the spiced onions and bring to a simmer. Cook, stirring regularly for 15–20 minutes or until the lentils are very soft. Blend for an extra smooth sauce.
6. Add the chicken and 2 tablespoons of cream to the lentil mixture and simmer gently for 5–6 minutes, or until the chicken is cooked through. Add an extra splash of water if the sauce is too thick.
7. Meanwhile, place the rice in a saucepan of boiling water and cook for 10–12 minutes, or according to the packet instructions. Drain and set aside. Serve the curry immediately, garnished with the remaining cream, with the freshly cooked rice.



TIP
Use fry light/
healthy equivalent
cooking spray but a
small amount of olive oil
is good for you. You can
also use a meat sub-
stitute to make this a
great vegetarian
option.

M Mediterranean Chicken with Roasted Vegetables

Recommended by: Lisa Wood - Accounts Receivable Administrator

A healthy dish, full of sunshine flavours. We like to add a few chilli flakes and let it marinade for an hour or so before putting it into the oven, it's also nice with some large flat mushrooms rubbed in the pesto to add a different dimension.

Prep time: 20 mins **Cooking time:** 50-55 mins **Serves:** 4 **Calories:** Approx. 568 (per portion)

Ingredients

- 250g baby new potatoes
- thinly sliced
- 1 large courgette, diagonally sliced
- 1 red onion cut into wedges
- 1 yellow pepper, seeded and cut into chunks
- 6 firm plum tomatoes, halved. Fresh tomatoes
- 12 black olives, pitted
- 2 skinless boneless chicken breast fillets, about 150g/5oz each
- 3 tbsp olive oil
- 1 rounded tbsp green pesto

Method/Steps

1. Preheat the oven to 200C/Gas 6/fan oven 180C. Spread the potatoes, courgette, onion, pepper and tomatoes in a shallow roasting tin and scatter over the olives. Season with salt and coarsely ground black pepper
2. Slash the flesh of each chicken breast 3-4 times using a sharp knife, then lay the chicken on top of the vegetables
3. Mix the olive oil and pesto together until well blended and spoon evenly over the chicken. Cover the tin with foil and cook for 30 minutes
4. Remove the foil from the tin. Return to the oven and cook for a further 10 minutes until the vegetables are juicy and look tempting to eat and the chicken is cooked through (the juices should run clear when pierced with a skewer)



TIP
Use fry light/healthy equivalent cooking spray but a small amount of olive oil is good for you. You can use low fat options, lose the soured cream or substitute the sugar for a lower sugar sweetener.

M Chicken Enchiladas

Recommended by: Dean Brown - Driver Recruitment Co-ordinator

*Can be cooked as low fat option, so a healthier version of a great family favourite.
Make this as spicy as you want.*

Prep time: 20 mins **Cooking time:** 50 mins **Serves:** 10 **Calories:** Approx. 490 (per portion)

Ingredients

- 3 tbsp olive oil
- 2 red onions, sliced
- 2 red peppers, sliced
- 3 red chillies, 2 deseeded and chopped, 1 sliced
- small bunch coriander, stalks finely chopped, leaves roughly chopped - plus extra to serve (optional)
- 2 garlic cloves, crushed
- 1 tbsp ground coriander
- 1 tsp cumin seeds
- 6 skinless chicken breasts, cut into small chunks
- 415g can refried beans (we used Discovery)
- 198g can sweetcorn, drained
- 700ml bottle passata
- 1 tsp golden caster sugar
- 10 tortillas
- 2 x 142ml pots soured cream
- 200g cheddar, grated

Method/Steps

1. Heat 2 tbsp of the oil in your largest pan, then fry the onions, peppers, chopped chilli and coriander stalks with half the garlic for 10 mins until soft. Stir in 2 tsp ground coriander and 2 tsp cumin seeds, then fry for 1 min more. Meanwhile, in another frying pan, fry the chicken in the remaining oil, in batches, until browned – add it to the pan of veg as it is done.
2. Stir the beans, sweetcorn, coriander leaves and 150ml of the passata into the veg and chicken. In a bowl, mix the rest of the passata with the other crushed garlic clove, the remaining spices and the sugar, then set aside
3. To assemble, lay the tortillas onto a board and divide the chicken mixture between them, folding over the ends and rolling up to seal. Divide the passata sauce into the dishes you are using, then top with the enchiladas. Dot over the soured cream, sprinkle with grated cheese and scatter with the sliced chilli.
4. Cool and freeze (see freezing tips, below) or, if eating straight away, heat oven to 200C/180C fan/gas 6, then bake for 30 mins, scattering with more coriander leaves to serve, if you like.



TIP
Use fry light/
healthy equivalent
cooking spray but a
small amount of olive
oil is good for you. You
can also use a low fat
cheese to make an
even healthier
option.

V Vegetarian Enchiladas

Recommended by: Lisa Wood - Accounts Receivable Administrator

Pack flavour into your meal with these easy veggie enchiladas that are filled with nutritious ingredients. This comforting, cheesy dish is the perfect crowd-pleasing family dinner. The enchiladas can be made as spicy as you want.

Prep time: 10 mins **Cooking time:** 30 mins **Serves:** 4 **Calories:** Approx. 430 (per portion)

Ingredients

- 2 onions, chopped
- 280g carrots, grated
- 2-3 tsp chilli powder (mild or hot, according to your taste)
- 2 x 400g cans chopped tomatoes
- 2 x 400g cans pulses in water, drained (we used mixed beans and lentils)
- 6 small wholemeal tortillas
- 200g low-fat natural yogurt
- 50g extra-mature cheddar cheese (low fat or veg alternative), finely grated

Method/Steps

1. Heat the oil in a large frying pan. Cook the onions and carrots for 5-8 mins until soft – add a splash of water if they start to stick. Sprinkle in the chilli powder and cook for 1 min more. Pour in the tomatoes and pulses and bring to the boil. Turn down the heat and simmer for 5-10 mins, stirring occasionally, until thickened. Remove from the heat and season well.
2. Heat grill to high. Spread a spoonful of the bean chilli over a large ovenproof dish. Lay each tortilla onto a board, fill with a few tbsp of chilli mixture, fold over the ends and roll up to seal. Place them into the ovenproof dish. Spoon the remaining chilli on top.
3. Mix the yogurt and grated cheese together with some seasoning, and spoon over the enchiladas. Grill for a few mins until the top is golden and bubbling. Serve with a green salad.



TIP
 Try a meat free version of a dish once a week, as it could prevent heart disease and encourage you to eat more nutrients, minerals and fibre in your diet.

V Vegetarian Chilli

Recommended by: Demi Milazzo - Administrator, HR

Easy to make and really tasty and healthy.

