

Momenta DRP Recipe book 1



Momenta
MOMENTA Diabetes Remission

DISCLAIMER

These recipes are suggestions – you are not obliged to use them. The generalised dietary advice and suggestions provided as part of a group programme do not replace individualised dietary advice from a healthcare professional who is familiar with your history and circumstances.

If you have a food allergy or intolerance, or a medical condition which has specific dietary requirements, you should check the labels of individual products for suitability before following any of the recipes.

Seek advice from your healthcare team if you are unsure.



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USE ONE OF THE NEW 300 CALORIE RECIPES





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* These recipes can be pre-made and are used as ingredients in other recipes

USING THIS RECIPE BOOK

DIFFICULTY LEVEL

We have included an indication of complexity in these recipes, using the following categories and the corresponding number of chefs' hats:

-  SUPER SIMPLE
-  NICE AND EASY
-  A BIT MORE EFFORT
-  LOVE TO COOK

These are only indicative – and their relevance will vary for each of you. Some of you might have never cooked from fresh before, others will be budding masterchefs!

After a handful of introductory pages, including some straightforward and time-saving ways to cook vegetables, we have divided the recipes into sections by type (eg General, Soup, Salad) and then ordered by complexity within these.

APPROACH

To make it as easy to use as possible we always use one page per recipe. At the top of the left hand side we list the prep and cooking time, calories / portion, number of portions, food group(s) and difficulty level, followed by the 'Ingredients' in the order you'll use them. On the right hand side we list the steps involved under 'Method' and any serving or other tips.

You can browse it online or download the pdf and/or print the whole book or individual pages. If you use it electronically you can click on the recipe in the table of contents and jump directly to it – and go back by clicking on the link at the bottom of each page – or you can just browse as normal.

Please let us know your thoughts – and by all means send us any of your recipes or tips that you suggest we use in future versions (you need to be sure they are free of any copyright). Just email Ci@discovermomenta.com



CONTEXT

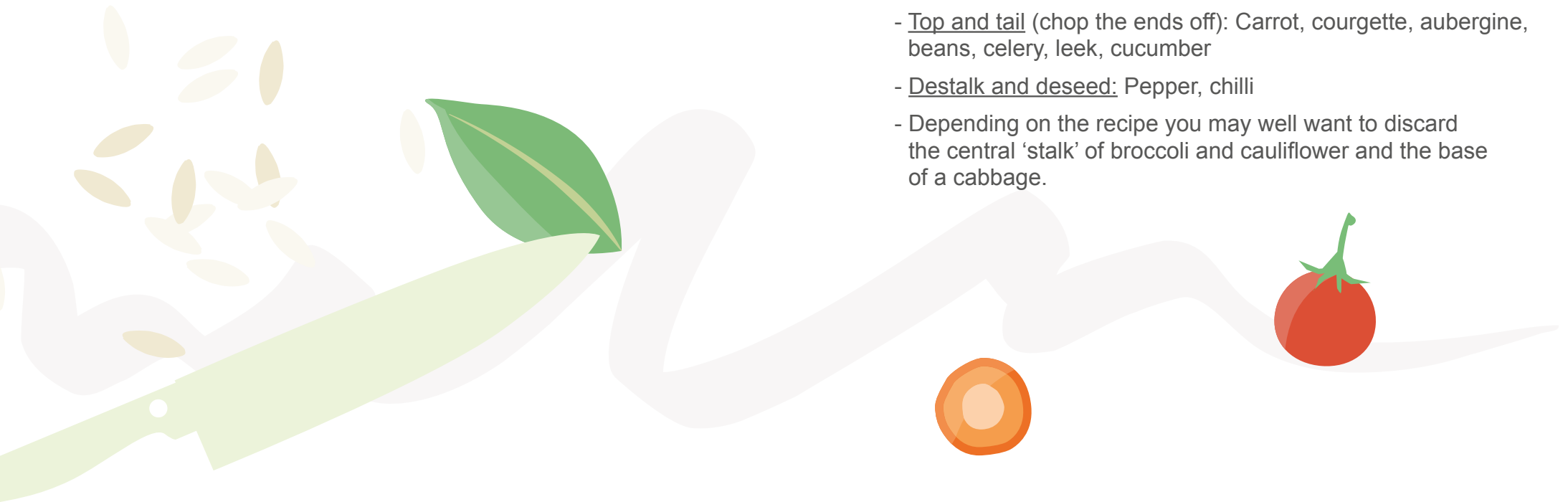
This is a collection of recipes, not a book about learning to cook. As such:

- We assume you know the basics of food safety and storage – if in doubt look it up online
- If you have allergies or intolerances please take particular care to read both the main ingredients of the recipe and also the ingredients of any manufactured or packaged element that you buy eg reduced salt soy sauce
- We have included a small section on generic vegetable prep below rather than repeating it in every recipe.

VEGETABLE PREP

We do not describe the basics of preparing different vegetables in each recipe, like washing, peeling etc. unless the recipe needs a non-standard approach. We just list the ingredients and how to prepare it eg 'finely sliced' or 'roughly chopped'. We've listed some general guidelines and examples below:

- Wash all vegetables that you do not peel, unless they come in a packet that clearly states they are washed and ready to eat, like many salad leaves
- Peel: Onion, garlic, celeriac, karela and other gourds, ginger, squashes (optional), potatoes and other root vegetables eg turnips, beetroot (optional). Remove the outer 'layer' of spring onion, cabbage, leek, brussel sprout
- Top and tail (chop the ends off): Carrot, courgette, aubergine, beans, celery, leek, cucumber
- Destalk and deseed: Pepper, chilli
- Depending on the recipe you may well want to discard the central 'stalk' of broccoli and cauliflower and the base of a cabbage.



COOKING VEGETABLES: SUPER SIMPLE

If cooking's not your thing or you're short on time, here's how to get your veg from storage to plate with minimum effort and no waste.

STEAMING FROM FROZEN

Vegetable steam bags are designed so that you can take them straight from the freezer, then simply microwave and serve. It doesn't get easier than this, but you pay more for the convenience. Fridge to plate in less than 5 minutes.

You'll find them in a number of supermarkets but serving sizes and cooking times vary, so always check the packet and follow the instructions.

Here are some examples

MORRISON'S:
BIRDSEYE CLASSIC
GARDEN MIX (X4) OR

PREP: 0 MINS
COOKING: 4 MINS
CAL/PORTION: 61 (135g)

MORRISON'S:
BIRDSEYE FAMILY
FAVOURITES (X4)

PREP: 0 MINS
COOKING: 4 MINS
CAL/PORTION: 64 (135g)

TESCO: CARROT,
BROCCOLI &
SWEETCORN (X4) OR

PREP: 0 MINS
COOKING: 3.5 MINS
CAL/PORTION: 60 (160g)

COST: Around £3.25 per kg.
45-50p per portion.

TESCO: MIXED
GREENS AND
CORN (X4)

PREP: 0 MINS
COOKING: 3.5 MINS
CAL/PORTION: 90 (160g)

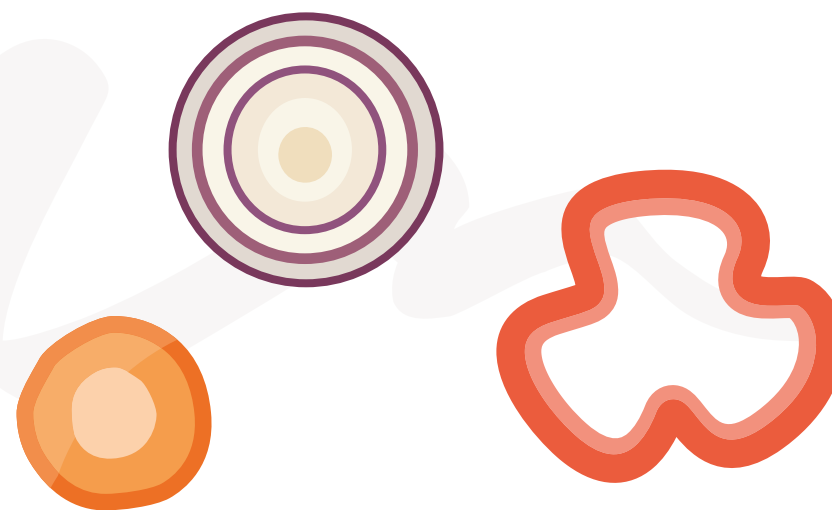
READY TO ROAST

The simplest and quickest way to get mixed roast vegetables is to buy a pre-prepared pack from the supermarket. Take it out of the fridge, remove the packaging and pop it in the oven, following the instructions on the packet. Freezer to plate in less than 30 mins. Convenient, but not so cost-effective.

**SAINSBURY'S READY TO ROAST
MEDITERRANEAN STYLE VEGETABLES (400g)**

PREP: 0 MINS
COOKING: 25 MINS
CAL/PORTION: 80 (200g)

COST: Typically around £3.75 per kg. 75p per portion.



COOKING VEGETABLES: NICE AND EASY

COOKING FROM FROZEN

Frozen veg can be a great option to reduce cost if you have freezer space. It's generally frozen quickly after picking so it keeps most of its nutritional value. It's cheaper than buying pre-prepared or fresh vegetables and, because you only take out and cook what you need, there's no waste.

There's little to no preparation needed, it just takes a little longer to cook (follow the instructions on the pack). For best value buy in single item bags eg carrots. You can buy mixed bags for variety and convenience, but you'll pay a bit more.

COST: SINGLE ITEM BAG

Typically 60p – £1.30 per kg, depending on which veg.
10p-20p per portion.

COST: MIXED BAG

Typically around £1.65 per kg, depending on which veg.
25p per portion.

Do I need to add salt?

Although salt can bring out the flavour in vegetables, most of us have way too much of it. Now that your taste buds are adjusting, it's an opportunity to start getting out of some old habits and trying some new ones. Instead of adding salt, try adding some herbs and spices instead. We've made some suggestions for a bit of taste and fun!

The following table gives an idea of the typical cost per 160g portion of supermarket own brand frozen vegetables. It's a bit cheaper per portion to buy the larger packets if you have enough freezer space - and prices vary considerably by product and supermarket. Vegetables are high in nutritional value and low in calories – the ones below vary between 40-120 calories per 160g portion.

	Cost/ packet	Cost/ portion	Good with:
Garden peas	66p (1kg)	10p	Mint
Green beans	53p (900g)	10p	Parsley, rosemary, sage, thyme
Broccoli florets	53p (900g)	10p	Basil, garlic, oregano, rosemary
Sliced carrots	£1 (1kg)	16p	Parsley, ginger, black pepper
Cauliflower florets	£1 (900g)	18p	Parsley, thyme, tarragon, garlic
Mixed peppers	£1 (500g)	32p	With basil

COOKING VEGETABLES: NICE AND EASY

COOKING FROM FRESH

Grilling, roasting or stir-frying fresh vegetables can really bring out their flavour. It takes a little more prep but is worth it if you have, or can make, the time.

Portions

You'll need to weigh the veg before you cook it to make sure you're getting the right amount. As a general rule of thumb allow 160g per portion.

Calories

Depending on what you choose you'll be getting between 80-120 calories per portion, as long as you go easy with any oil. Use olive oil or sesame oil if you'd like the flavour – a maximum of ½ teaspoon per portion, preferably less.

Avoid using butter or other saturated fats when cooking or serving.

GRILLING

Cut vegetables into thin slices, brush or spray with a little oil and then grill on a medium-high heat for 5-10 mins, turning to brown each side (using the grill in your oven, a grill pan or a barbecue). Cupboard to plate in 10 – 15 mins.

Aubergine

Cut off the stalk then slice very finely lengthways (you can leave the skin on).

Herbs: Sprinkle with oregano or cumin or serve with chopped fresh parsley and black pepper.

Courgettes

Cut off the ends and slice into thin, long strips or thicker rounds.

Herbs: Cook with a crushed garlic, fresh chopped parsley and black pepper. Then drizzle with lemon juice.

Sweet peppers

Cut off the stalk, remove seeds and slice into 1cm strips.

Herbs: Sprinkle with ground black pepper to really bring out flavour.

ROASTING

Roasting vegetables slowly really brings out their natural sweetness. Chop into 2cm chunks, mix together in a tray or roasting tin, drizzle/spray with a little olive oil and roast in the oven for about 20 mins on a medium heat (turning half way through).

Carrots, peppers, courgettes, onions and baby tomatoes all work really well. You can also mix it up a bit and add some herbs.

STIR-FRYING

If you like your vegetables crisp then stir-frying might be a good option. Simply slice finely or into thin strips and stir-fry in a non-stick wok or frying pan with a spray of oil and some herbs on a high heat for about 5 mins. Stir frequently.

