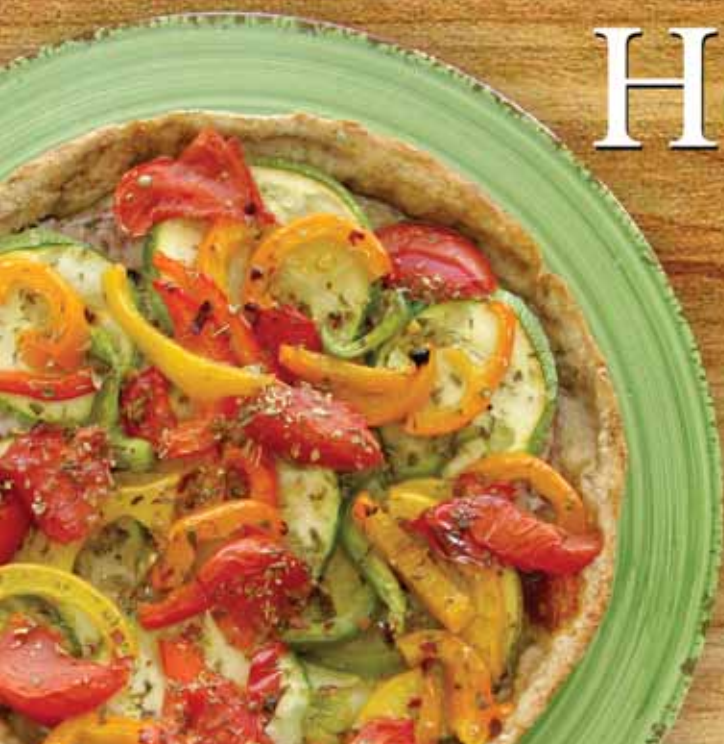


Tasty
Food for
Better
Health



Fusilli with aubergines and coloured peppers

Ingredients

- 400g wholemeal fusilli
- 1 medium onion, finely chopped
- 120g aubergines, chopped
- 100g each green, yellow and red peppers chopped
- 3 medium tomatoes, chopped
- 50g olives
- 100g pine nuts
- 2 garlic cloves, finely chopped
- Pinch of curry powder
- Pinch of mixed spice powder
- Pinch of smoked paprika powder
- Pinch of black pepper

Serves 6



Method



1. In a non-stick pan, stir-fry the onions, garlic and the curry. Add some water, the aubergine cubes, mixed spice and smoked paprika. Cover and continue to simmer.
2. Halfway through the cooking time, add the peppers. At the end, add the tomatoes and the olives.
3. In another small non-stick pan, toast the pine nuts, stirring them frequently.
4. Cook the pasta and add to to the sauce and garnish with toasted pine nuts.



Pizza

Ingredients - dough

🍴 175g white flour

🍴 10g sesame seeds

🍴 1 small packet of yeast

🍴 175g wholemeal flour

🍴 2g oregano

Ingredients - filling

🍴 2 medium-sized courgettes, sliced

🍴 400g fresh tuna or frozen salmon

🍴 ¼ of green, yellow, orange pepper

🍴 Pinch of chili

🍴 2 tomatoes, chopped

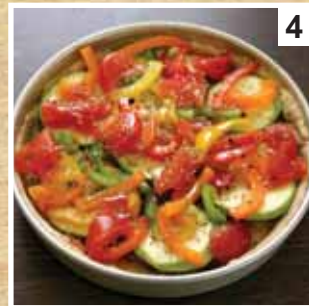
🍴 Olive oil to drizzle

🍴 1 onion finely chopped

Serves 6



Method



1. Toast the sesame seeds in a non-stick pan, stirring frequently until golden.
2. Sieve the white flour, add the wholemeal flour, yeast, oregano and the toasted sesame seeds. Using your fingers, gradually draw the flour into the lukewarm water. Knead the dough on a floured surface until firm and smooth. Cover and let stand for half an hour.
3. Slice all vegetables and the fresh tuna in strips of about 1cm.
4. Roll out the dough and place on a pizza tin. Place strips of fresh tuna on the dough, add the chili. Cover the tuna with slices of courgettes and the remaining vegetables.
5. Drizzle with olive oil and oregano.
6. Bake in a preheated oven at Gas mark 4 for 30 mins or until golden.