Prep time: 15 mins **Cooking time:** 60 mins **Serves:** 4 **Calories:** Approx. 582 (per portion)

Ingredients

- (12 ounce) package frozen quorn or similar burger-style crumbles
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can dark red kidney beans
- 1 (15 ounce) can light red kidney beans
- 1 (29 ounce) can diced tomatoes
- 1 (12 fluid ounce) can tomato juice
- 5 onions, chopped
- 3 tablespoons chilli powder
- 1 ½ tablespoons ground cumin
- 1 tablespoon garlic powder
- 2 bay leaves
- salt and pepper to taste

Method/Steps

1. In a large pot, combine meat substitute, black beans, kidney beans, diced tomatoes, tomato juice, onions, chilli powder, cumin, garlic powder, bay leaves, salt and pepper.
2. Bring to a simmer and cover. Let the chilli simmer for at least 1 hour before serving.



TIP
Try a meat alternative, such as quorn or beyond meat mince. Use fry light spray/ or alternative healthy oil for cooking. For information, a small amount of olive oil is considered good for you.

M Healthy Chilli Con Carne

Recommended by: Kelly O'Hara - Business Transformation Manager

Use chunks of stewing beef in this healthy chilli con carne for a robust and filling dish. Serve with rice and coriander to taste.

Prep time: 10 mins **Cooking time:** 135 mins **Serves:** 4 **Calories:** Approx. 300 (per portion)

Ingredients

- 1-2 tbsp olive oil, plus extra if needed
- 400g diced stewing beef
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 ½ tsp ground cumin
- 1-2 tbsp chipotle paste (or gluten-free alternative), depending on how spicy you like it (chilli powder is a good alternative, add to taste, go easy as you can always add more)
- 400g can kidney bean in chilli sauce
- 400g can chopped tomato
- 1 lime, zested and cut into wedges
- ¼ small pack coriander, leaves only
- cooked rice, to serve (optional)

Method/Steps

1. Heat the oil in a large pan and cook the beef pieces for a few mins on each side until browned all over. Remove from the pan with a slotted spoon and set aside.
2. Add the onion to the pan, with extra oil if needed, and cook until softened. Stir in the garlic, cumin and chipotle paste, and cook for 1 min. Sieve the kidney beans, reserving the sauce. Add this sauce, along with the chopped tomatoes and a can full of water, to the pan. Stir well, then return the meat to the pan. Bring to a simmer, then cook, covered, for 2 hrs or until the beef is tender (or bake in the oven for 3 hrs at 160C/140C fan/gas 3).
3. Add the reserved kidney beans and lime zest, season and warm through. Serve with a scattering of coriander leaves, the lime wedges to squeeze over, and rice, if you like.



TIP
Substitute oil for fry lite or alternative low fat healthier option such as rapeseed oil.

V Spicy Root and Lentil Casserole

Recommended by: Lisa Wood - Accounts Receivable Administrator

The potatoes in this recipe take on the spicy flavours beautifully - our idea of the perfect veggie supper. This is a great winter warmer, we like to make a large batch of it and freeze it.

Prep time: 10 mins **Cooking time:** 35 mins **Serves:** 4 **Calories:** Approx. 378 (per portion)

Ingredients

- 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 and naan bread, to serve

Method/Steps

1. 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.
2. 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.
3. Stir in most of the coriander, season and heat for a minute or two. Add the yogurt and the rest of the coriander.
4. Serve with naan bread.



TIP
Substitute the olive oil for fry lite or alternative low fat healthier option such as rapeseed oil. A little olive oil in your diet is good for you.

V Quinoa Salad and Grilled Halloumi

Recommended by: Lisa Wood - Accounts Receivable Administrator

Try this easy veggie salad for a great source of iron and enjoy as a light lunch or supper. It uses gluten-free quinoa for an extra dose of protein.

Prep time: 15 mins **Cooking time:** 30 mins **Serves:** 4 **Calories:** Approx. 603 (per portion)

Ingredients

- 3 tbsp extra-virgin olive oil
- 1 small red onion, sliced
- 1 large roasted pepper from a jar, thickly sliced, or a handful of ready-roasted sliced peppers
- 200g quinoa
- 500ml vegetable stock
- small bunch flat-leaf parsley, roughly chopped
- zest and juice 1 lemon
- large pinch sugar
- 250g pack halloumi cheese, cut into 6 slices

Method/Steps

1. Heat 1 tbsp of the oil in a medium saucepan. Cook the onion and pepper for a few mins, then add the quinoa and cook for a further 3 mins. Add the stock, cover and turn the heat down to a simmer. Cook for 15 mins or until soft, then stir through half the parsley. Heat the grill.
2. Meanwhile, mix the lemon zest and juice with the remaining parsley and oil, and a large pinch of sugar and salt. Grill the halloumi until both sides are golden and crisp. Serve the salad with the grilled halloumi and the dressing poured over everything.



TIP
Double up on the ingredients to make extra for freezing and lunch. Use brown rice as a healthier option and if vegetarian try meat alternatives for the sauce and chicken.

M Special Fried Rice

Recommended by: Gavin Wood - Netsuite Data Analyst

A great tea option and you can double up the ingredients to have over two days.

Prep time: 10 mins **Cooking time:** 20 mins **Serves:** 1/2 **Calories:** Approx. 422 (per portion)

Ingredients

- 50g Rice
- 25g Mushrooms Chopped
- 25g Diced red onion
- 1 tsp Garlic Granules
- 1 tbs Dark Soy sauce
- 1 tbs Light Soy sauce
- 1 tps Fish Sauce
- 1 tps Rice Vinegar
- 0.5 cup frozen peas
- 1 Cal spray
- 175g Chicken Breast (1 cm diced)
- 33g Sweet Chilli Sauce

Method/Steps

1. Have your rice cooked (for best result the day before and stored in the fridge) heat a wok on a high heat.
2. Spray with cooking spray and add your diced chicken stirring constantly until it is starting to brown.
3. Add onions, Mushrooms and peas and cook for 3 to 4 minutes until soft, constantly stirring.
4. Add the sauces and garlic granules to the wok and stir for 30 seconds. Finally add your rice and toss for 2 minutes until heated through.
5. Serve and top with Sweet Chilli Sauce.



TIP
Use fry lite or alternative low fat healthier option such as rapeseed oil. You can buy gluten free rice as an alternative or use brown rice for a healthier option.

M Chicken Broccoli Cheddar Rice

Recommended by: Jo Farrar - Commercial Manager, Maen Karne

This recipe is gluten free, Slimming World and Weight Watchers friendly.