See the *DRP Recipe booklet* for more roasting and stir-frying ideas.

ROASTED SPICED BUTTERNUT SQUASH



SUPER SIMPLE

PREP: 5 MINS
COOKING: 25 MINS
CAL/PORTION: 120

MAKES: 4 PORTIONS



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 1 butternut squash, chopped into 2cm chunks
- ♥ 1 tbsp olive oil
- ♥ ½ tsp ground cumin
- ♥ ½ tsp ground coriander
- ♥ ½ tsp ground ginger
- ♥ ⅛ tsp ground cinnamon
- ♥ ⅛ tsp all spice
- ♥ ⅛ tsp cayenne pepper

We've chosen a blend of Moroccan spices here but feel free vary this, for example paprika and chilli flakes or any other combination you fancy.

METHOD

1. Preheat oven to 230C/
210C Fan/Gas 8
2. Combine all the ingredients in a bowl and mix well
3. Spread the squash in a thin layer on a baking tray covered in baking paper and roast on the top shelf for 25 mins, turning halfway through
4. Once golden and crispy, remove from the oven and serve.

ROASTED CHERRY TOMATOES WITH SAGE



SUPER SIMPLE

PREP: 2 MINS
COOKING: 15 MINS
CAL/PORCION: <100

MAKES: 1 PORTION



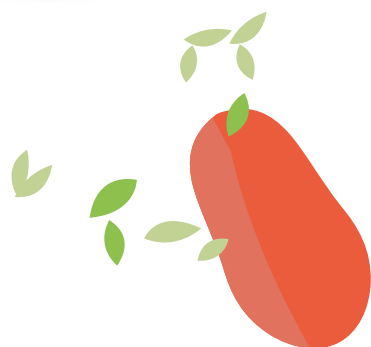
+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 200g cherry/teardrop tomatoes (red, yellow etc.), left whole
- ♥ 1 tbsp fresh sage, chopped
- ♥ 1 tsp balsamic vinegar
- ♥ ½ tsp garlic, crushed or finely chopped
- ♥ ¼ tsp cracked black pepper (to taste)

You can eat these roasted tomatoes warm or store them in the fridge to use on a salad the next day.



METHOD

1. Pre-heat oven to 180C/160C Fan/Gas 4
2. Place cherry tomatoes on a tray lined with baking paper
3. Add sage, vinegar, garlic and pepper and stir to coat tomatoes
4. Place tray in oven and bake until tender.

TIP

This recipe also works well with fresh or dried oregano, or dried mixed herbs.



JOLLOF CAULIFLOWER 'RICE'



SUPER SIMPLE

PREP: 2 MINS
COOKING: 10-15 MINS
CAL/PORCION: 80

MAKES: 4 PORTIONS



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- 1 portion pre-made Cauliflower 'rice' (see separate recipe)
- 1 portion pre-made African pepper sauce (see separate recipe)
- 1 tbsp rapeseed or olive oil

Although nothing can truly recreate the taste and texture of genuine Jollof rice, this cauliflower rice version is a helpful substitute while rice is off the menu. Using pre-made Cauliflower rice and African pepper sauce means you can enjoy this recipe even if you're pushed for time.

METHOD

1. Heat the oil in a saucepan on medium heat. Add the African pepper sauce and any extra spices you like. Cook for 5 mins
2. Mix in the cauliflower rice. Stir-fry on a medium-high heat for up to 10 mins (less time for a chewier texture, longer for softer as you prefer)
3. Serve.

KALE 'CRISPS'



SUPER SIMPLE

PREP: 2 MINS
COOKING: 15 MINS
CAL/PORCION: 55

MAKES: 1 PORTION



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 2 handfuls kale or other leafy greens, rinsed and patted dry with kitchen towel
- ♥ 1 tsp olive oil
- ♥ Pinch of smoked paprika
- ♥ Pinch of ground black pepper
- ♥ 2 tsps lemon juice
- ♥ 1 tsp lemon zest (*finely grated lemon skin*)

Perhaps more of a snack than a meal, but if you're missing crispy munchies then give this nutrition packed alternative a try!

METHOD

1. Preheat oven to 150C/130C Fan/Gas 2
2. Mix the kale, olive oil, paprika and black pepper
3. Spread out in a single layer on a baking tray covered in baking paper and place in the oven for 15 mins to crisp.

TO SERVE

- ♥ Tip into a bowl, sprinkle with the lemon juice and zest and serve immediately.



CARAMELISED ROASTED VEGETABLES



NICE AND EASY

PREP: 10 MINS
COOKING: 30 MINS
CAL/PORCION: 91

MAKES: 3 PORTIONS



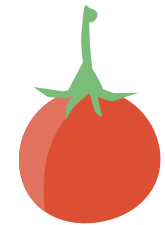
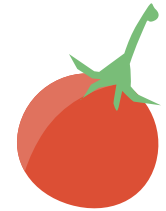
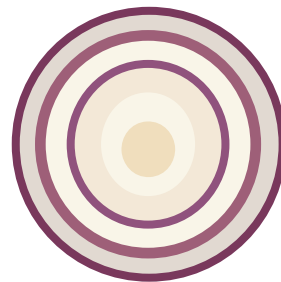
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CAN'T TAKE
THE SHAKE



INGREDIENTS

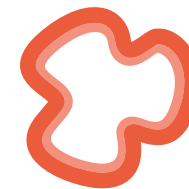
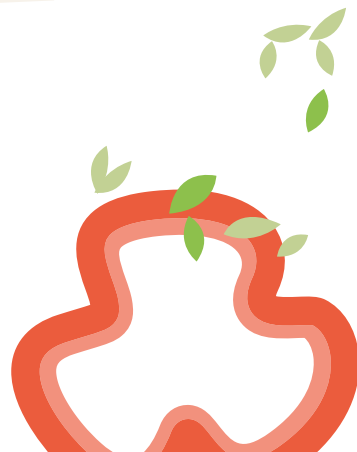
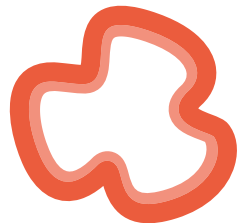
- ♥ 1 tbsp olive oil
- ♥ 1 medium red onion, quartered
- ♥ 1 medium courgette, halved lengthways and then cut into 1cm 'half-rounds'
- ♥ 1 red pepper, cut into large chunks
- ♥ 125g cherry or baby plum tomatoes, whole
- ♥ ½ tsp fresh or dried thyme
- ♥ ½ tsp ground pepper

Roasting vegetables increases their natural sweetness.



METHOD

1. Preheat the oven to 200C/180C Fan/Gas 6
2. Place the chopped veg in a large bowl. Add the tomatoes, olive oil and thyme and mix well with a spoon to coat the vegetables
3. Tip the veg out into a roasting dish lined with baking paper and spread in an even layer
4. Place the vegetables in the centre of the oven for 25-30 mins, until they start to look slightly charred at the edges
5. Season with pepper and serve.



COURGETTI ARRABBIATA



NICE AND EASY

PREP: 5 MINS
COOKING: 5 MINS
CAL/PORION: 75

MAKES: 2 PORTIONS



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 2 medium courgettes
(see *Courgette noodle recipe*)
- ♥ 2 x 100g portions
pre-made soffrito sauce
(see *separate recipe*)
- ♥ ½ tsp chilli flakes
- ♥ 1 tsp dried oregano
- ♥ A handful of fresh basil
leaves, roughly chopped
- ♥ Freshly ground black pepper

The classic Italian dish, just with vegetable noodles in place of the pasta variety. Leave out the chilli for a Napolitana sauce if you prefer.

METHOD

1. Prepare the courgetti (courgette noodles) – see separate recipe
2. Heat the soffrito sauce in a saucepan with the added oregano, chilli flakes and basil for 5 mins
3. Serve the courgetti topped with the sauce
4. Add freshly ground black pepper to taste and serve.

CELERIAC BRAVAS



NICE AND EASY

PREP: 10 MINS
COOKING: 45 MINS
CAL/PORTION: 100

MAKES: 4 PORTIONS



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- 1 medium celeriac, chopped into 1-2cm cubes
- 1 tbsp olive oil
- 1 tsp paprika
- 2 portions of pre-made sofrito sauce, (see separate recipe)
- Handful of fresh parsley, chopped

A lower starch root vegetable replaces the potatoes in this traditional Spanish tapas dish, keeping the carbohydrate and calorie content down. Serve with a simple mixed leaf salad.

METHOD

- Preheat oven to 200C/180C Fan/Gas 6
- Mix the celeriac with the olive oil and paprika in a large bowl then tip onto a baking tray lined with baking paper. Roast on the top shelf for 40 mins (turning half way through) until golden and crispy
- Take out and set aside to cool slightly
- Heat the sofrito sauce in the microwave for 2 mins (or until heated through), stirring halfway

TO SERVE

- For each portion, put a quarter of the celeriac in a bowl and tip the sauce over the top. Sprinkle with chopped fresh parsley.

VEGETABLE STIR-FRY WITH CARROT NOODLES



NICE AND EASY

PREP: 10 MINS
COOKING: 10 MINS
CAL/PORCION: 115

MAKES: 2 PORTIONS



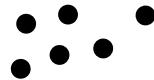
+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 2 tsps olive oil
- ♥ 4 spring onions, finely sliced
- ♥ 1 garlic clove, finely chopped
- ♥ 2cm piece fresh ginger, finely chopped
- ♥ 125g broccoli, broken into small florets
- ♥ 75g mangetout
- ♥ 6 medium mushrooms, sliced
- ♥ 1 medium carrot, peeled into strips
- ♥ 1 head of pak choi (Chinese cabbage), rolled and sliced into strips
- ♥ 1 ½ tsps of reduced-salt soy sauce
- ♥ Pinch of pepper (to taste)

This healthy, fresh and tasty stir-fry is quick and easy.



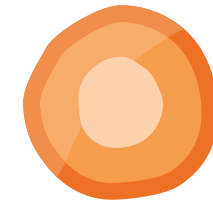
METHOD

1. Put a tsp of olive oil in a wok or frying pan on a high heat. Add the spring onions, garlic, ginger and 1 tbsp water. Stir-fry for 1 min
2. Add the broccoli, mangetout, mushrooms and carrot strips, with another 2 tsps of water. Stir-fry for 5 mins, or until the water evaporates
3. Add the pak choi and soy sauce and cook for another minute. Add pepper to taste.

TIPS

The water will steam quite a lot, this helps cook the veg more quickly.

If your pan isn't big enough for all the ingredients you can cook in two batches or stir-fry the carrot strips on the side with a drop of oil and some water and combine at the end.



GAJAR KOBİ NU SHAK (CARROT AND CABBAGE STIR-FRY)



NICE AND EASY

PREP: 10 MINS
COOKING: 15 MINS
CAL/PORCION: 120

MAKES: 4 PORTIONS

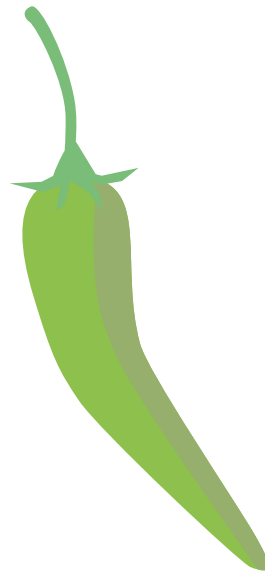
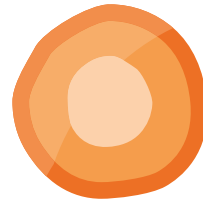


+ JOKER 2
CAN'T TAKE
THE SHAKE



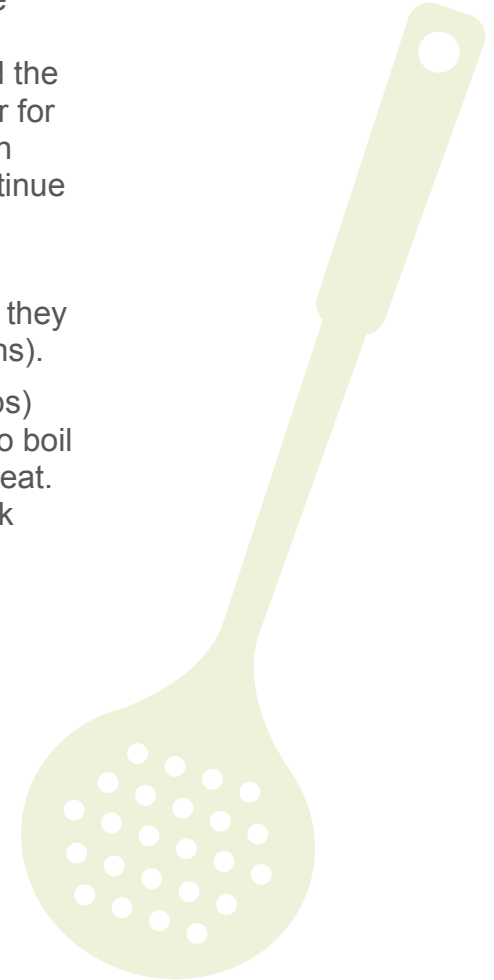
INGREDIENTS

- ♥ 1 tbsp olive oil
- ♥ 1 tsp black mustard seeds
- ♥ 2 green bird's eye chillies, halved lengthways and deseeded
- ♥ 2cm fresh ginger, grated
- ♥ 1 tsp ground turmeric
- ♥ ½ a medium white or green cabbage, core removed and thinly shredded
- ♥ 2 medium carrots, grated



METHOD

1. Heat the oil in a frying pan over high heat. You will need a lid. Add the mustard seeds. When they begin to pop, add the chillies and ginger. Stir for about 10 seconds then add the turmeric. Continue stirring.
2. Add the cabbage and carrot and stir-fry until they start to soften (3-4 mins).
3. Add 50-60ml (3-4 tbsps) cold water, wait for it to boil and then reduce the heat. Put the lid on and cook for 10 mins (the water will evaporate)
4. Serve straightaway.



