



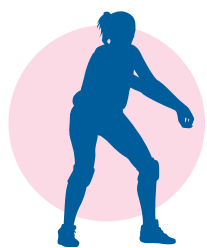
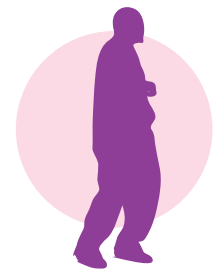
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Quick Recipe Ideas

By cooking your own meals:

- save money
- have control over what goes into your food
- improve your skills in the kitchen!



All recipes
under £1
per portion

Spaghetti Bolognese

(Serves 4)

Cooking time: 40 minutes

Sauce can be frozen and used later



Ingredients

1 onion, chopped
1 garlic clove, crushed
1 tablespoon olive (or corn or sunflower) oil
250g lean minced beef (or use less beef and add some pre-boiled lentils)
6-8 mushrooms, sliced
1 red or green pepper, deseeded and sliced
400g can chopped tomatoes
1 tablespoon tomato puree (optional)
pinch of mixed herbs (optional)
200g spaghetti (or other dried pasta)

Each portion provides

280 kcal/1180 kJ
10g fat

Method

1. Gently fry the onion and garlic in oil on a low heat for 5 minutes.
2. Add minced beef and cook until it turns brown.
3. Add sliced mushrooms and pepper and cook for 5 minutes.
4. Stir in canned tomatoes, puree, herbs and lentils if using. Cook on low heat for 20 minutes.
5. Boil water in a large saucepan. When the water is boiling add spaghetti and cook for 10 minutes or until tender.
6. Drain spaghetti using a colander or a sieve.
7. To serve, place spaghetti on a plate and cover with sauce.

HOT HEALTH TIP: Try using wholewheat spaghetti for a fibre top up and an extra nutty taste.

Per portion - counts as 2.5 portions of vegetables towards your 5 a day. Add corn on the cob for an extra portion.

Sweet Potato & Spinach Curry

(Serves 4)

Cooking time: 25 minutes

Curry can be frozen before you add the spinach



Ingredients

500g of sweet or regular potatoes
2 tablespoons olive (or corn or sunflower) oil
2 garlic cloves, crushed
1 onion, finely chopped
1 teaspoon turmeric
1 teaspoon fish or soy sauce (optional)
1 red chilli, deseeded and finely chopped
400ml coconut milk
(choose light variety if possible)
250g fresh spinach, washed (or use frozen)

Each portion provides

250 kcal/1050 kJ
17.5g fat

Method

1. Peel the sweet potato and cut into chunks. Boil in a pan of water for 10 minutes until tender. Drain and put to one side.
2. In a large saucepan, heat 2 tablespoons of oil. Add the garlic, onion and turmeric and gently fry for 3 minutes.
3. Add the fish or soy sauce and chilli and fry for a further 2 minutes.
4. Add the coconut milk and simmer for 5 minutes until slightly thickened.
5. Stir in the sweet potatoes and simmer for a further 5 minutes.
6. Add the spinach to the pan and stir in. Allow to wilt for 2 minutes before serving.

(Serve with boiled rice and warmed chapatti)

HOT HEALTH TIP: Try adding a can of chickpeas to boost your protein and fibre intake and for a more satisfying meal.

Per portion - counts as 1.5 portions of vegetables towards your 5 a day.



Fishy Risotto

(Serves 2)

Cooking time: 20 minutes



Ingredients

1 onion, chopped
1 red pepper, deseeded and sliced
1 tablespoon olive (or corn or sunflower) oil
150g basmati or quick-cook brown rice
400ml vegetable stock (make up using a vegetable stock cube and water)
1 x 185g can of tuna or salmon, drained
1 x 200g can of sweetcorn or garden peas, drained

Each portion provides

440 kcal/1850 kJ
12g fat

Method

1. Gently fry the onion and pepper in the oil for 5 minutes.
2. Add the rice and stir, then add the vegetable stock. Bring to the boil and simmer for 10-15 minutes until all the water has been absorbed. (Note: you may need to add a little extra boiling water if the rice is not cooked).
3. Stir in the tuna or salmon and the sweetcorn or garden peas. Heat through and serve.

HOT HEALTH TIP: Add extra calcium by mashing up the soft bones in the canned salmon.

Per portion - counts as 3 portions of vegetables towards your 5 a day.



One-Pot Chicken Stew

(Serves 2)

Cooking time: 40 minutes

Can be frozen

Ingredients

2 fresh skinless chicken breasts, cut into pieces
1-2 tablespoon olive (or corn or sunflower) oil
1 onion, finely chopped
2 potatoes, peeled and cut into chunks
2 carrots, peeled and chopped into chunks
1 chicken stock cube
1 teaspoon dried mixed herbs (optional)

Each portion provides

350 kcal/1470 kJ
17g fat

Method

1. Fry the chicken pieces in 1-2 tablespoons of oil over a medium heat for 5 minutes.
2. Add the onion and cook for a further 3-5 minutes.
3. Add a teaspoon of mixed herbs and stir.
4. Add the potatoes and carrots and cook for a further 5 minutes.
5. Add enough water to the pan to cover all the ingredients by 2 inches and bring to the boil.
6. Turn down the heat (to simmer) and add the stock cube.
7. Simmer for 25 - 30 minutes.
8. Add pepper to taste.



HOT TIP: Why not add some pearl barley (add a handful after all of the other ingredients and before simmering) for a more hearty stew?

Per portion - counts as 2 portions of vegetables towards your 5 a day.

If you are just cooking for yourself, you can scale down the ingredients (e.g. for 2 portions, just half the quantity) or just make more than you need and freeze it for a home-made ready-meal.

If you are vegetarian, you can supplement any of the meat in the recipes for either soya substitutes or Quorn™. Even if you're not vegetarian, you could add in some lentils or beans for a nutrient boost (check soaking/cooking instructions if using dried beans).

Add extra flavour with herbs and spices but avoid salt as most people get enough from their food without adding extra. If you are watching your weight, increase the proportion of your plate covered by vegetables and limit oil used in cooking.



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This leaflet is written and published by the British Dietetic Association (BDA) as part of the Weight Wise: The Next Generation campaign.

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