Prep time: 10 mins **Cooking time:** 25 mins **Serves:** 4 **Calories:** Approx. 603 (per portion)

Ingredients

- 400g (14oz) of uncooked diced chicken breast
- salt and black pepper
- 225g (8oz) of long grain rice
- ½ tsp of onion powder
- ½ tsp of garlic powder
- 640ml (2.7 cups) of chicken stock
- 250g (9oz) of broccoli
- 120g (4.2oz) of cheddar, grated-
- cooking oil spray

Method/Steps

1. Spray a frying pan over a medium-high heat with cooking oil spray. Add the chicken and a pinch of salt and black pepper and fry until lightly golden, remove and set aside.
2. Spray the frying pan with some more cooking oil spray. Add the rice, onion and garlic powder and fry until the rice just starts to go translucent.
3. Pour in the chicken stock, bring to a boil and then cover and simmer for 6 mins.
4. Add the broccoli and chicken, cover and simmer for an additional 8 mins.
5. Remove lid, add cheddar and stir until cheese is melted.
6. Remove from heat, Cover and leave for about 8 minutes, until rice is cooked. Serve and enjoy.



TIP
Try a meat free version of a dish once a week, as it could prevent heart disease and encourage you to eat more nutrients, minerals and fibre in your diet.

V Puy Lentil Salad

Recommended by: Lisa Wood - Accounts Receivable Administrator

A hearty Asian-style veggie main-course salad that is bursting with flavour. The puy lentil salad is lovely on it's own or with some salmon or chicken for a dinner.

Prep time: 10 mins **Cooking time:** 15 mins **Serves:** 4 **Calories:** Approx. 302 (per portion)

Ingredients

- 200g Puy lentils
- 1l hot vegetable stock
- 200g tenderstem broccoli
- 140g frozen soya bean, thawed
- 140g sugarsnap peas
- 1 red chilli, deseeded and sliced

for the dressing

- 2 tbsp sesame oil
- juice 1 lemon
- 1 garlic clove, chopped
- 40ml reduced-salt soy sauce
- 3cm piece fresh root ginger, finely grated
- 1 tbsp clear honey

Method/Steps

1. Boil lentils in stock until just cooked, about 15 mins. Drain, then tip into a large bowl. Bring a saucepan of salted water to the boil, throw in the broccoli for 1 min, add the beans and peas for 1 min more. Drain, then cool under cold water. Pat dry, then add to the bowl with the lentils.
2. Mix together the dressing ingredients with some seasoning. Pour over the lentils and veg, then mix in well with the chopped chilli. Pile onto a serving platter or divide between 4 plates and serve.



TIP
Use fry light/
healthy equivalent
cooking spray but a
small amount of olive oil is
good for you. Make sure you
wash your hands after being
in contact with chillies. If
you don't deseed the
chilli the dish will be
hotter.

M Amatriciana Chicken Tray Bake

Recommended by: Sharon Naylor - Health & Wellbeing Advisor

A treat for the tastebuds and easy to cook, less washing up! I love the easiness of this dish and the family love it.

Prep time: 20 mins **Cooking time:** 60 mins **Serves:** 4 **Calories:** Approx. 472 (per portion)

Ingredients

- 1 long red chilli
- 3 tbsp tomato puree
- 3tsp of olive oil
- 3 large garlic cloves
- 400g tomatoes, cherry or baby plum, whatever you have in
- 8 skinless chicken thighs
- 140g cubed pancetta (or smoked bacon lardons)
- 500g new potatoes
- 4 thyme sprigs
- Green salad and sour dough/wholemeal bread (optional) to serve

Method/Steps

1. Heat the oven to 220C/180C/gas mark 6.
2. Find a large roasting tin that will hold 8 chicken thighs and potatoes in a single layer.
3. Halve the chilli and deseed if you don't like it too hot. Either use a small food processor or chop finely with the garlic and then stir in the olive oil so you have a paste to spread on the chicken.
4. Add the chicken and potatoes to the tin with a good grinding of black pepper, small amount of salt and then mix together well using a wooden spoon or your hands. Add the thyme and roast for 30 minutes.
5. Stir in the pancetta and roast for 15 minutes.
6. Add in tomatoes and roast again for 15 minutes and ensure that chicken is cooked before serving.



TIP
Double up on the ingredients if you are feeding the family. Instead of naan bread, substitute with a, whole-meal chapati or brown rice. Add some salad to pack your plate.

F Spiced Salmon and Tomato Tray Bake

Recommended by: Kelly O'Hara - Business Transformation Manager

A tasty healthy quick meal. So easy to make as well.

Prep time: x5xx mins **Cooking time:** 25 mins **Serves:** 2 **Calories:** Approx. 600 (per portion)

Ingredients

- 1 red onion, sliced
- 200g cherry tomatoes
- 3 tbsp mild or madras curry paste
- 400g can chickpeas, drained and rinsed
- 2 skinless salmon fillets
- 1 large or 2 small naan breads
- 2 tbsp fat-free yogurt
- lemon wedges and a few coriander leaves, to serve (optional)

Method/Steps

1. Heat the oven to 200C/180C fan/gas 6. Toss the onion, tomatoes, 2 tbsp curry paste, the chickpeas and 200ml water together in a deep 20 x 25cm roasting tin. Roast for 15 mins until the onions are tender and the tomatoes are just bursting..
2. Stir everything, then season. Brush the remaining curry paste over the salmon fillets and season. Nestle the salmon into the veg in the tin and roast for another 8-10 mins, or until cooked to your liking.
3. Meanwhile, warm the naan breads – you can do this by putting them directly on the oven rack below the roasting tin. Cut the warmed naan breads into wedges. Swirl the yogurt into the veg in the tin, then serve with the naan wedges for dunking, a few coriander leaves sprinkled over, if you like, and the lemon wedges, if using, for squeezing over.



M Breakfast/Lunch Burrito

Recommended by: Gavin Wood - Netsuite Data Analyst

A healthy breakfast or lunchtime snack.

Prep time: 10 mins **Cooking time:** 20 mins **Serves:** 1-2 **Calories:** Approx. 481 (per portion)

Ingredients

- 2 x Lightly Smoked Turkey Rashers
- 2 x Large eggs
- 35g – Finely diced red onion
- ½ - Diced bell pepper
- 1 tbsp – Salsa dip
- 1 x Light Cheese slice
- 1 x Wholemeal tortilla wrap
- Salt & pepper to taste
- 1 Cal cooking Spray (I use sunflower oil flavour or chilli flavour oil for some heat)

Method/Steps

1. Heat a large frying pan over a medium to High Heat.
2. Add in the Turkey rashers and fry until they start to crisp and go golden.
3. Add in the Onions and Peppers and cook for 2 minutes until they start to soften.
4. Whisk your eggs and add to the pan stirring constantly until they scramble.
5. Once your filling is cooked heat a tortilla wrap, as per packet instructions, place the cheese slice and salsa on the wrap and then the filling.
6. Fold as a Burrito and Serve.



TIP
 Try using a meat alternative. Use fry light spray/or alternative healthy oil for cooking. For information, a small amount of olive oil is considered good for you.

M Beef Sichuan

Recommended by: Kelly O'Hara - Business Transformation Manager

Low in fat and calories, tastes so good and it's a brilliant speedy midweek meal for four.