NO-NOODLE CHOW MEIN



NICE AND EASY

PREP: 5 MINS
COOKING: 10 MINS
CAL/PORCION: 110

MAKES: 4 PORTIONS



+ JOKER 2
CAN'T TAKE
THE SHAKE



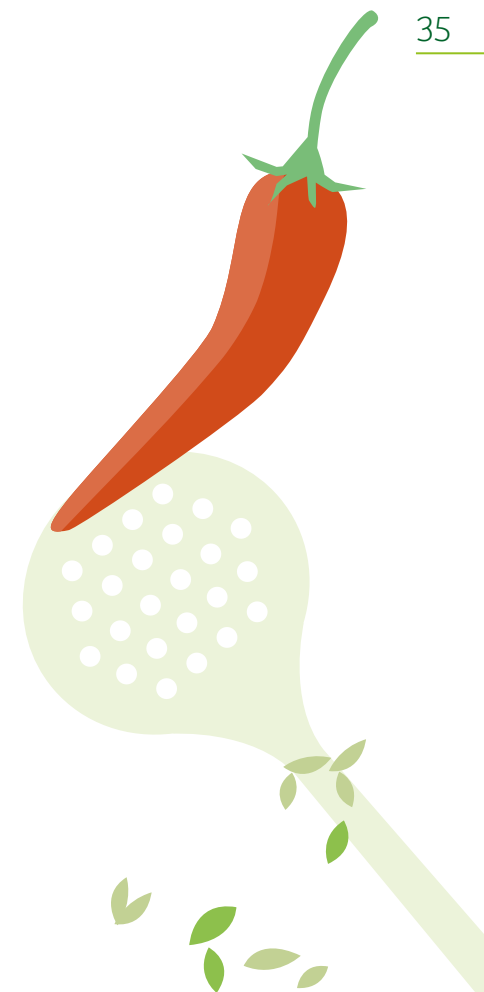
INGREDIENTS

- ♥ 500g beansprouts
- ♥ 1 tsp sesame oil
- ♥ 3 tps dark reduced salt soy sauce
- ♥ 1 tbsp olive oil
- ♥ 2cm fresh ginger, finely chopped
- ♥ 1 garlic clove, finely chopped
- ♥ 1 medium carrot, peeled into strips
- ♥ 4 spring onions, chopped
- ♥ 6 mushrooms, washed and sliced
- ♥ 1 small tin of sliced water chestnuts, drained
- ♥ 1 red chilli, deseeded and finely chopped (*optional*)
- ♥ A dash of reduced sodium Worcester sauce (*optional*)
- ♥ 1 pak choi, rolled and sliced into thin strips



METHOD

1. Place the beansprouts in a bowl, add the sesame oil and 1 tsp soy sauce. Mix well to coat
2. Heat the olive oil on high in a wok or frying pan. Add the ginger and garlic. Stir-fry for about 1 min
3. Add the carrot strips, spring onions, mushrooms, water chestnuts and red chilli (if using). Stir-fry for another minute
4. Add the remaining soy sauce, and Worcester sauce (optional), coating the vegetables well
5. Add the beansprouts and pak choi. Stir-fry for another 2 mins and serve.



EASY VEGETABLE CURRY



NICE AND EASY

PREP: 10 MINS
COOKING: 1 HOUR
CAL/PORCION: 90

MAKES: 4 PORTIONS



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 1 tbsp olive oil
- ♥ 1 medium onion, thickly sliced
- ♥ 2 garlic cloves, crushed
- ♥ 2 tbsps curry powder
- ♥ 2 medium carrots, thickly sliced
- ♥ 1 small swede (400g), cut into 2cm cubes
- ♥ 400g tin chopped tomatoes
- ♥ 425ml vegetable stock (*dissolve a low salt stock cube/pot in 425ml of boiling water*)
- ♥ 4 tbsps chopped coriander
- ♥ Pinch of black pepper (to taste)

You can use any spices you like to make your own curry - this version uses curry powder to keep things easy. You can try different veg for variety too – cauliflower and spinach work really well.



METHOD

1. Heat the oil in a large saucepan over a medium heat. Add the onion and garlic and cook gently, stirring frequently until the onion softens (5-8 mins). Make up the stock on the side
2. Stir the curry powder into onions and cook for 1 min
3. Stir in the carrots and swede. Add the tomatoes, stock, and 3 tbsps of the coriander. Bring to the boil, then turn the heat down and put the lid on to simmer for 30 mins, stirring occasionally
4. Remove the lid and cook for a further 20 mins, until the vegetables are soft and the liquid has thickened a little.

TO SERVE

- ♥ Season with pepper to taste and sprinkle with the remaining tbsp of coriander.



AUBERGINE AND SPINACH CURRY



A BIT MORE EFFORT

PREP: 10 MINS
COOKING: 20 MINS
CAL/PORCION: 95

MAKES: 4 PORTIONS



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 2 medium aubergines, chopped in 2cm chunks
- ♥ 2cm fresh ginger, finely chopped
- ♥ 4 garlic cloves, finely chopped
- ♥ 1 medium onion, grated (large holes on grater)
- ♥ 3 tsps olive oil
- ♥ 1 tsp cumin seeds
- ♥ 400g tin chopped tomatoes
- ♥ 2 large handfuls of spinach (about 60g)
- ♥ 1 tsp ground coriander
- ♥ 1 tsp garam masala
- ♥ Handful of fresh chopped coriander

METHOD

1. Preheat oven to 180C/160C Fan/Gas 5
2. Toss the aubergine in a bowl with 1 tsp of olive oil and mix to coat evenly. Place on a baking tray lined with baking paper and roast for 15 mins
3. In the meantime, heat 2 tsps of olive oil in a large pan over medium heat. Add the cumin seeds and sizzle for a few seconds until you start to smell them. Add the onion, stirring frequently for 2 mins until it softens
4. Add the tomatoes, turmeric and ground coriander, stirring gently for 3 mins
5. Bring the pan to the boil, then simmer for 10 mins to thicken. Then add the spinach and put the lid on until the spinach starts to wilt.

TO SERVE

- ♥ Stir in the roasted aubergine, garam masala and fresh coriander before serving.

KARELA SABZI



A BIT MORE EFFORT

PREP: 40 MINS
COOKING: 20 MINS
CAL/PORCION: 60

MAKES: 4 PORTIONS



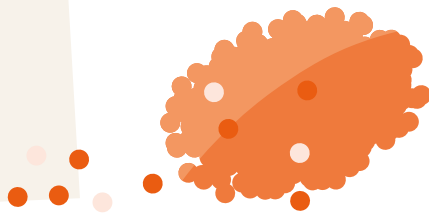
+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

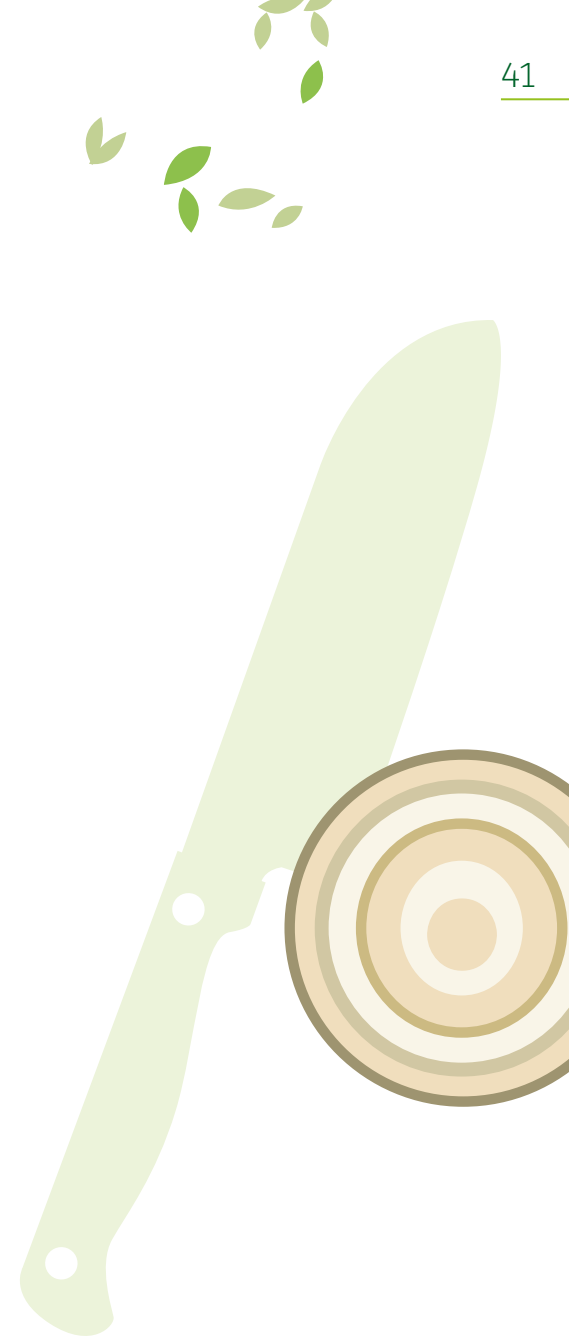
- ♥ 4 medium karela (about 200g), peeled, seeded and chopped into small pieces
- ♥ 1 tsp salt (*this is rinsed off before cooking*)
- ♥ 1 tbsp olive oil or rapeseed oil
- ♥ 1 large onion, finely chopped
- ♥ ½ tsp turmeric powder (haldi)
- ♥ 1 tsp cayenne pepper or chilli powder
- ♥ 1 tbsp tamarind paste
- ♥ ½ tsp coriander powder
- ♥ 1 tsp garam masala

Karela is a bitter gourd. A sweet and sour karela sabzi is usually made with jiggery (unrefined sugar). In this recipe the caramelised sweetness of the slow cooked onions and the use of tamarind at the end of cooking both counteract the natural bitterness of the gourd.



METHOD

1. Place the karela pieces in a colander or sieve over a bowl. Sprinkle with the salt and set aside – this will release water and reduces the bitterness. After 30 mins rinse the karela well and discard the water
2. Use a frying pan or saucepan with a lid. Heat the oil over a medium heat. Then turn the heat down to low and add the onion and karela. Stir frequently until the onion is golden and the karela has softened (10-15 mins). Add a little water if it starts to stick.
3. Add the turmeric, chilli powder, tamarind and coriander powder and mix well. Put the lid on for 10 mins
4. Add the garam masala, stir in and serve.



'JUST THE VEG' SUNDAY LUNCH



A BIT MORE EFFORT

PREP: 10 MINS
COOKING: 30 MINS
CAL/PORTION: 100

MAKES: 4 PORTIONS



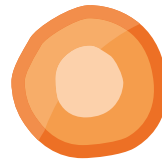
+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 2 medium carrots, cut in half lengthways and chopped into 3cm lengths
- ♥ 8 broccoli and 8 cauliflower florets (or substitute a small serving of whatever non-starchy veg is being served)
- ♥ 3 tps olive oil
- ♥ *For substitute roast potatoes:*
1 small celeriac, chopped into large chunks like roast potatoes
1 tsp cumin seeds (optional)
- ♥ *Or for mash (if you prefer this to 'roasties'):*
1 small swede
½ tsp ground white pepper
- ♥ 1 tsp mint sauce or horseradish

The idea here is to be able to join the rest of the household in a traditional Sunday lunch, but stick with a veg-only version.