Roasted vegetables and potato salad

Ingredients

- 2 medium potatoes, with skin
- 1 onion, thinly sliced
- 2 garlic cloves finely chopped
- 300g cauliflower florets
- 300g broccoli florets
- 200g carrots, thickly sliced
- 2 tomatoes, chopped
- 80g sweet corn
- Fresh chives, chopped
- Pinch of curry powder
- 1 tbsp dried *Herbs de Provence*
- 1 tbsp fennel seeds
- 2 tbsp olive oil

Serves 6



Method



1. Scrub the potatoes well. Leave with skin on and cut into cubes. Place potatoes, fennel seeds and curry in a pot filled with water. Cook until tender.
2. Cut the vegetables. Cook the cauliflower and broccoli in a pot filled with some water and a pinch of *Herb de Provence*. Halfway through the cooking, add the diced carrots and simmer until just tender.
3. In a non-stick pan, stir-fry the onion and garlic with some curry, stirring occasionally.
4. Place the cooked vegetables, potatoes, onions, garlic, sweet corn and chopped chives onto a baking tray. Cover with foil and bake for about 30 minutes in a preheated oven at Gas mark 4.



Baked fish

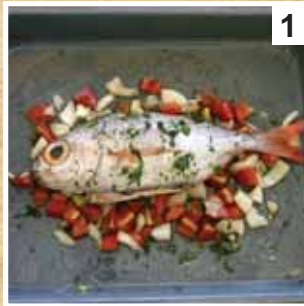
Ingredients

- 🍴 Red sea bream
- 🍴 1 onion, peeled and sliced
- 🍴 2 medium-sized tomatoes, chopped
- 🍴 2-3 garlic cloves, very finely chopped
- 🍴 2 tbsp fresh lemon juice
- 🍴 1 tbsp chopped fresh or dried basil, mint and marjoram
- 🍴 A tsp (5mls) olive oil

Serves 2



Method



1. Mix the onion, tomatoes, olive oil and garlic. Place the fish in a shallow tray and add some of the mixture and fresh herbs over the fish.
2. Cover the baking tray with foil. Bake in a preheated oven at gas mark 4, for 15 minutes.
3. After 15 minutes add lemon juice over the fish. Cover again with foil and continue baking for a further 5-10 minutes or until the fish is cooked.



Vegetable soup

Ingredients

- 200g pumpkin, flesh (after peeling and discarding the seeds)
- 200g cauliflower, chopped
- 100g garden peas
- 100g courgettes, chopped
- 100g white cannellini beans
- 3 medium tomatoes, chopped
- 1 onion, chopped
- ½ kohlrabi, chopped
- 1 potato, chopped
- 2 fresh cheeselets, diced
- 1 peppered cheeselet, diced
- Some fresh fennel bulb, chopped
- 100g wholemeal small pasta

Serves 6



Method



1. Fill pot with enough water to cover the vegetables, except the tomatoes and peas. Cover and cook over low heat until the vegetables are tender, stirring frequently.
2. Add the small pasta, tomatoes and peas cover and continue to simmer.
3. When the pasta is cooked, stir in the fresh and peppered cheeselets.
4. Cook for a few more minutes and serve warm.



Cold pasta salad

Ingredients

- 🍴 6 medium tomatoes, chopped
- 🍴 Garlic bulb, finely chopped
- 🍴 A cup of fresh basil, diced
- 🍴 Olive oil
- 🍴 Black pepper (to season)
- 🍴 1 medium onion, finely chopped
- 🍴 70g black olives, diced
- 🍴 120g garden peas
- 🍴 100g mushrooms, diced
- 🍴 1 fresh cheeselet, diced
- 🍴 1 peppered cheeselet, diced
- 🍴 400g wholemeal farfalle

Serves 6



Method



1. Mix together the chopped tomatoes, garlic, basil, olive oil and black pepper (season to taste) and place in a covered glass container. Refrigerate for a few hours.
2. In a non-stick pan, stir-fry the onion, mushrooms. Once cooked add the peas and olives. Let this mixture cool and add the diced cheeselets.
3. Add both mixtures together.
4. Cook drain and add the cooled pasta to the cold vegetable mixture and mix. Refrigerate until required.
5. Serve the pasta cold.