Prep time: 10 mins **Cooking time:** 10 mins **Serves:** 4 **Calories:** Approx. 328 (per portion)

Ingredients

- 2 tbsp rapeseed oil
- 300g steak, sliced into thin strips
- 1 tbsp cornflour
- 2 mixed peppers, deseeded and finely sliced
- 200g baby corn, halved on an angle
- 2 small red onions, finely sliced
- ½ tsp chilli flakes
- 1 tsp sichuan peppercorns, ground using a pestle and mortar
- 2 tbsp low-salt dark soy sauce
- 1 tbsp chilli oil (optional)
- 300g cooked brown basmati rice

Method/Steps

1. Heat 1 tbsp rapeseed oil in a large wok or frying pan over a medium- high heat. Add the steak strips and cornflour, stir to coat the steak in the flour, and fry for 2-3 mins until the steak is golden. Remove to a plate and set aside until needed.
2. Add the remaining oil, the peppers, baby corn and red onions and fry for 3-4 mins until starting to soften. Sprinkle in the chilli flakes, Sichuan pepper, then add the steak back along with its resting juices. Fry for 1 min until fragrant. Splash in the soy sauce and 50ml water and stir until the sauce coats the beef and veg. Drizzle with chilli oil, if you like, and serve with the rice.



TIP
You can also use
a meat alternative
to make this dish
vegetarian.

M Chicken Red Pesto Salad

Recommended by: John Dillam - Finance

A lovely midweek simple tea.

Prep time: 10 mins **Cooking time:** 25 mins **Serves:** 4 **Calories:** Approx. 350 (per portion)

Ingredients

- Chicken (diced)
- Red Pesto
- Salad of choice
- Orange or Red peppers (optional)

Method/Steps

1. Ensure the chicken or your preferred option is diced into quite small pieces – pan fry until browned and cooked through.
2. Add in an orange or red pepper for extra flavour.
3. Take a nice fresh salad (perhaps a crunchy leaf salad) or make said salad and drop it all into a nice big bowl. Add some croutons for extra crunchiness and add the rest of the pepper from before if not all used.
4. Mix and serve.



TIP
Have sweet potato fries instead of normal potatoes as these have a higher fibre content and are slightly lower on the glycaemic index than white potatoes. For this reason, blood glucose will rise a little more gradually with sweet potatoes than with white potatoes. If you have diabetes, keep in mind the importance of portion size and distribution of carbohydrate-rich foods throughout the day.

F Healthy Fish and Chips with Tartare Sauce

Recommended by: Jack Stevens - External Trader

A tasty lovely healthy quick meal.

Prep time: 5 mins **Cooking time:** 15 mins **Serves:** 2 **Calories:** Approx. 350 (per portion)

Ingredients

- 450g potatoes, peeled and cut into chips
- 1 tbsp of olive oil, plus a little for brushing fish
- 2 white fish fillets about 140g/5oz each
- Grated lemon zest and juice (1 lemon)
- Parsley, fresh or dried
- 1 tbsp capers chopped up
- 2 heaped tbsp of 0% fat Greek plain yoghurt
- Lemon wedge to serve

Method/Steps

1. Heat oven to 200C/fan 180C/gas 6. Toss chips in oil. Spread over a baking sheet in an even layer, bake for 40 mins until browned and crisp. Put the fish in a shallow dish, brush lightly with oil, salt and pepper. Sprinkle with half the lemon juice, bake for 12-15 mins. After 10 mins sprinkle over a little parsley and lemon zest to finish cooking.
2. Meanwhile, mix the capers, yogurt, remaining parsley and lemon juice together, set aside and season if you wish. To serve, divide the chips between plates, lift the fish onto the plates and serve with a spoonful of yogurt mix.



TIP
Salmon is a great source of protein and supports a healthy heart, brain function, can be anti-inflammatory, be protective and healthy ageing.

F Special Salmon Fillets

Recommended by: Phil Evans - Group Finance Director

A tasty quick tasty meal. Full of good stuff.

Prep time: 5 mins **Cooking time:** 15 mins **Serves:** 2 **Calories:** Approx. 380 (per portion)

Ingredients

- 2 x Salmon fillets
- Sesame oil
- Soy sauce
- 1 carrot
- 1/2 a cucumber
- 1/2 an avocado
- 2 spring onions
- 2 x portions sticky rice
- Sriracha chilli mayo
- Sesame seed

Method/Steps

1. Add a drizzle of sesame oil and soy sauce to the salmon fillets and fry skin side down for 15 minutes, turning half way.
2. Use a potato peeler to make ribbons of carrot & cucumber.
3. Slice spring onion & avocado.
4. Microwave the rice and then put into a bowl with the carrot, cucumber and avocado.
5. Drizzle some soy sauce over the rice and place the fried salmon on top.
6. Cover with sriracha mayo.
7. Sprinkle spring onion and sesame seeds on top.



VE

Red Lentil Dhal with Spinach Fritters

Recommended by: Sharon Naylor - Health & Wellbeing Advisor

This lovely dhal could be a meal in itself and works beautifully as a backdrop to the spicy spinach fritters. The lentils are a great, healthy source of protein!

TIP
Use fry light/healthy equivalent cooking spray but a small amount of olive oil is good for you. You can also add chicken/lamb/beef to this dish if you want more protein or just a meat version. It is so good for you and tastes amazing.

Prep time: 15 mins **Cooking time:** 60 mins **Serves:** 4 **Calories:** Approx. 480 (per portion)

Ingredients

for the spinach fritters

- 150 g organic spinach, washed, drained and chopped
- 1 onion finely sliced
- 180 g gram (chickpea) flour
- 30 g rice flour
- 1 green chilli, seeds in, finely chopped
- 1 tsp ground turmeric
- 1 tsp baking powder
- ½ tsp sea salt
- 15 g fresh coriander, chopped

for the red lentil dhal

- 200 g red lentils, rinsed well in a sieve and drained
- 1 x 400 g can chopped tomatoes
- 1 x 400 g can of coconut milk
- 2 onions, chopped
- 2 garlic cloves, chopped
- 1 red chilli, seeds in, chopped
- 2 cm piece ginger, peeled and chopped
- 1 tsp ground turmeric
- 1 tsp garam masala
- 1 tsp sea salt
- 500 ml vegetable stock
- 2 tbsp sunflower oil

Method/Steps

1. Begin by making the dhal. Put the garlic, ginger and chilli into a pestle and mortar or food processor and blend to a paste. Pour the oil into a large pan and place over a high heat. Once the oil is hot, add the chopped onion. Reduce the heat to medium and cook, stirring, for five minutes or until the onion is soft and translucent.
2. Stir in the chilli, garlic and ginger paste along with the salt, turmeric and garam masala, then add the lentils, chopped tomatoes and vegetable stock. Stir and bring to a simmer. Reduce the heat to maintain a gentle simmer. Cook for a further 20 minutes, by which time the dhal will have thickened. Stir in the coconut milk and remove the pan from the heat. Set to one side while you prepare the spinach fritters.
3. For the spinach fritters, place the gram flour, rice flour, baking powder and salt in a large mixing bowl. Add 200 ml fresh cold water and whisk into a smooth batter. Stir in the chopped chilli and turmeric, followed by the spinach, onion and chopped coriander.
4. Gently reheat the dhal, stirring every so often. Pour sunflower oil into a large deep sided pan to a depth of 5cm and place over a high heat. Once the oil is really hot carefully lower tablespoonfuls of the spinach fritter batter into the pan. Cook the fritters in small batches to avoid crowding the pan. Once they are crisp and golden all over, remove the fritters from the hot oil with a slotted spoon. Drain on kitchen paper.
5. To serve, place a generous helping of red lentil dhal onto each plate together with a few spinach fritters.