METHOD

For substitute roast potatoes:

1. Heat oven to 200C/180C Fan/Gas 6
2. Boil a medium pan of water and add the celeriac and carrot for 5 mins. Then drain the water, put the veg back in the pan. Holding the lid on firmly, shake the pan to make the edges 'fluffy'
3. Spray a roasting tin with oil or use 2 tps of olive oil. Add the celeriac and carrot and coat with another spray (or 1 tsp) of oil. Sprinkle over the cumin seeds then place on the top shelf of the oven.

Or for substitute mash:

1. Boil a medium pan of water, add the swede and carrot and bring back to the boil. Reduce heat, cover and simmer until the swede is tender (about 15 mins).

2. Drain the water, add the olive oil and a good pinch of white pepper and mash it all up.

Broccoli and cauliflower:

1. Boil a medium pan of water and add the cauliflower and broccoli. Simmer for a few minutes until they are your desired consistency, then drain the water.

TO SERVE

- ♥ Arrange on your plate and serve with mint sauce or horseradish.

TIP

You can steam the cauliflower and broccoli if you have a steamer or microwave them in a dish with a small amount of water in the bottom, covered with pierced cling film.

HARISSA STUFFED RED PEPPERS



A BIT MORE EFFORT

PREP: 10 MINS
COOKING: 25 MINS
CAL/PORTION: 75

MAKES: 2 PORTIONS



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 2 large red bell peppers, sliced in half top to bottom
- ♥ 2 portions (200g) Cauliflower 'rice' (see separate recipe)
- ♥ 2 spring onions, finely sliced
- ♥ 1 tbsp harissa paste (adjust to taste)
- ♥ Squeeze of lemon juice
- ♥ A few sprigs of flat leaf parsley, destalked and roughly chopped

Use your cauliflower 'rice' as a filling and give it a Middle Eastern twist by adding Harissa (chilli) paste. Widely available in jars, Harissa varies a lot in spiciness so experiment and adjust the amount you use to suit your variety and taste! This dish can be served hot straight from the oven or kept in the fridge once cooled and eaten cold the next day.

METHOD

1. Preheat oven to 180C/ 160C Fan/Gas 4
2. Microwave the peppers on high for around 5 mins – or until softened
3. While the peppers are cooking, mix the harissa paste and spring onions into the cauliflower rice in a bowl. Add a squeeze of lemon juice.
4. Stuff each pepper half with the cauliflower rice mixture. Place on a sheet of baking paper on an oven tray and put in the centre of the oven for 15-20 mins
5. Remove, allow to cool slightly, garnish with the chopped parsley and serve.

TIP

Cooking in the oven gives this dish a slight crispiness and charred edges, which add flavour and texture.

However, if you prefer, you can make the whole dish in the microwave: Once the peppers are stuffed, put the plate back into the microwave and cook on high for a further 8-10 mins.

AUBERGINE BRUSCHETTA



A BIT MORE EFFORT

PREP: 10 MINS
COOKING: 30 MINS
CAL/PORCION: 120

MAKES: 2 PORTIONS



+ JOKER 2
CAN'T TAKE
THE SHAKE



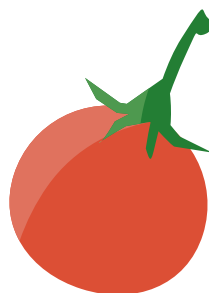
INGREDIENTS

- ♥ 1 medium aubergine
- ♥ 2 tsps extra virgin olive oil

For the topping:

- ♥ 2 spring onions, finely sliced
- ♥ 4 cherry or baby plum tomatoes, chopped into small pieces
- ♥ ½ a roasted red pepper from a jar (30g), roughly chopped
- ♥ 1 garlic clove, finely sliced
- ♥ A small bunch fresh parsley, destalked and chopped
- ♥ ⅓ tsp red wine vinegar
- ♥ 1 tsp olive oil
- ♥ Pepper to season

Grilled aubergine replaces the bread for a delicious, smoky flavoured vegetable only version. Use another fresh herb instead of parsley if you prefer – basil works really well.

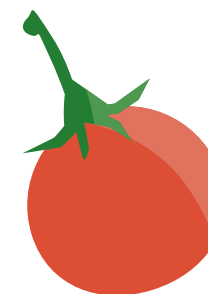


METHOD

1. Put the spring onions, tomatoes, pepper, garlic and chopped parsley in a bowl. Add the vinegar and 1 tsp of olive oil. Stir everything together. Cover and set aside for 30 mins
2. Trim the ends from the aubergines and cut into thick (2cm) discs. Brush either side of the discs with olive oil and season with a little pepper
3. Turn the grill on to medium. Place the aubergine discs on the grill pan (a few notches away from the direct heat if you can) and cook for 15 mins, turning every few mins. If they start to char too quickly move the grill pan further away from the direct heat – they need the 15 mins to soften all the way through
4. Once cooked, transfer the discs to a plate and allow to cool for 5 mins.

TO SERVE

- ♥ Spread the topping onto each disc and serve.



FAJITA LETTUCE WRAPS



A BIT MORE EFFORT

PREP: 10 MINS
COOKING: 30 MINS
CAL/PORTION: 70

MAKES: 2 PORTIONS



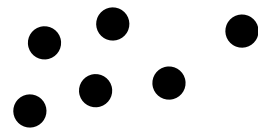
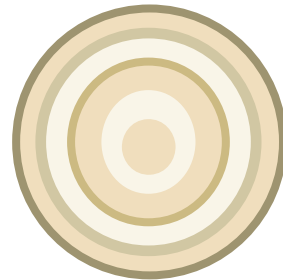
+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 1 red pepper, thinly sliced
- ♥ 1 medium courgette, sliced into 1cm discs
- ♥ 1 medium red onion, halved and finely sliced
- ♥ Pepper to taste
- ♥ 1 tsp olive oil
- ♥ 1 tbsp balsamic vinegar
- ♥ 2 iceberg lettuce leaves (rinse and pat dry)
- ♥ 20g baby spinach
- ♥ A handful of flat leaf parsley, chopped

Sweet roasted vegetables wrapped in crispy lettuce – this is the veg-only version of tacos...

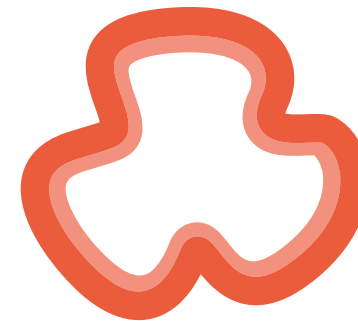


METHOD

1. Preheat oven to 220C/ 200C Fan/Gas 7
2. Mix the sliced pepper, courgette and red onion with the olive oil in a bowl. Then spread evenly on a baking tray covered with baking paper, seasoning with pepper
3. Roast the vegetables in the middle of the oven for 30 mins, turning halfway through.

TO SERVE

- ♥ Take the vegetables out of the oven and drizzle with the balsamic vinegar
- ♥ Lay the iceberg lettuce leaves on a plate and cover with the spinach leaves
- ♥ Arrange half the vegetables down the middle of each lettuce leaf. Garnish with the parsley
- ♥ Wrap the lettuce leaf around the filling and serve immediately.



CAULIFLOWER OR BROCCOLI 'RICE'

USED IN OTHER RECIPES -
CAN BE PRE-MADE AND STORED



SUPER SIMPLE

PREP: 10 MINS
COOKING: 4-12 MINS
CAL/PORTION: 30

MAKES: A portion is 100g.
The number varies with
the size of vegetable.



JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ Florets of 1 medium head of cauliflower or broccoli, roughly chopped
- ♥ 1 tbsp lemon juice
- ♥ A pinch of pepper
- ♥ Herbs or spices of your choice (*optional*)
- ♥ 1 tsp olive oil if roasting (*adds 12cal/portion*)

A portion of cauliflower or broccoli 'rice' can accompany other vegetable dishes instead of a typical rice dish. Adding spices like cumin and chilli or dried herbs like coriander before cooking gives this neutral dish a more aromatic flavour. Here's how to make the 'rice' itself.



METHOD

1. Use a food processor to 'buzz' or pulse a few floret pieces at a time until it resembles rice or couscous grains. You can use the coarse side of a grater instead.
2. Add the lemon juice, pepper and other spices and/or herbs

COOKING: Microwave or roast

- 3a. Microwave on full power for 3 mins (4 mins if frozen)
- 3b. Alternatively, roast in the oven which gives a drier texture and a nuttier flavour. Mix a teaspoon of olive oil into the rice, spread it in a single layer on a baking tray lined with baking paper and place in the centre of a preheated oven at 200C/180C Fan/ Gas 6 for 12 minutes. Stir halfway for even cooking.

STORAGE

When cooked, divide into 100g portions. It will keep in the fridge for 3 days or freezer for 2 months. It can be microwaved or roasted from frozen.



COURGETTE NOODLES

USED IN OTHER RECIPES - CAN BE PRE-MADE AND STORED



SUPER SIMPLE

PREP: 5 MINS
COOKING: 2-4 MINS
CAL/PORTION: 55

MAKES: 2 portions per large courgette.



+ **JOKER 2**
CAN'T TAKE
THE SHAKE



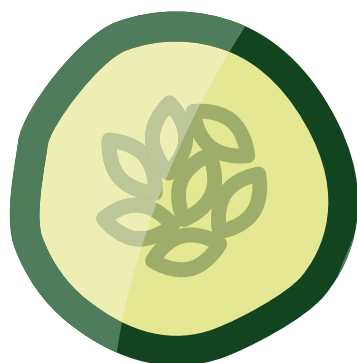
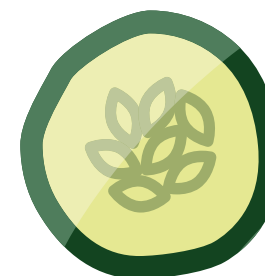
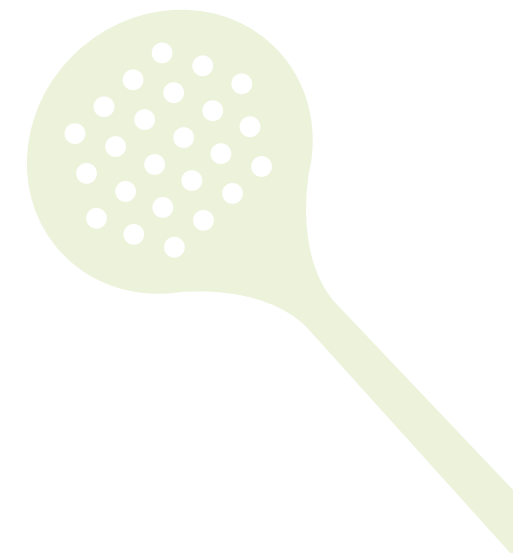
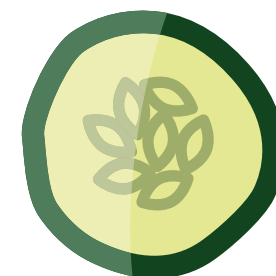
INGREDIENTS

- ♥ 1 large courgette (about 300g)

A portion of 'courgetti' noodles can accompany other vegetable dishes instead of noodles or pasta. They're surprisingly filling!

METHOD

1. Use a spiralizer or a vegetable peeler to turn the courgette into thin spirals or long strips
2. Microwave on full power for 1-2 mins.
3. Or:
 - o Dry-fry on the hob for 3-4 mins
 - o Eat them raw if you prefer a crunchier version.



SMOKY SOFRITO SAUCE

USED IN OTHER RECIPES - CAN BE PRE-MADE AND STORED



NICE AND EASY

PREP: 10 MINS
COOKING: 1H 15 MINS
CAL/PORCION: 50

MAKES: 10
(1 portion = 100g)



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 1 tbsp olive oil
- ♥ 2 medium onions, finely sliced
- ♥ 2 sweet pointed red peppers, roughly chopped
- ♥ 3 garlic cloves, finely chopped
- ♥ 2 x 400g tins of chopped tomatoes
- ♥ 4 tsps smoked paprika
- ♥ 1 tsp hot paprika

Sofrito sauce fits well with the healthy Mediterranean way of eating. Adding paprika to this classic tomato sauce gives extra smoky depth.

Cook for 1h 15mins for the best flavour.

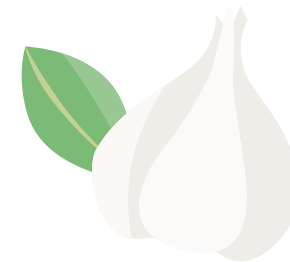
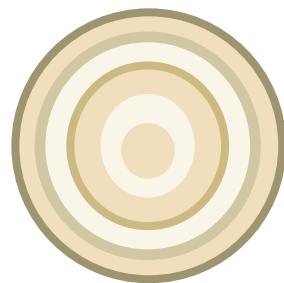
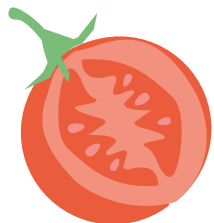
Make a batch and keep in the fridge so it's ready when you need it.