Strawberry and grape delight

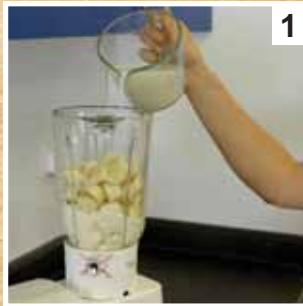
Ingredients

- 🍴 300g fresh ricotta
- 🍴 1 ripe banana, chopped
- 🍴 150ml skimmed milk
- 🍴 50g roasted almonds
- 🍴 50g walnuts
- 🍴 100g fresh strawberries
- 🍴 100g fresh grapes deseeded

Serves 6



Method



1. In a liquidiser, blend the ricotta, banana and slowly add skimmed milk. Continue to blend until it has a creamy consistency. Place in a bowl.
2. Chop the strawberries and grapes . Roughly chop the walnuts and almonds. Keep enough strawberries, grapes, walnuts and almonds for decoration.
3. Gently fold the strawberries, grapes and nuts into the creamy mixture. Place the mixture in the freezer for a short while.
4. Place a few strawberries and grapes at the bottom of each dessert glass. Add cold creamy mixture and decorate with fruit, almonds and walnuts.



Carrot muffins

Ingredients

- 70g wholemeal flour
- 70g white flour
- 100g porridge oats
- ½ tsp bicarbonate of soda
- 2 tsp baking powder
- 100g dried apricots, diced
- 100g grated carrots
- Zest of 2 oranges
- Juice of 1 fresh orange
- ½ tsp ground cinnamon powder
- 85g dried dates, diced
- 1 egg
- 50g walnuts, diced
- Apple – cooked without water and mashed
- 1 tbsp poppy seeds
- 200ml skimmed milk
- 1 tbsp lemon juice
- 3 tbsp margarine, melted

Make 12 muffins



Method



1. Sieve the white flour, and mix with wholemeal flour, baking powder, oats, bicarbonate of soda, walnuts and poppy seeds.
2. In a small saucepan, melt the margarine, add the grated carrots, orange juice and zest, lemon juice, dates, apricots, apple sauce and ground cinnamon. Cook for a while. Add to flour mix.
3. In a small bowl, beat the egg and add the milk. Add to flour mix and mix well.
4. Carefully spoon the mixture into prepared muffin cups, filling them two-thirds full. Place some chopped walnuts on top.
5. Bake in a preheated oven, gas mark 4, for 30 to 40 minutes until golden and springy to touch.



Meatballs with mozzarella filling

Ingredients

- 🍴 400g lean minced beef
- 🍴 2 medium onions, chopped
- 🍴 4 medium tomatoes, chopped
- 🍴 ¼ fennel stalk, chopped
- 🍴 3 garlic cloves, finely chopped
- 🍴 2 eggs, beaten
- 🍴 150g fresh individual small mozzarella
- 🍴 2 tbsp semolina
- 🍴 Pinch of curry powder
- 🍴 Pinch of mixed spice powder
- 🍴 Pinch of smoked paprika powder

Serves 6



Method

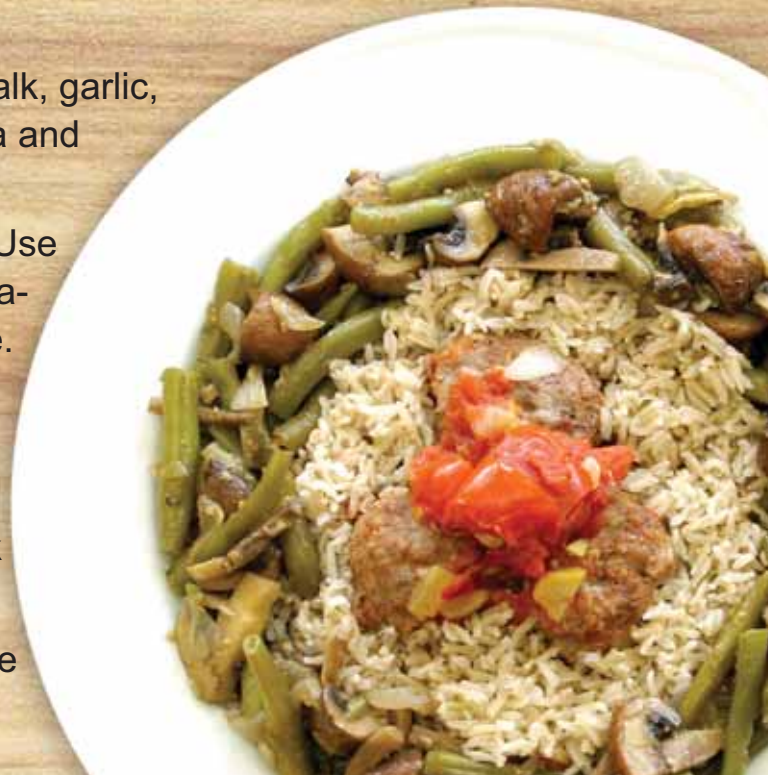


Tomato sauce:

1. In a non-stick pan, stir-fry the onion, garlic and curry. After sometime add the chopped tomatoes. Cover and simmer.

Meat balls:

2. Combine the onions, fennel stalk, garlic, minced meat, spices, semolina and eggs. Mix thoroughly.
3. Slice each mozzarella in half. Use your hands to coat each mozzarella half with the meat mixture.
4. Place the meatballs in a tray and add the tomato sauce. Cover the tray with foil, place in a preheated oven, Gas mark 4 and bake for 30 minutes.
5. Can be served with basmati rice and vegetables.