Desserts



TIP
You can use a sugar free alternative sweetener instead of honey or syrup. There are dairy free versions of Greek yogurt that you can try if you want to make this a vegan recipe.

V Instant Frozen Berry Yoghurt

Recommended by: Kelly O'Hara - Business Transformation Manager

Three ingredients and two minutes is all you need to whip up this low-fat, low-calorie yogurt, which is ideal for eating after exercise. It's so easy to make.

Prep time: 2 mins **Cooking time:** 0 mins **Serves:** 4 **Calories:** Approx. 100 (per portion)

Ingredients

- 250g frozen mixed berries
- 250g 0%-fat Greek yogurt
- 1 tbsp honey or syrup

Method/Steps

1. Blend berries, yogurt and honey or syrup with a hand blender or in a food processor for 20 seconds, until it comes together to a smooth ice-cream texture.
2. Scoop into bowls and serve.



TIP
You can use a sugar free alternative. If you want to have a vegetarian, vegan options, check that your jelly contains no meat products.

V Easy Fresh Strawberry Mousse

Recommended by: Nicki Williams - Maen Karne

You can easily vary the dessert with raspberry jelly, raspberry yoghurt and fresh raspberries, etc.

Prep time: 10 mins **Set time:** 5 hrs **Serves:** 4 **Calories:** Approx. 85 (per portion)

Ingredients

- 1 sachet of Strawberry Sugar Free Jelly
- 70 ml of boiling water
- 1 pot of Strawberry Mullerlight
- 200 ml of Fat free Greek Yoghurt
- Fresh strawberries and sweetener to garnish

Method/Steps

1. Dissolve the jelly in the boiling water.
2. Once cooled add the mullerlight and fat free Greek yoghurt and whisk (the more air added, the lighter the mousse will be).
3. Line dishes with fresh strawberries slices.
4. Pour mixture into ramekins or one large bowl if you wish.
5. Leave to set in fridge. Once set sprinkle with sweetener and fresh strawberries.
6. Serve and enjoy.



TIP
You can buy frozen melon but you will have to blend and refreeze. You can use a honey dew melon as an alternative.

VE Watermelon Lollies

Recommended by: Claire Rowntree - HR & Recruitment Advisor

Cool down on hot summer days with these refreshing watermelon and kiwi lollies. Great for the family to enjoy, they're low-calorie and full of vitamin C.

Prep time: 15 mins **Freeze time:** 4 hrs **Serves:** 6 **Calories:** Approx. 40 (per portion)

Ingredients

- 1 small watermelon
- 3 kiwis
- Lolly sticks

Method/Steps

1. Halve 1 small watermelon and scoop the flesh out of one half into a bowl (you need about 375-400g). Pick out any black seeds.
2. Purée the flesh using a hand blender or in a liquidiser. Fill ice lolly moulds three-quarters full with the purée, push the sticks in if you are using them, and freeze for at least 3 hrs, or overnight. Tip any remaining purée into an ice cube tray and freeze it.
3. Peel 3 kiwis and cut the green flesh away from the white core, discarding the core. Purée the flesh. Add a layer of about 4-5mm to the top of each lolly and refreeze for 1 hr. You may want to add some green food colouring (optional) to the rest of the purée to darken it to the same colour as the watermelon rind. Pour a very thin layer onto the top of each lolly and freeze until you want to eat them.



TIP
Great dessert and tastes amazing. You can lose the almonds and use chopped banana on the top of the ice cream, if this isn't to your taste.

V Healthy Banana and Peanut Butter Ice Cream

Recommended by: Dean Brown - Driver Recruitment Co-ordinator

Use up ripe bananas in this easy frozen dessert with almond milk, peanut butter and cinnamon - a low-fat sweet treat.

Prep time: 10 mins **Freeze time:** 60 mins **Serves:** 4 **Calories:** Approx. 169 (per portion)

Ingredients

- 4 ripe bananas, chopped into 3cm chunks, then frozen
- 2 tbsp almond milk
- 1 tbsp organic peanut butter
- 1 tsp ground cinnamon
- 1 tbsp dark chocolate, grated
- 1 tbsp flaked almonds

Method/Steps

1. Tip the frozen bananas and almond milk into a blender. Blend together to create a smooth consistency. Add the peanut butter and cinnamon, and blend again. Taste and add more cinnamon, if you like.
2. Transfer to a freezer-proof container and freeze for 1 hr.
3. Take out of the freezer and serve with grated chocolate and flaked almonds sprinkled over.



TIP
Prep these early or the night before to eliminate sugar cravings in a healthier way, rather than reaching for a chocolate bar.

V Chocolate and Berry Mousse Pots

Recommended by: Claire Rowntree - HR & Recruitment Advisor

Dessert doesn't have to be devilish as this good-for-you pudding proves.

Prep time: 15 mins **Cooking time:** 5 mins **Serves:** 4 **Calories:** Approx. 159 (per portion)

Ingredients

- 75g dark chocolate 70% grated
- 4 tbsp low-fat yogurt
- 2 large egg whites
- 2 tsp caster sugar
- 350g berries (try blueberries, raspberries, cherries or a mix)

Method/Steps

1. Melt the chocolate in a heatproof bowl over a pan of simmering water, making sure the bowl doesn't directly touch the water. Once melted, allow it to cool for 5-10 mins, then stir in the yogurt.
2. Whisk the egg whites until stiff, then whisk in the sugar and beat until stiff again. Fold the whites into the chocolate mix – loosen the mixture first with a spoonful of egg white, then carefully fold in the rest, keeping as much air as possible.
3. Put berries into small glasses or ramekins, then divide mousse on top. Chill in the fridge until set.



TIP
You can use low sugar substitutes for this and whole-meal bread for toppings.

V Juicy Lucy Pudding

Recommended by: Kelly O'Hara - Business Transformation Manager

Look no further for a fruity dessert that's both delicious and nourishing.