METHOD

1. Heat the olive oil in a large pan over a low heat. Add the onions and garlic and cook for 15 mins. Stir frequently
2. Add the chopped red peppers, cook for 5 mins
3. Stir in the paprika
4. Turn up the heat to medium and mix in the chopped tomatoes. When the sauce bubbles turn the heat back down to low and simmer for 40 mins.
5. Set aside and allow to cool
6. Blend to a smooth paste with a hand blender or food processor.

STORAGE

When cool, store in an airtight container in the fridge. It will keep for 3-4 days.



AFRICAN PEPPER SAUCE

USED IN OTHER RECIPES - CAN BE PRE-MADE AND STORED



NICE AND EASY

PREP: 10 MINS
COOKING: 30 MINS
CAL/PORTION: 75

MAKES: 4 PORTIONS



+ JOKER 2
CAN'T TAKE
THE SHAKE

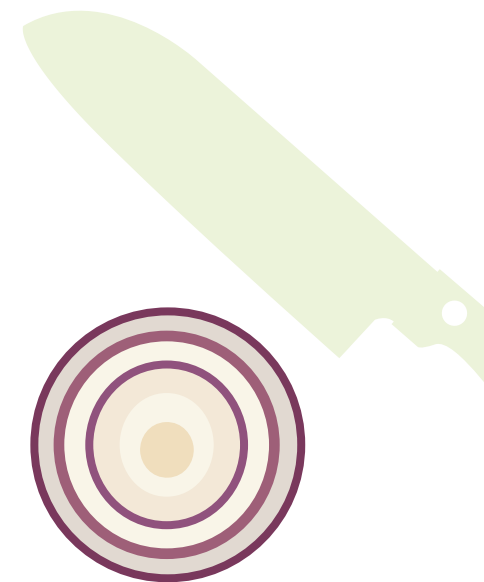
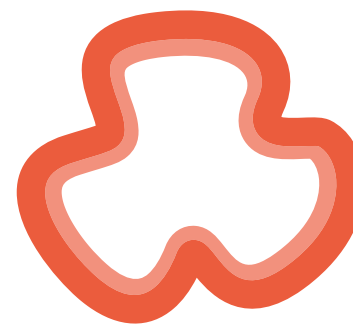
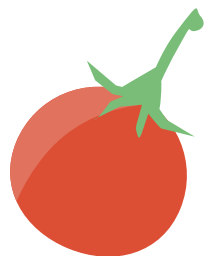
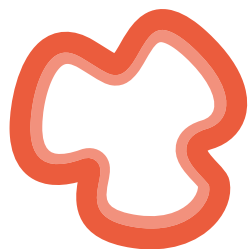


INGREDIENTS

- ♥ 1 red onion, one half diced, one half roughly chopped
- ♥ 2 red bell peppers, roughly chopped
- ♥ 2 medium tomatoes, quartered
- ♥ 1-2 scotch bonnet or habanero chillies
- ♥ 1 clove garlic
- ♥ 1 tbsp olive oil

This sauce is used as the base for our cauliflower 'jollof rice' and also in our veggie efo riro recipes. Both will be quicker to prepare if you make a batch of sauce in advance.

Adjust the chillies to taste, or leave them out entirely.



METHOD

1. Add the roughly chopped $\frac{1}{2}$ onion, peppers, tomatoes, chilli(es) and garlic to a blender or food processor. Blend to a coarse puree
2. Heat the oil in a large saucepan over a medium heat. Add the diced onion and cook until softened (about 5 mins). Stir frequently to prevent burning.
3. Add the blended pepper mix to the pan and cook gently over a low heat for about 20 mins. Stir occasionally.

STORAGE

When cool, store in an airtight container in the fridge. It will keep for 3-4 days.

BABY SPINACH AND TOMATO SALAD



SUPER SIMPLE

PREP: 3 MINS
COOKING: 2 MINS
CAL/PORCION: <100

MAKES: 1 PORTION



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

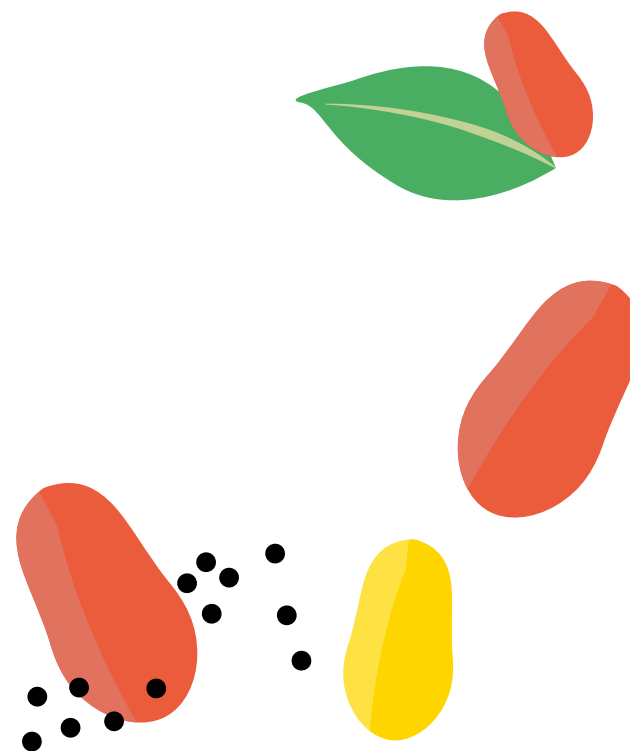
- ♥ 200g mixed coloured cherry/teardrop tomatoes, cut in half
- ♥ 50g baby spinach leaves
- ♥ 1 tbsp balsamic OR red wine vinegar
- ♥ ¼ tsp cracked black pepper

This simple but tasty salad is refreshing and super-quick to make.



METHOD

1. Arrange spinach leaves on serving plate
2. Scatter tomatoes on top
3. Drizzle with vinegar and top with pepper.



TOMATO AND BASIL BITES



SUPER SIMPLE

PREP: 2 MINS
COOKING: 5 MINS
CAL/PORTION: <100

MAKES: 1 PORTION



+ JOKER 2
CAN'T TAKE
THE SHAKE



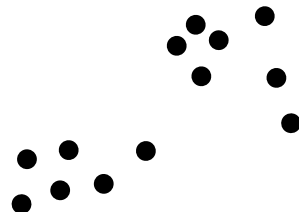
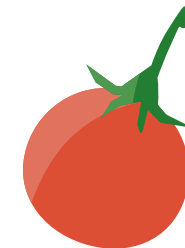
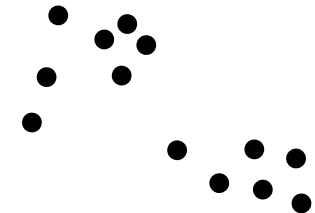
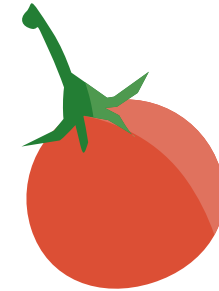
INGREDIENTS

- ♥ 200g cherry tomatoes, whole
- ♥ Fresh basil leaves (1 per tomato)
- ♥ Cracked black pepper
- ♥ 1 tbsp balsamic vinegar
- ♥ Toothpicks (1 per tomato)

You can keep this very simple, or mix it up a bit by slicing the tomatoes in half and 'sandwiching' the basil leaves, switching to white balsamic or even adding cucumber half-rounds to the toothpick.

METHOD

1. Pierce each tomato with a toothpick
2. Thread 1 basil leaf onto each toothpick beside the tomato (fold each leaf in half as you go)
3. Arrange on a plate and sprinkle with cracked pepper
4. Drizzle with balsamic vinegar OR serve vinegar on the side as a dipping sauce.



LIGHT CUCUMBER AND DILL SALAD



SUPER SIMPLE

PREP: 5 MINS
COOKING: 20 MINS
CAL/PORTION: <100

MAKES: 1 PORTION

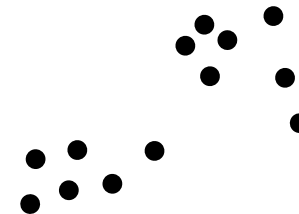


+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 125g cucumber, sliced in thin rounds
- ♥ 3 sprigs dill (or to taste), roughly chopped
- ♥ 1 tbsp rice wine vinegar
- ♥ Cracked black pepper (to taste)



METHOD

1. Place the cucumber in a mixing bowl. Add the rice wine vinegar and dill. Toss to combine
2. Season with cracked black pepper to taste
3. Allow to chill in refrigerator before serving (20-30 mins).

HOT AND SPICY CUCUMBER SALAD (OR THAI CUCUMBER SALAD)



NICE AND EASY

PREP: 15 MINS
COOKING: 5 MINS
CAL/PORTION: <100

MAKES: 1 PORTION



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

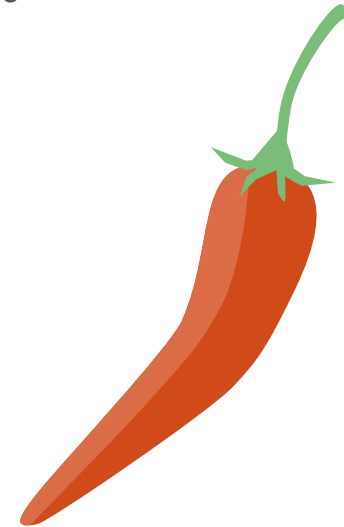
- ♥ 125g cucumber, deseeded, sliced into 2-3mm rounds
- ♥ ¼ cup fresh coriander leaves (whole, not chopped)
- ♥ 1 tsp fresh mint leaves, chopped
- ♥ ½ small red chilli, deseeded and chopped finely
- ♥ ½ tsp fresh ginger, finely grated
- ♥ 3 tsps fresh lime juice
- ♥ ½ tsp fish sauce
- ♥ 1 tsp rice wine vinegar

You can vary the chilli content to make this fresh and zingy salad as spicy as you like.



METHOD

1. Place cucumber into a mixing bowl. Add coriander and mint leaves. Toss gently to mix and set aside
2. To make the dressing: Combine lime juice, fish sauce, rice wine vinegar, chilli and ginger in a small bowl and mix together
3. Drizzle dressing over cucumber and toss to coat the slices with the dressing.



RIBBON SALAD WITH MISO DRESSING



NICE AND EASY

PREP: 10 MINS
COOKING: N/A
CAL/PORCION: 85

MAKES: 2 PORTIONS



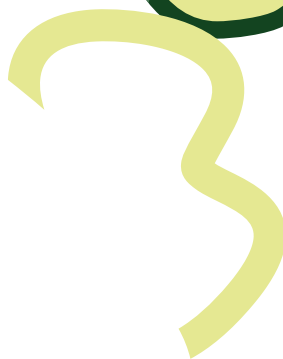
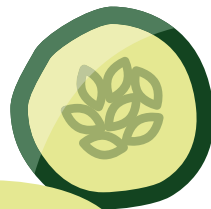
+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 1 x 15g sachet miso soup paste (or 1 tbsp white miso paste from a jar)
- ♥ ½ tsp ginger paste/crushed ginger
- ♥ 1 tsp olive oil
- ♥ 1 tsp sesame oil
- ♥ 1 tsp rice wine vinegar/white malted vinegar
- ♥ 1 tsp lime juice
- ♥ 2 tps reduced-salt soy sauce
- ♥ 15ml (1 tbsp) cold water
- ♥ ¼ tsp granulated sweetener eg stevia (optional)
- ♥ 1 large courgette, long 'ribbons'
- ♥ 1 large carrot, long 'ribbons'
- ♥ A sprig of fresh mint, chopped to garnish

This raw salad is deliciously fresh and flavoursome.



METHOD

1. Mix the dressing ingredients together in a small jug: Miso paste, ginger, oils, vinegar, lime juice, soy sauce, water and sweetener
2. Put the courgette and carrot ribbons in a large bowl. Pour over the dressing, mixing well to coat the ribbons.

TO SERVE

- ♥ Divide into 2 bowls and sprinkle with the chopped fresh mint (or other herbs of your choice).

TIP

You can make larger quantities of dressing which will keep in the fridge for up to a week – but make sure to measure out the portions carefully.