Rice with spinach and cherry tomatoes

Ingredients

- 🍴 400g wholegrain rice
- 🍴 3 medium courgettes
- 🍴 2 onions, chopped
- 🍴 3 garlic cloves, finely chopped
- 🍴 300g cooked spinach
- 🍴 200g cherry tomatoes, cut in halves
- 🍴 2 fresh cheeselets, diced
- 🍴 1 pepper cheeselet, diced
- 🍴 Fresh basil
- 🍴 Pinch of curry powder
- 🍴 Pinch of mixed spice powder
- 🍴 Pinch of smoked paprika powder

Serves 6



Method



1. In a non-stick pan, stir-fry the onions and garlic together with curry for a few minutes.
2. Dice the courgettes length-wise and cook together with the onion and garlic. Add some water, mixed spice and smoked paprika. Cover pan and simmer.
3. Once cooked, add the halved cherry tomatoes, spinach and cheeselets. Cover and continue to simmer.
4. Cook the wholegrain rice in a separate pot. Once cooked, drain, add to vegetable pan and mix. Garnish with chopped fresh basil.



Chicken with vegetables and cashew nuts

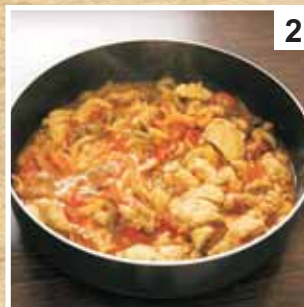
Ingredients

- 🍴 Chicken breast fillet, skinned and cut into small pieces
- 🍴 ½ of each green, yellow and red pepper, deseeded and cut lengthwise
- 🍴 2 medium tomatoes, chopped
- 🍴 4 medium mushrooms chopped
- 🍴 1 medium onion, chopped
- 🍴 Fresh fennel stalk, chopped
- 🍴 3 garlic cloves, finely chopped
- 🍴 90g cashew nuts
- 🍴 Pinch of curry powder
- 🍴 Pinch of mixed spice powder
- 🍴 Pinch of smoked paprika powder
- 🍴 Black pepper to season
- 🍴 Wholegrain bun

Serves 6



Method



1. Stir-fry the onion, garlic, fennel and curry. Fry the peppers, mixed spice, smoked paprika, pepper and some water. Cover and continue to simmer.
2. Add the chicken, mushrooms and tomatoes. Cover the pan and simmer until the chicken is cooked thoroughly. Finally stir in the cashew nuts.
3. Serve with a wholemeal bread roll.
4. Wash the kale leaves and dry them. Place them on a baking tray and drizzle with olive oil and black pepper. Bake in a preheated oven (180°C), for about 5-10 minutes or until the edges are brown.



Fish soup

Ingredients

- 🍴 500g courgettes, chopped
- 🍴 100g sweet corn
- 🍴 2 potatoes with skin on, diced
- 🍴 Fresh English Hake or other fresh fish
- 🍴 150g cabbage, chopped
- 🍴 3 large tomatoes, chopped
- 🍴 100g carrots, sliced
- 🍴 200g red kidney beans
- 🍴 100g lentils
- 🍴 300g pumpkin, diced
- 🍴 1 medium onion, chopped
- 🍴 Fresh lemon balm
- 🍴 Fresh basil
- 🍴 1 pepper cheeselet, chopped

Seves 6



Method



1. In a large pot with some water, place the English Hake, fresh basil, lemon balm, chopped onions and chopped tomatoes. Cook until the fish flakes.
2. Strain the stock into another pot. Add the vegetables to the fish stock. Cover and simmer, stirring occasionally.
3. Remove any bones from the cod and flake into pieces. Halfway through cooking, add the lentils and red kidney beans.
4. Towards the end, add the tomatoes, cheeselet, sweet corn and the flaked English hake. Simmer for a few more minutes and serve warm.



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