Prep time: 20 mins **Cooking time:** 45 mins **Serves:** 2 **Calories:** Approx. 276 (per portion)

Ingredients

- 350g packet frozen fruits of the forest, defrosted
- 3 tbsp light muscovado sugar
- 4 tbsp no-added-sugar blueberry jam or whatever jam you prefer, plum or cherry jam works well too
- 6 medium-sized ripe pears, peeled, quartered and cored
- 50g fresh white breadcrumbs
- 25g butter, melted

Method/Steps

1. Preheat the oven to 190C/gas 5/ fan 170C. Mix the fruits of the forest in a large bowl with the sugar and jam, then add the pears and toss to mix. Tip into a deep baking dish measuring about 18x28cm, cover with foil and roast in the oven for 20 minutes. Pierce a pear or two to see if they are really tender; if not, return dish to the oven for another 5 minutes or until they feel soft.
2. Mix breadcrumbs with the butter and scatter over the fruit. Bake uncovered in the oven for 10-15 minutes or until golden and crispy. Serve hot.



TIP

This recipe can be adapted to your own taste. For mine, I used sunflower seeds, chia seeds, walnuts and almonds and served with Alpro strawberry yoghurt, goji berries and raspberries.

VE Perfect Granola

Recommended by: Sarah Partridge - Management Account, Finance

This recipe is super simple, plant based and can be adapted to anyone's taste.

Makes a nice dessert after lunch too.

Prep time: 20 mins **Cooking time:** 4 mins **Serves:** 12 **Calories:** Approx. 347 (per portion)

Ingredients

- 4 cups (370 g) rolled oats
- 2 cups (240 g) mixed nuts or seeds of your choice flaked almonds, coconut chips, pumpkin seeds, pecans...
- ½ cup (110 g) coconut oil
- ½ cup (110 g) maple syrup

Method/Steps

1. Preheat your oven to 160°C / 320°F.
2. First, melt the coconut oil. We usually do this in a heatproof jug in the microwave in 30 second intervals, but you can also melt it gently on low heat in a saucepan.
3. In a large bowl, combine all the ingredients - melted coconut oil, maple syrup, oats and your chosen nuts or seeds - and mix together.
4. Transfer to a large lined baking tray, spread out and press down on the mixture with a spatula.
5. Bake for 30 minutes or until golden brown. Stir once after 15 minutes.
6. Remove from the oven and leave to cool on the baking tray. The granola will still be soft when it comes out of the oven, but crisps up as it cools.
7. Transfer to an airtight container for storage.



TIP
I use Skinny Food Company as it is 0 Calorie. You can add fruit to make your pancakes part of your five a day.

V Protein Pancakes

Recommended by: Gavin Wood - Netsuite Data Analyst

A healthy dessert or breakfast alternative full of protein to keep you fuller for longer.

Prep time: 10 mins

Cooking time: 20 mins

Serves: 1-2

Calories: Approx. 399 (per portion)

Ingredients

- 1 x Large
- 80g Fat Free Greek Yogurt
- 40g Porridge Oats
- 1 tsp Granulated Sweetener
- 1 tbsp Baking Powder
- 1 Cal Cooking Spray
- 30g Whey Protein Powder (optional – Calories will reduce without)
- 20ml Sugar Free Maple/Golden Syrup

Method/Steps

1. Blend oats into a flour like consistency and add to a medium mixing bowl.
2. Add sweetener, baking powder and protein powder (If using) and stir, then add your Greek yogurt and egg. Whisk until Smooth.
3. Heat a non-stick frying pan over a medium heat spray with 1 Cal spray.
4. Add a cup/64g of the mixture to the pan until you see small bubbles forming at the top. Once you see this flip and cook for a further minute
5. Stack pancakes and add toppings to your liking.



Best healthy smoothie blends

Best healthy smoothie blends

These delicious healthy smoothie recipes make it easy to eat healthy with fruit, milk, protein, immune-boosting yogurt, and other nutritious ingredients - and they're great for breakfast or dessert.

Find out how to make your favourite new smoothie recipe now!





TIP
Use skimmed milk, oat, almond milk as an alternative.

V Strawberry (Fruit) Smoothie

Recommended by: John Dillam - Finance

For my healthy recipe I would like to keep it simple and give you my secret recipe for my favourite summer smoothie. Pour into a pint glass, gulp down in one! Yummy.

Prep time: 5 mins **Cooking time:** 0 mins **Serves:** 1 **Calories:** Approx. 150 (per portion)

Ingredients

- Strawberries
- Blackberries
- Banana
- Any other soft fruit as you wish
- About a cup of milk

Method/Steps

1. Basically it is easy: cut the tops off the strawberries, peel the bananas and break into thirds for easy of blending, add them into the blender.
2. Chuck the other soft fruit in, add the milk, hold the blender lid down firmly, blend all together for 60 seconds to be totally sure all the bits are blended.



V Banana Ginger Smoothie

Recommended by: Sharon Naylor - Health & Wellbeing Advisor

Lowers cholesterol levels naturally, soothes digestion, heartburn, nausea, and other stomach troubles with the fresh ginger in this natural remedy smoothie recipe. Tastes amazing!

Prep time: 5 mins **Cooking time:** 0 mins **Serves:** 1 **Calories:** Approx. 157 (per portion)

Ingredients

- 1 banana, sliced
- $\frac{3}{4}$ c (6 oz) plain or vanilla yogurt
- 1 tbsp honey
- $\frac{1}{2}$ tsp freshly grated ginger

Method/Steps

1. Combine the banana, yogurt, honey, and ginger.
2. Blend until smooth.



TIP
Use low fat yoghurt but check for sugar content. Peaches also work well with this smoothie recipe.

V Orange Dream Smoothie

Recommended by: Sharon Naylor - Health & Wellbeing Advisor

The drinkable cure for bloating and a great cool down drink after a hot day.

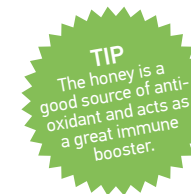
Prep time: 5 mins **Cooking time:** 0 mins **Serves:** 1 **Calories:** Approx. 160 (per portion)

Ingredients

- 1 navel orange, peeled
- ¼ cup fat-free fat-free yogurt
- 2 tbsp frozen orange juice concentrate
- ¼ tsp vanilla extract
- 4 ice cubes

Method/Steps

1. Combine the orange, yogurt, orange juice concentrate, vanilla, and ice cubes.
2. Blend until smooth.



V Immune Buster

Recommended by: Sharon Naylor - Health & Wellbeing Advisor

Stay full and fight disease. This high-fibre smoothie recipe becomes even healthier when you use organic kiwis, which contain higher levels of heart-healthy polyphenols and vitamin C.

Prep time: 5 mins **Cooking time:** 0 mins **Serves:** 1 **Calories:** Approx. 87 (per portion)

Ingredients

- 1 cup of cold apple juice
- 1 ripe banana, sliced
- 1 kiwifruit, sliced
- 5 frozen strawberries
- 1½ tsp honey

Method/Steps

1. Combine the juice, banana, kiwifruit, strawberries, and honey.
2. Blend until smooth.



TIP
The honey is an optional ingredient you can add sugar free syrup or sweetener if you want to.