MEDITERRANEAN- STYLE ARTICHOKE SALAD



NICE AND EASY

PREP: 15 MINS
COOKING: 60 MINS
CAL/PORTION: 110

MAKES: 4 PORTIONS



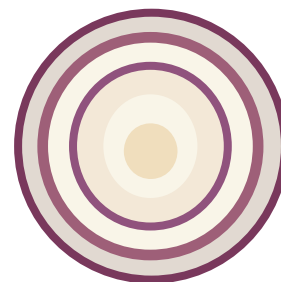
+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

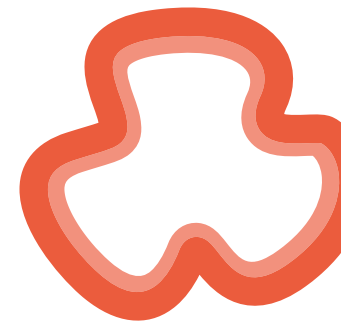
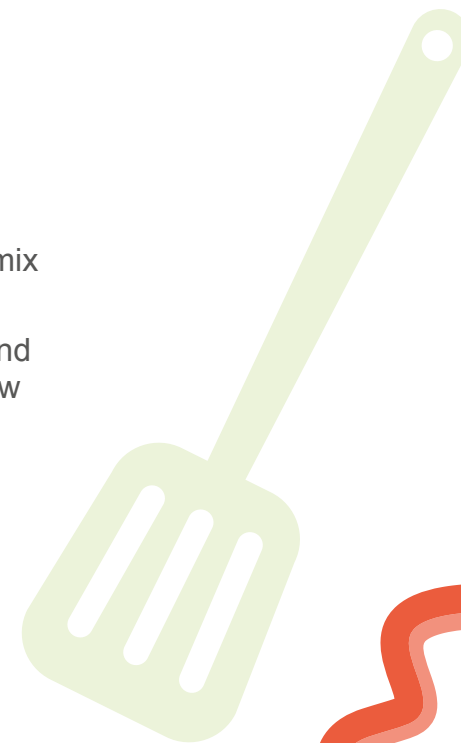
- ♥ 1 jar/tin of quartered artichoke hearts (300g), drained
- ♥ 1 jar (500g) roasted red peppers, drained and finely chopped into small cubes ('diced')
- ♥ 1 cucumber, seeded and diced
- ♥ 2 cloves garlic, finely chopped
- ♥ 1 small red onion, diced
- ♥ 1 tbsp extra virgin olive oil
- ♥ 1 tsp dried oregano
- ♥ Juice and zest of half a lemon

The prep time for this Mediterranean-inspired salad is in the chopping, with everything except the artichoke finely diced. Jarred vegetables are handy to keep in your store cupboard, and put to good use here.



METHOD

1. Put all the ingredients into a large bowl and mix everything together
2. Cover with cling film and chill for an hour to allow the flavours to blend before serving.



ZINGY SQUASH AND CORIANDER SALAD



NICE AND EASY

PREP: 10 MINS
COOKING: 15-20 MINS
CAL/PORCION: 85

MAKES: 4 PORTIONS



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 1 small butternut squash (about 600g), chopped into 2cm chunks
- ♥ 1 tbsp olive oil
- ♥ 1 tsp cumin seeds
- ♥ 1 red onion, finely chopped
- ♥ 1 tsp dried coriander
- ♥ 1 lime, juiced
- ♥ 1 small handful of fresh coriander, chopped

This flavoursome dish is especially good as a cold lunch the day after cooking. Use plenty of coriander and lime juice for a really fresh taste.

METHOD

1. Bring a medium pan of water to the boil. Add the squash and, when the pan boils again, reduce the heat and cook for 10-15 mins - until tender
2. Drain the squash and cool under cold running water. Set aside
3. Heat the oil on a medium-high heat in a frying pan. Add the diced red onion and cumin seeds and stir frequently for 2 mins
4. Add the drained butternut squash, sprinkle over the dried coriander and cook for a further 3 mins. Continue stirring
5. Turn off the heat, add the lime juice and stir to mix everything thoroughly.

TO SERVE

- ♥ Allow to cool and sprinkle with the fresh coriander immediately before serving.

CAULIFLOWER TABBOULEH



NICE AND EASY

PREP: 10 MINS
COOKING: N/A
CAL/PORTION: 120

MAKES: 2 PORTIONS



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 2 x 100g portions of Cauliflower 'rice' (see separate recipe)
- ♥ 1 lemon, juiced
- ♥ 8 spring onions, finely chopped
- ♥ 2 long stems of fresh mint, leaves only, finely chopped
- ♥ Large bunch of flat leaf parsley, leaves only, finely chopped (about 10 times as much parsley as mint)
- ♥ 1 garlic clove, finely sliced (or garlic paste for ease)
- ♥ 2 tps extra virgin olive oil
- ♥ 2 medium tomatoes, sliced and finely diced
- ♥ Ground black pepper to taste
- ♥ 6-8 little gem lettuce leaves (to use as scoops)

Traditionally tabbouleh is a finely chopped Arab salad made with bulgur wheat. But replacing that with cauliflower 'rice' makes a really fresh all-veg version. It should be very herb packed and bright green, so don't be sparing with the herbs!

METHOD

1. Add the lemon juice to the cauliflower rice
2. **Herb mix:** Mix the finely chopped spring onions, mint, parsley and garlic together (if you have a food processor or mini chopper you can simply blitz these for a few seconds)
3. Combine the herb mix with the cauliflower rice, tomatoes and olive oil. Season with pepper and mix well.

TO SERVE

- ♥ Serve each portion with a few gem lettuce leaves which can be used to scoop up the tabbouleh.



LEMON AND HERB CAULIFLOWER 'COUS COUS' SALAD



NICE AND EASY

PREP: 10 MINS
COOKING: N/A
CAL/PORCION: 75

MAKES: 2 PORTIONS



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 2 handfuls raw baby spinach, washed and dried
- ♥ 1 red bell pepper, chopped in 1cm pieces
- ♥ 12 cherry tomatoes, halved
- ♥ 2 portions cauliflower 'rice' (see separate recipe)

For the dressing:

- ♥ 1 tbsp olive oil
- ♥ 1 tbsp Dijon mustard
- ♥ 1 lemon, juiced (2 tbsps)
- ♥ 2 tbsps of finely chopped fresh herbs: Mint, coriander, parsley, dill and/or basil

The key to making your own salad dressing is good quality oil and some acid (this recipe uses lemon juice, but vinegar works equally well). Add a few additional flavours eg mustard, mix (or shake in a jar) and it's done – quick, tasty and easy to vary...

METHOD

1. **Dressing:** Mix the oil, mustard, lemon juice and herbs in a small bowl
2. Combine the spinach, red pepper and cherry tomatoes together in a large bowl. Add the cauliflower rice and dressing. Mix thoroughly and serve.

SALATKA SELERA (CELERIAC SALAD)



A BIT MORE EFFORT

PREP: 10 MINS
COOKING: 15 MINS
CAL/PORCION: 65

MAKES: 4 PORTIONS



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 1 small celeriac (300g), cut into 1cm cubes
- ♥ 160g frozen mixed vegetables (carrots, peas, green beans)
- ♥ 3 small dill pickles, finely sliced
- ♥ 2 tsps olive oil or 2 tbsps light mayonnaise
- ♥ 1 tsp grainy mustard
- ♥ Large pinch of ground pepper
- ♥ 1 tbsp of chopped fresh dill (*optional*)

This recipe uses celeriac (celery root) in place of potatoes in this traditional Polish recipe. Instead of olive oil you could use a little light mayonnaise, but measuring it out is key to keeping the calories at the right level!

METHOD

1. Boil a medium pan of water. Add the celeriac for 7-8 mins, or until just tender
2. Cook the mixed veg in boiling water for 4-6 mins – or microwave as you prefer. Drain and set aside to cool
3. Blend the oil or mayonnaise and mustard in a large bowl and add the pepper
4. Once cooled, add the celeriac and vegetables to the bowl. Add the sliced dill pickles and chopped dill. Mix together and serve.

EASY TOMATO SOUP



NICE AND EASY

PREP: 5 MINS
COOKING: 15 MINS
CAL/PORCION: 100

MAKES: 4 PORTIONS



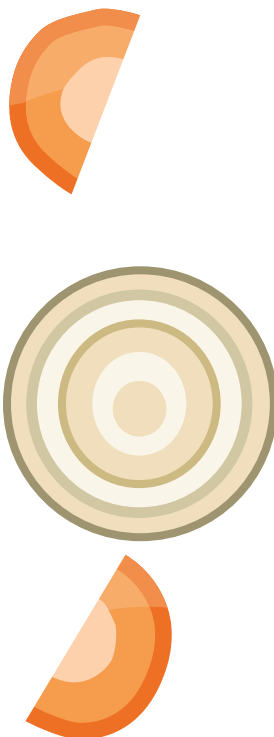
+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 2 sticks of celery, roughly chopped
- ♥ 2 medium carrots, roughly chopped
- ♥ 1 medium onion, roughly chopped
- ♥ 200g cherry tomatoes, halved
- ♥ 1 clove of garlic, halved
- ♥ 1 tbsp olive oil
- ♥ 400g tin chopped tomatoes
- ♥ 500ml vegetable stock
(*dissolve a low salt stock cube/pot in 500ml boiling water*)
- ♥ 2 fresh basil leaves, torn
- ♥ Pinch of pepper

This soup is not just extra tasty, it also cooks quickly because the vegetables are blended together before cooking.



METHOD

1. Put all the fresh vegetables into a food processor and pulse until finely chopped
2. Heat the oil in a large pan over medium heat. Add the vegetable mix and cook for 5 mins, stirring occasionally.
3. Stir in the tin of chopped tomatoes and the stock. Bring to the boil then turn down the heat and simmer for 10 mins
4. If you prefer a smoother soup, blend further with a hand blender or food processor.

TO SERVE

- ♥ Serve with a grinding of fresh black pepper and torn basil leaves.

CURRIED BUTTERNUT SQUASH SOUP



NICE AND EASY

PREP: 5 MINS
COOKING: 25 MINS
CAL/PORCION: 50

MAKES: 4 PORTIONS



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

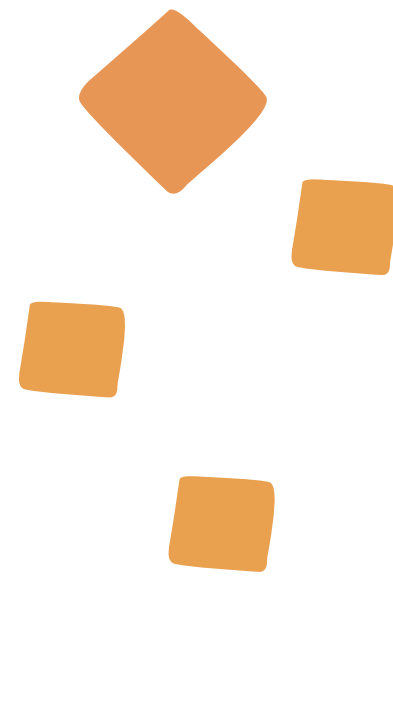
- ♥ 1 tbsp olive oil
- ♥ 2 shallots, finely diced
- ♥ 2 cloves garlic, finely chopped (or garlic paste)
- ♥ 1 small butternut squash, chopped into 1cm cubes
- ♥ 3 tps curry powder
- ♥ ¼ tsp ground cinnamon
- ♥ Black pepper to season
- ♥ 1 litre vegetable stock (dissolve a low salt stock cube/pot in 1 litre of boiling water)
- ♥ 4 handfuls fresh spinach leaves (or 4 cubes frozen spinach)

This is a delicious warming soup, with spinach added for extra greens.



METHOD

1. Heat the oil in a large pan over a medium heat
2. Add the shallots and garlic, stirring frequently for 2 mins
3. Add the squash, curry powder, cinnamon and pepper to the pan, stirring to coat the squash with the spices. Place the lid on the pan and cook for 4 mins, stirring occasionally
4. Add the vegetable stock and bring to a boil then turn down the heat, cover and simmer for 15 mins
5. Turn off the cooker and allow to cool slightly before blending with a hand blender (or in batches in a food processor). Put the blended soup back in the pan
6. Stir the spinach into the soup. Put the lid on the pan and leave over a medium heat to wilt the fresh spinach / warm the frozen spinach
7. Serve immediately.



CHUNKY VEGETABLE SOUP



NICE AND EASY

PREP: 5 MINS
COOKING: 25 MINS
CAL/PORCION: 50

MAKES: 4 PORTIONS



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 1 tbsp olive oil
- ♥ 1 medium leek (100g), cut into 1cm rounds
- ♥ 3 large carrots, cut into 1cm rounds
- ♥ 4 celery stalks, cut into 1cm pieces
- ♥ 6 leaves of spring cabbage, kale or cavolo nero, sliced
- ♥ 1 litre chicken stock (*dissolve a low salt stock cube/pot in 1 litre of boiling water, use vegetable stock if preferred*)
- ♥ 1 bay leaf
- ♥ Dried herbs eg thyme or mixed herbs
- ♥ Black pepper to season

Add a bit of texture to your soup by keeping some vegetable chunks instead of blending. This is even tastier reheated the next day.