V Berry Workout Smoothie

Recommended by: Sharon Naylor - Health & Wellbeing Advisor

Get the energy you need to power through your workout in minutes with this easy-to-make smoothie recipe.

Prep time: 5 mins **Cooking time:** 0 mins **Serves:** 1 **Calories:** Approx. 162 (per portion)

Ingredients

- 1 ½ cups chopped strawberries
- Blueberries
- Raspberries
- 2 tbsp honey
- 1 tsp fresh lemon juice
- Ice cubes

Method/Steps

1. Combine the ingredients together and blend.
2. You can add a scoop of kale (fresh or powder) and protein powder to this for an even healthier option. Ideally drink about an hour before your workout. Easy to make and lovely to drink.





Ideas for on the move

- ✓ Wholemeal/sour dough toast with smoked salmon and avocado (can also be a starter for a meal as well)
- ✓ Beans on toast preferably with wholemeal bread
- ✓ Boiled eggs - quick and easy
- ✓ Banana sandwich is yum and fills you up well
- ✓ Wholemeal pasta and tuna
- ✓ Porridge keeps you nice and full
- ✓ Tin of vegetable/tomato soup (Baxter's, Heinz are good for on the go) and contain some of your five a day
- ✓ Poached egg on toast - nice and quick
- ✓ Wholemeal toast with smashed avocado (optional – add chilli flakes, lime juice, paprika, salt and pepper to taste but try not to add too much salt, it's tasty enough)
- ✓ Salmon (poached in the microwave, in a bowl with a saucer over) add pre-made salad and cherry tomatoes



- ✓ Scrambled eggs in the microwave takes minutes - Add milk to eggs, a bit of butter to taste and whisk it up. Then microwave, stopping and stirring as you go.
- ✓ Tuna sandwich ideally on wholemeal bread and add some salad if you have the time.
- ✓ Cous cous with either tuna, salmon, chicken, mackerel, and chopped tomatoes, peppers and onions.
- ✓ Look at wraps with salad and meat
- ✓ Summer smoothie (see John Millam's secret smoothie recipe in the smoothie section)
- ✓ Fruit is always a good go to
- ✓ If you are at the services, look for the protein pots. M&S sell these and you can also buy boiled eggs ready to eat in most service stations now.

*A special thank you to the teams at GRS Building Products and our Drivers for providing some of these ideas.

Swap it out!

Here's some tips on how to keep fuller for longer and save calories for the good stuff.

- ✓ Don't mistake thirst for hunger, drink water with your meals
- ✓ Wholemeal bread instead of white bread will keep you fuller longer
- ✓ Swap a jacket potato for a sweet potato for a healthier tasty option.
- ✓ Swap a Danish pastry for a cereal bar and save 165 kcals while gaining extra vitamins minerals and fibre
- ✓ Swap a 34.5g bag of crisps for a 28g bag of reduced fat crisps to save 55 kcals
- ✓ Swap a small carton of fruit Juice for a glass of water and save 94 kcals
- ✓ Swap a can of fizzy drink for a diet version and save 135 kcals



OUT



IN



Eating healthy on a budget

Eating healthy on a budget

Nutritious food can be expensive, and it can be difficult to eat a balanced diet that includes fruits and vegetables when you're on a tight budget. The good news is, there are many ways you can save money and still eat whole foods.

The following pages offer **18 tips** that can help you eat healthier when you're on a budget.

1. Plan your meals ✓

When it comes to saving money at the grocery store, planning ahead is essential.

- Pick 1 day each week and on that day, plan your meals for the upcoming week. Then, make a shopping list of everything you need to prepare those meals.
- Plan your meals for the week and a list is key. Only buy what you're sure you will use, and check out what you already have in your cupboards first.

2. Stick to your grocery list ✓

Once you've planned your meals and made your grocery list, stick to it. It's very easy to get side-tracked at the grocery store, which can lead to unintended purchases - and unintended expense!

- Download a grocery list app to help you shop. Some of them can even save favourite items or share lists between multiple shoppers. Using an app is also a great way to make sure you don't forget your list at home.
- Stick to your grocery list when you're shopping. Shop the perimeter of the store first, since this is where the whole foods are generally located.

3. Cook at home ✓

Cooking at home can be cheaper than dining out. It is nice to treat ourselves occasionally but generally, you can feed a family of four for the same price as buying food for one at a restaurant.

- When you can - try to make it a habit to cook at home, rather than deciding to eat out at the last minute.
- By cooking for yourself, you also gain the benefit of knowing exactly what ingredients are in your meals.
- Cooking at home can be much less expensive than eating out. Some people like to cook for the entire week on weekends, while others like to cook one meal at a time.

4. Cook large portions and use your leftovers ✓

Using leftovers can save you both time and money.

- Leftovers can be used for lunches or in other recipes. For example, they can be reused in soups, stews, stir-fries, salads and burritos.
- It is great when you are on a budget, as having leftovers can stop you from eating out on days when you don't have time to cook a meal from scratch.
- You can also freeze leftovers in single-portion sizes to enjoy at a later date.

5. Don't shop when you're hungry ✓

If you go to shopping while hungry, you're more likely to stray from your shopping list and buy something on impulse.

- When you're hungry, you may often reach for processed foods that have fewer beneficial nutrients than whole foods. And since these generally aren't on your list, they're not good for your budget, either.
- Shopping while hungry can lead to impulsive buying. If you're hungry, have a snack before you go grocery shopping.

6. Buy whole foods ✓

Some foods are more affordable in a less processed form. For example, a block of cheese is cheaper than grated cheese.

- Whole grains, like brown rice and oats, are also cheaper per serving than most processed cereals.
- Less processed foods are also often sold in larger quantities and give you more servings per package, saving you money overall.
- A whole chicken is sometimes more cost effective than buying breast, fillets, etc.

7. Buy supermarkets own / generic brands ✓

Most stores offer generic brands for nearly any product. All food manufacturers have to follow standards to provide safe food. The generic brands may be the same quality as other national brands, just less expensive.

- That said, read the ingredients list to make sure that you're not getting a product of lower quality than the national brand or one that contains any unexpected added ingredients or allergens.
- Most stores offer generic brands for many products. These are often of the same quality as more expensive national brands.

8. Avoid buying highly processed food ✓

You might be surprised to see how much you're paying for highly processed foods like carbonated pop, soda, crackers, cookies, and pre-packaged meals.

- Despite the fact that they often lack beneficial nutrients and may be high in sodium or added sugar, they're also very expensive.
- By skipping processed foods, you can spend more of your budget on higher quality, nutrient-rich whole foods and feel better.

9. Stock up on reduced and special offers ✓

If you're sure that the item is something you'll definitely use, you may as well buy it now to save a little money later.