METHOD

1. Heat the oil in a large saucepan on a medium heat. Add the leek and carrots, stirring frequently for 10 mins until they start to soften
2. Stir in the stock, celery, sliced cabbage, bay leaf and herbs. Season with a little black pepper
3. Turn up the heat to bring the soup to the boil then reduce the heat and part cover the pan with a lid. Simmer for 20 mins and then serve
4. Add an extra grind of black pepper to taste when serving.

LEEK AND TURMERIC SOUP WITH ROASTED CAULIFLOWER



NICE AND EASY

PREP: 10 MINS
COOKING: 25 MINS
CAL/PORCION: 130

MAKES: 2 PORTIONS



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 100g cauliflower, broken into small florets
- ♥ 3 tsps olive oil
- ♥ 1 small onion, finely chopped
- ♥ 1 medium courgette, roughly chopped
- ♥ 1 large leek, finely sliced
- ♥ 500ml vegetable stock (dissolve a low salt stock cube/pot in 500ml of boiling water)
- ♥ 1 tsp ground cumin
- ♥ 1/4 tsp ground turmeric
- ♥ Handful of fresh coriander (optional)
- ♥ Pinch of ground black pepper



METHOD

1. Preheat oven to 240C/ 220C Fan/Gas 7
2. Placed the cauliflower on a sheet of baking paper on a baking tray, toss with 1 tsp olive oil and sprinkle with half the ground cumin. Roast the cauliflower in the centre of the oven for 10 mins, turning halfway
3. Heat 1 tsp olive oil in a medium-size saucepan over medium heat. Add the onion and a tbsp of water. Stir occasionally to soften for 5 mins
4. Add the courgette, leek, turmeric, the rest of the ground cumin and a tbsp water. Stir regularly for 5-7 mins until softened
5. Add the stock and bring the soup to the boil. Turn down the heat, put the pan lid on and simmer for 10 mins
6. Remove from the heat and allow to cool slightly before blitzing with a hand blender or food processor until almost smooth.

TO SERVE

- ♥ Divide into 2 bowls, add the roasted cauliflower, add a twist of ground black pepper and garnish with the coriander.



SMOKY SAUERKRAUT SOUP



NICE AND EASY

PREP: 10 MINS
COOKING: 30 MINS
CAL/PORCION: 75

MAKES: 4 PORTIONS



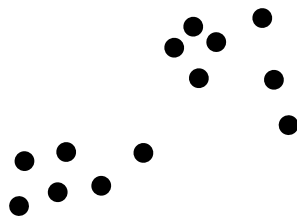
+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 450g sauerkraut
- ♥ 1 tbsp olive oil
- ♥ 2 medium onions, finely chopped
- ♥ 2 cloves garlic, finely chopped
- ♥ 2 tbsp tomato puree
- ♥ 1 tbsp mild smoked paprika (use half sweet or spicy paprika if you prefer)
- ♥ ½ tsp caraway seeds
- ♥ ½ tsp dried marjoram
- ♥ 500ml vegetable stock (dissolve a low salt stock cube/pot in 500ml of boiling water)
- ♥ 1 tbsp roughly chopped fresh marjoram
- ♥ Pinch of black pepper

If you miss the bacon that's usually in this recipe you could try a ham stock cube instead of chicken. Or make it vegetarian using vegetable stock. This tangy soup tastes even better the next day.

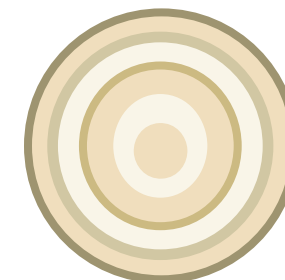
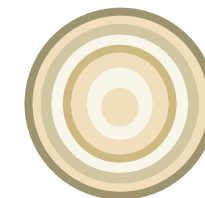
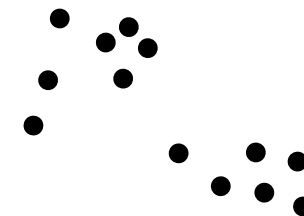


METHOD

1. Rinse the sauerkraut in a colander and drain
2. Heat the olive oil in a large saucepan over medium heat. Add the onions and stir regularly for 5-7 mins (until starting to caramelise). Then stir in the garlic for 1 min
3. Stir in the tomato puree, paprika, dried marjoram and caraway seeds for another minute
4. Add the stock and sauerkraut and bring to the boil. Reduce the heat, put the pan lid on and simmer for 20 mins.

TO SERVE

- ♥ Serve immediately with a twist of ground black pepper and optional fresh marjoram to garnish.



SOY BROTH WITH PAK CHOI AND BEANSPROUTS



NICE AND EASY

PREP: 5 MINS
COOKING: 15 MINS
CAL/PORCION: 60

MAKES: 4 PORTIONS



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 1 stalk of lemongrass, sliced lengthways into 3 and crushed to release the flavour
- ♥ 1cm piece of fresh ginger, finely sliced
- ♥ 1-2 sliced red chillies, deseeded and finely sliced
- ♥ 1 litre vegetable or chicken stock (*dissolve a low salt stock cube/pot in 1 litre of boiling water*)
- ♥ 12 fresh mushrooms, sliced
- ♥ 200g beansprouts
- ♥ 2 heads of pak choi, leaves rolled and sliced into thin ribbons
- ♥ 2 spring onions, sliced
- ♥ 2 tbsps reduced-salt soy sauce
- ♥ Squeeze of lime juice
- ♥ Fresh coriander to serve, chopped (*optional*)

This tasty broth is really quick to make. If you prefer a deeper umami flavour replace the fresh mushrooms with 50g dried shiitake mushrooms (rehydrate for 30 mins first).

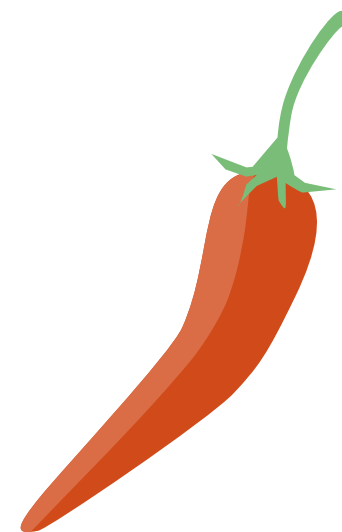


METHOD

1. Put the lemongrass, ginger and chillies into a medium pan. Add the stock and heat on medium. Add the mushrooms and bring to the boil, before reducing the heat and simmering for 5 mins
2. Add the beansprouts, spring onions and pak choi and simmer for another 3 mins
3. Remove from the heat and stir in the soy sauce.

TO SERVE

- ♥ Divide between bowls
- ♥ Add a squeeze of lime juice and a few chopped coriander leaves before serving.



EFO RIRO (NIGERIAN SPINACH SOUP/STEW)



A BIT MORE EFFORT

PREP: 30 MINS
COOKING: 15 MINS
CAL/PORTION: 75

MAKES: 4 PORTIONS



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 1 batch of African pepper sauce (*see separate recipe*)
- ♥ 25g dried porcini mushrooms, soaked in 250ml boiling water for 30 mins to rehydrate
- ♥ 80g white mushrooms, sliced
- ♥ 600g spinach (*or defrosted frozen spinach if you prefer – pressed with the back of a spoon to squeeze out excess water*)
- ♥ 4 portions cauliflower or broccoli 'rice' (*see separate recipe*)

In this modified recipe, we use dried porcini mushrooms instead of traditional dried shrimp/crayfish to add umami (savoury) flavour

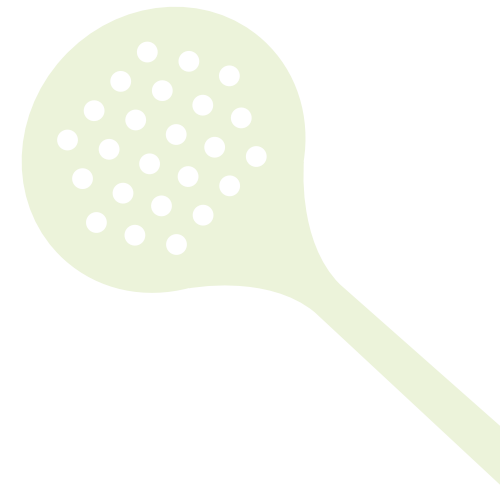


METHOD

1. Make a batch of African pepper sauce (*see separate recipe*), or heat pre-made sauce in a pan
2. Remove the rehydrated porcini mushrooms from soaking and add them to the pan, with the sliced mushrooms and stock. Stir for 10 mins
3. Add the spinach and leave to sit in the pan for 1 min, before stirring gently until it has wilted down to half its original volume.

TO SERVE

- ♥ Serve warm with a portion of cauliflower/broccoli 'rice'.

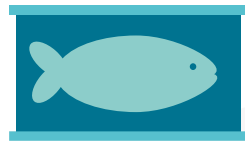
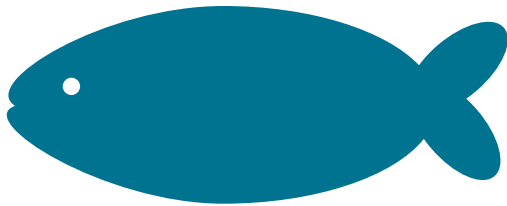


MAKE A 300 CALORIE MEAL

If you really 'can't take the shake' and need to substitute one of your TDR products for a 300 calorie real-food meal there are a couple of ways of doing this:

OPTION 1: Add protein to a veg recipe

OPTION 2: Use one of the new 300 calorie recipes



OPTION 1: Add protein to a veg recipe

Choose one of the following ingredients and add it to any of the vegetable recipes in Part 1 of the Recipe book to make a meal of about 300 calories with enough protein to replace a shake. Create your own combinations from the table below and previous recipes – or see suggestions on next page. Add one portion of protein for each portion that the veg recipe makes, add 125g turkey mince if it makes one portion and 250g if the recipe is for two portions.

One portion of protein	Calories	Protein
1 medium chicken breast (150g) or equivalent in roast chicken or turkey	160	36g
125g turkey thigh mince	150	24g
125g turkey breast mince	160	36g
125g Quorn mince	130	18g
140g tin of tuna in spring water	150	35g
140g white fish fillet e.g. cod, haddock, pollock, tilapia, sea bass, sea bream	105	25g
2 medium eggs	160	14g
200g tofu	120	13g
Small (100g) salmon fillet or half a 115g tin of salmon	150-180	20-25g
125g lean beef mince, lean stewing steak or 2 slices lean roast beef	160	27g
Small (100-115g) tin mackerel or sardines in spring water	160	20g

Some suggestions for converting the vegetable recipes into approx. 300 calorie meals

1. **EASY VEGETABLE CURRY:** Add the raw ingredients (meat, fish etc.) to the pan at the same time as the curry powder and cook until they are sealed (changed from looking raw to looking cooked on the outside) before adding the carrots and swede. Cooked chicken or tofu can be added with the carrot and swede.
2. **VEGETABLE STIR-FRY WITH CARROT NOODLE:** Add roughly chopped chicken, prawns or 1cm cubes of tofu after cooking the onions, garlic and ginger. Stir-fry quickly until sealed, then add the broccoli, mushrooms and mangetout.
3. **CARAMELISED ROASTED VEG:** Remove the tray from the oven after 20 mins. Place the fish fillets in between the vegetables, skin side down, and squeeze some lemon or lime juice on them. Return to the oven for another 10 mins until the fish is cooked through.
4. **JUST THE VEGGIES SUNDAY LUNCH:** Add two slices of roast meat or a chicken breast or leg.
5. **HARISSA STUFFED RED PEPPERS:** Instead of stuffing the peppers with cauliflower rice, fry off some onion and garlic with 1 tbsp olive oil on medium heat. Add 250g lean turkey mince and the harissa paste, stir and cook for 2-3 mins. Stuff the microwaved peppers with the turkey mixture and bake for 20 mins. Serve with a green salad or a portion of plain cauliflower 'rice'.

6. **COURGETTI ARRABBIATA:** Cook chopped chicken breast or Quorn mince in a frying pan for 8-10 mins with 1 tsp olive oil, before adding the soffrito sauce and courgette noodles
7. **EFO RIRO:** You can replace the dried mushrooms with meat or fish. Add an option from the table (or half meat/half fish) just before you add the spinach, and cook the stew for at least 5 mins to heat through. Serve with a portion of cauliflower 'rice' or try making cabbage fufu (see separate recipe). The fufu adds a few more calories, so adjust the protein portions in the Efo Riro eg use 3 chicken breasts in the recipe to make 4 portions if having the cabbage fufu on the side.