- Just make sure that it will last for a while and won't expire in the meantime. You won't save you any money if you buy something you'll just end up throwing out.
- Stock up on staples and favourite products when they're on sale. Just make sure that they won't go bad in the meantime.

10. Buy cheaper cuts of meat ✓

Fresh meat and fish can be quite expensive. However, you can get many cuts of meat that cost way less. Look for chuck steak, pork top sirloin steak, whole chicken, or ground meat or poultry. These are great to use in burritos, casseroles, soups, stews and stir fries.

- It may also be helpful to buy a large and inexpensive cut of meat to use in several different meals during the week.
- Less expensive cuts of meat are great to use in casseroles, soups, stews, and burritos. These types of recipes usually make big meals and lots of leftovers.

11. Replace meat with other proteins ✓

Eating less meat may be a good way to save money.

- These are all very inexpensive, nutritious, and easy to prepare. Most of them also have a long shelf life and are therefore less likely to spoil quickly.
- Try replacing meat 1 or 2 times per week with beans, lentils, eggs or canned fish. These are all cheap and nutritious sources of protein.

12. Shop for produce that's in season ✓

Local produce that's in season is generally cheaper than out-of-season options. It's also usually at its peak in both nutrients and flavour.

- Produce that's not in season has often been transported from far away to get to your store, which isn't good for either the environment or your budget.
- Also, buy produce by the bag if you can. That's usually a lot cheaper than buying by the piece.
- If you buy more than you need, you can freeze the rest or incorporate it into next week's meal plans.
- Produce that is in season is typically cheaper and more nutritious. If you buy too much, freeze the rest or incorporate it into future meal plans.

13. Try buying frozen fruit and vegetables ✓

Fresh fruits, berries, and vegetables are usually in season for only a few months per year, and they're sometimes rather expensive.

- Quick-frozen produce is usually just as nutritious. It's also cheaper, available all year, and usually sold in large bags.
- Frozen produce is great to use when cooking, making smoothies, or as toppings for oatmeal or yogurt.
- You gain the advantage of being able to take out only what you're about to use. The rest will be kept safe from spoiling in the freezer.
- Reducing produce waste is a great way to save money.
- Frozen fruits, berries, and vegetables are usually just as nutritious as their fresh counterparts. They're available all year round and often sold in large bags.

14. Buy in bulk ✓

Buying some foods in bulk quantities can save you a lot of money.

- Grains such as brown rice, millet, lentils, barley, and oats, are all available in bulk. They also keep for a long time if you store them in airtight containers. This is also true for beans, some nuts, and dried fruit.

- These are all staple foods that are relatively inexpensive and can be used in a variety of nutritious meals.
- Many foods are available in bulk for a way lower price. They keep for a long time in airtight containers and can be used in a variety of nutritious, inexpensive dishes.

15. Grow your own produce ✓

If you can, it's a great idea to grow your own produce.

- Seeds are very cheap to buy. With some time and effort, you may be able to grow your own herbs, sprouts, tomatoes, onions, and many more delicious crops.
- Having a continuous supply at home saves you money at the store.
- Home-grown produce may also taste a lot better than the store-bought varieties. You can also guarantee that it is picked at peak ripeness.

16. Pack your lunch ✓

- Eating out is very expensive, especially if done regularly. Packing your lunch, snacks, drinks, and other meals is less expensive than dining out.
- Plus, you'll have complete control over the foods you eat and can choose options with lots of beneficial nutrients.

- If you have adapted to cooking large meals at home (see tip 4), you'll always have a steady lunch to bring with you, without any additional effort or cost. This does require some planning, but it should save you a lot of money in the long term.
- Packing your own lunch reduces the expense of eating out. This can save you a lot of money in the long run.

17. Appreciate less expensive foods ✓

A lot of foods are both inexpensive and nutritious. By making some adjustments and using ingredients that you may not be used to, you can prepare many delicious and inexpensive meals.

- Try increasing your use of eggs, beans, seeds, frozen fruits and vegetables, cheaper cuts of meat, and whole grains. These all taste great, are cheap (especially in bulk), and are very nutritious.
- Incorporating more inexpensive yet nutrient-rich foods into your daily routine will help you save money and eat well.
- Mixing up these foods works well, for example omelettes, beans on toast and soups are so tasty and nutritious.

18. Use vouchers, explore the apps, coupons and buy from cheap online retailers - Keep looking and share deals ✓

There are online retailers/apps that offer nutritious foods for big discounts.

- By registering, you get access to daily discounts and deals. What's more, some of the products are then delivered straight to your door.
- There are online retailers that focus exclusively on nutritious and unprocessed foods. Buying as much as you can from these types of retailers can save you money.
- Online retailers sometimes offer healthy foods for up to 50% cheaper than the supermarket and deliver them all the way to your doorstep.
- Apps can deliver great savings and sometimes massive discounts on food. Share what you hear, find with your colleagues. It's good to be in the know.



Eating healthy on a budget - Summary

You don't have to break the bank to eat well. In fact, there are many ways to eat nutrient-rich foods even on a very tight budget. These include planning your meals, cooking at home and making smart choices when you are food shopping.



Also keep in mind that highly processed foods can cost you twice as much. This is because of the tax on these foods and eating lots of foods high in sodium or sugar could lead to various health conditions.



Even if eating nutrient-rich foods was more expensive (though it doesn't have to be), it would still be worth it down the line. You really can't put a price on your health!



Useful Resources



BBC Good Food - Budget supermarket swap recipes

www.bbcgoodfood.com/howto/guide/budget-homemade-recipes

FamilyApp - Discover Great Ideas And Activities

www.FamilyApp.Com - This is a free app. Shares budgeting and favourite meal recipes.

OLIO - The #1 Free Sharing App

www.olioex.com / [App Stores](#) - OLIO connects neighbours with each other and with local businesses, so surplus food can be shared, not thrown away. This could be food nearing its sell-by date in local stores, spare home-grown vegetables, bread from your baker, or the groceries in your fridge when you go away.

Too Good to Go App

[App Stores](#) - Too Good To Go is an app that connects users to stores and restaurants with unsold surplus food and offers it at a discounted price. You can select magic bags from Morrisons, Co-op supermarkets which normally consist of fruit and veg.

MyFitnessPal App

www.MyFitnessPal.com / [App Stores](#) - This is a free app. Track calories, break down ingredients, and log activities with MyFitnessPal.

Supercook

www.supercook.com - a recipe search engine that lets you search by ingredients you have at home.

BBC Food - Healthy diet plans recipes

www.bbc.co.uk/food/occasions/healthy_diet_plans - A great website for lighter food options, some really good recipes within this site.

How to Make a Shopping List (with Pictures)

www.wikihow.com/Make-a-Shopping-List

It's always good to have a list and here's some useful tips on how to write your shopping list. A phone app is always good too.



References

This booklet has been produced using information from our Employees, NHS Trust, BBC Good Food Guide, British Heart Foundation & Healthline.com.