Safety first! Always check that the protein is cooked thoroughly before serving.

FISH PIE WITH CELERIAC MASH



A BIT MORE EFFORT

PREP: 30 MINS
COOKING: 40 MINS
CAL/PORTION: 310

MAKES: 2 PORTIONS



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 1 tbsp olive oil
- ♥ 1 medium onion, roughly chopped
- ♥ 2 frozen fish fillets (cod, haddock, pollock, tilapia)
- ♥ 1 red bell pepper, roughly chopped
- ♥ 1 medium courgette, 1cm rounds
- ♥ 1 bunch of fresh dill or parsley, roughly chopped
- ♥ 1 small celeriac, chopped into 2cm chunks
- ♥ 2 tbsps Quark cheese (or low fat cream cheese)
- ♥ Splash of Worcestershire sauce
- ♥ Pinch of grated nutmeg
- ♥ 1 tbsp parmesan cheese, grated finely
- ♥ 160g green beans (fresh or frozen)

Using celeriac instead of the usual mashed potato topping keeps this meal within the calorie limits without compromising on taste.

METHOD

1. Preheat oven to 180C/160C Fan/Gas 5
2. Heat the olive oil in a frying pan on medium and fry the onion for 5 mins, stirring occasionally until it softens
3. Place the frozen fish fillets in a casserole dish with 125ml water. Add the onion, pepper, courgette and dill. Put the lid on and bake for 25 mins
4. In the meantime, put the celeriac in a bowl with 2-3 tbsps water. Cover with clingfilm and microwave on high for 15-20 mins. When it's cooked (soft when tested with a fork), drain the water and add the Quark cheese, Worcestershire sauce and nutmeg. Mash.
5. Remove the casserole dish from the oven. Use a fork to break up the fish in the casserole, mixing it up with the vegetables. Layer the mashed celeriac evenly on top. Sprinkle with parmesan cheese and return to the oven for 15 mins (no lid)
6. Steam the green beans for 5-7 mins until tender. Serve alongside the fish pie.

TIP

You can microwave or boil the beans if you prefer.

HERBY OVEN FRITTATA



A BIT MORE EFFORT

PREP: 5 MINS
COOKING: 20-25 MINS
CAL/PORTION: 310

MAKES: 2 PORTIONS



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 1 tbsp olive oil
- ♥ 1 small onion, chopped finely
- ♥ 160g leftover cooked vegetables (any kind will work)
- ♥ 4 medium eggs
- ♥ A splash of semi-skimmed milk
- ♥ A pinch of black pepper
- ♥ 1 large tomato, sliced
- ♥ Fresh or dried herbs of your choice (eg thyme, basil)
- ♥ 1 handful mixed salad leaves
- ♥ 1 tbsp salad dressing

This is a great way to use up leftover veg – or cook extra veg with dinner the night before for a quick and simple midweek meal.

METHOD

1. Preheat the oven to 200C/180C Fan/Gas 6
2. Heat the olive oil in a frying pan on medium and fry the onion for a few minutes, stirring occasionally until it softens. Then tip it into a baking dish (approx. 20cm x 15cm). Spread it out evenly – this oils the dish at the same time, reducing sticking. Add the leftover vegetables in a single layer
3. Beat the eggs in a bowl, adding the milk and pepper. Pour over the vegetables
4. Arrange the sliced tomato on top and sprinkle with the herbs. Bake in the centre of the oven for 20-25 mins until golden brown
5. Remove from the oven, allow to cool slightly and remove from dish.

TO SERVE

- ♥ Slice and serve with the dressed salad leaves.

TIP

To remove the frittata from the dish run a knife or spatula around the edge to loosen it. Then place a chopping board over the dish, turn it over and tap a few times until it drops out.

TASTY TURKEY CHILLI



A BIT MORE EFFORT

PREP: 10 MINS
COOKING: 45 MINS
CAL/PORTION: 300

MAKES: 6 PORTIONS



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 1 tbsp olive oil
- ♥ 1 medium onion, chopped small
- ♥ 3 cloves of garlic, finely chopped
- ♥ 750g turkey thigh mince
- ♥ ½ tsp chilli powder
- ♥ 2 tsps ground cumin
- ♥ 1 tsp dried oregano or mixed herbs
- ♥ ¼ tsp cayenne pepper
- ♥ 1 red bell pepper, chopped small
- ♥ 200ml chicken stock (*dissolve a low-salt stock cube/pot in 200ml of boiling water*)
- ♥ 2 x 400g tins chopped tomatoes
- ♥ 400g tin red kidney beans, rinsed and drained
- ♥ 200g tin sweetcorn, drained
- ♥ 200g natural yogurt
- ♥ 1 tbsp coriander, roughly chopped

Turkey is high in protein and low fat, so it's ideal to keep you full while keeping the calories within boundaries. This chilli is also packed with fibre from the beans and corn.

METHOD

1. Heat the olive oil in a large saucepan on medium and fry the onion and garlic for 5 mins, stirring occasionally until it softens
2. Add the mince and stir, breaking up any lumps. Cook until no longer pink, stirring occasionally.
3. Stir in the herbs and spices (chilli, cumin, oregano and cayenne pepper), followed by the red pepper, stock and tinned tomatoes. Finally add the sweetcorn and kidney beans and stir in gently. When it starts to bubble, reduce the heat to low and cook with no lid for about 35 mins, until the sauce thickens. Stir every 10 mins
4. Taste and season with a little black pepper if needed.

TO SERVE

- ♥ Serve each portion in a bowl topped with natural yogurt and chopped coriander.

TOFU AND CHICKPEA CURRY WITH SPRING GREENS



A BIT MORE EFFORT

PREP: 10 MINS
COOKING: 25 MINS
CAL/PORZION: 270

MAKES: 4 PORTIONS



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 2 x 300g packs tofu (firm, not silken), sliced into 1cm
- ♥ 1 tbsp olive oil
- ♥ 1 tsp cumin seeds
- ♥ 1 medium onion, finely chopped
- ♥ 3 garlic cloves, crushed / ground
- ♥ 1cm fresh ginger, crushed / ground
- ♥ 1-2 green Bird's Eye chillies, deseeded and finely chopped
- ♥ 400g tin chopped tomatoes
- ♥ 1 tsp garam masala
- ♥ 200g spring greens, cabbage or kale, washed, dried and thinly sliced
- ♥ 400g tin chickpeas, drained and rinsed
- ♥ 4 portions cauliflower 'rice' (see separate recipe)

Tofu (soybean curd) is a plant-based protein. This recipe uses firm tofu to replicate the texture of the paneer that it replaces as a lower calorie option. Chickpeas bump up the protein content.

METHOD

1. Preheat oven to 200C/180C Fan/Gas 6
2. Place the tofu cubes on baking paper on an oven tray. Bake for 15 mins and set aside
3. Meanwhile, roughly chop and then crush the ginger and garlic together in a garlic crusher or pestle and mortar to make a paste
4. Heat the oil in a saucepan on high. Fry the cumin seeds until they darken (this won't take long). Stir in the onion for 4-5 mins until it starts to brown, then reduce the heat to medium and cook for another 4 mins
5. Stir in the ginger/garlic paste and the chillies and cook for a minute. Then add the tinned tomatoes, garam masala and spring greens. Simmer for 10 mins
6. Stir in the chickpeas and tofu and heat through for 5 mins.

TO SERVE

- ♥ Serve with 1 portion cauliflower 'rice' per person.

EASY TUNA FISHCAKES



A BIT MORE EFFORT

PREP: 10 MINS
COOKING: 20 MINS
CAL/PORCION: 330

MAKES: 2 PORTIONS



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 300g tin new potatoes, drained
- ♥ 2 x 140g tins tuna in spring water, drained
- ♥ 2 tbsps fresh parsley, chopped
- ♥ Juice of half a lemon
- ♥ Pinch of black pepper
- ♥ 1 medium egg
- ♥ 40g (2 level tbsps) gram (chickpea) flour or wholemeal flour
- ♥ 3 tsps olive oil
- ♥ 2 handfuls watercress or other salad leaves
- ♥ Lemon wedge and malt vinegar to serve

Fishcakes don't need to be covered in breadcrumbs to have a deliciously crispy coating. This quick and easy recipe uses mostly store cupboard ingredients but tastes amazing. They can be cooked in advance and reheated.

METHOD

1. Mash the potatoes in a large bowl. Add the tuna and mix in well. Add the parsley, lemon juice and pepper
2. Beat the egg separately, add to the bowl and mix everything well
3. Spread the flour on a plate. With clean hands, shape the mix into 4 equal size balls. Roll them in the flour to coat them, then flatten into patties
4. Heat half of the oil in a frying pan on high. Add 2 fishcakes and cook for about 4 mins, until crisped on the bottom. Flip and cook for another 4 mins. They may need another few mins each side – keep turning until golden and crispy
5. Repeat step 4 with the other 2 fishcakes.

TO SERVE

- ♥ Serve with the watercress on the side, a wedge of lemon to squeeze over and a good drizzle of vinegar.

SOUVLAKI CHICKEN KEBABS WITH TZATZIKI DIP AND A CUCUMBER TOMATO SALAD



A BIT MORE EFFORT

PREP: 15 MINS*
COOKING: 10 MINS
CAL/PORCION: 340

MAKES: 2 PORTIONS



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 6 wooden or metal skewers
- ♥ 2 small chicken breasts, each cut into 3 strips or 300g chicken mini fillets
- ♥ 1 tbsp olive oil
- ♥ 2 garlic cloves, crushed or finely sliced
- ♥ 2 tsps dried oregano
- ♥ Juice of half a lemon

For the tzatziki:

- ♥ Half a cucumber, deseeded and chopped finely
- ♥ 100g virtually fat-free Greek yogurt
- ♥ 1 garlic clove, finely sliced
- ♥ Dash of lemon juice

For the salad and dressing:

- ♥ Other half of the cucumber, chopped into chunks
- ♥ Two tomatoes, chopped into chunks
- ♥ 3 tsps olive oil
- ♥ 1 tsp red wine vinegar (or lemon juice if you prefer)
- ♥ 1 tbsp fresh herbs eg coriander or basil, roughly chopped

METHOD

1. Make the marinade: Mix the olive oil, garlic, oregano and lemon juice together.
2. Place the chicken strips in a bowl with the marinade ingredients and turn over to coat well. Cover the bowl with clingfilm and chill in the fridge for at least 3 hours, or overnight
3. If using wooden skewers soak in water for at least an hour so they don't burn while cooking
4. Tzatziki: Mix the cucumber with the yoghurt, garlic and lemon juice. Chill for at least 20 mins
5. When you're ready to make the kebabs: Preheat grill to high and thread the chicken strips onto the skewers, leaving a slight gap between them. Grill the skewers for 10-12 mins, turning occasionally
6. Meanwhile make the salad dressing by mixing the olive oil and red wine vinegar. Season with a little pepper
7. Mix the cucumber and tomatoes in a bowl with the dressing and fresh herbs. Serve with the kebabs and tzatziki.

TIP

**Also needs time to marinade.*

MICROWAVE EGGS WITH SAUSAGE, BACON, SPINACH AND CHILLI



A BIT MORE EFFORT

PREP: 3 MINS
COOKING: 10 MINS
CAL/PORTION: 310

MAKES: 2 PORTIONS



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 4 vegetarian sausages (about 45g each)
- ♥ 4 rashers smoked streaky bacon, cut into 1cm pieces
- ♥ 200g baby spinach leaves
- ♥ ½ tsp chilli powder or chilli flakes
- ♥ 2 medium eggs
- ♥ Grated nutmeg (*optional*)

This is a super-fast way to prepare a delicious calorie-friendly cooked breakfast. Switch the veggie sausages for an extra egg instead if you prefer.

METHOD

1. Grill the sausages under a medium grill for about 8 mins, turning regularly to ensure even cooking
2. Meanwhile dry fry (no oil added) the bacon pieces in a frying pan until crisp. Add the chilli powder or flakes and the spinach to the pan. Leave for a minute to wilt, and then stir together. Divide between 2 bowls or ramekins
3. Crack an egg into each bowl. Pierce the yolk 3 times with a sharp knife then microwave them one at a time on high for 30-50 secs (cooking time depends on the size of the bowl and microwave power). Check them at 30 secs and then every 5 secs until the egg white is fully cooked but the yolk is still wobbly

TO SERVE

- ♥ Sprinkle some nutmeg over the cooked eggs (optional) and serve each bowl with 2 sausages.

QUORN SAUSAGES WITH PEAS AND MINTY BUTTERBEAN MASH



A BIT MORE EFFORT

PREP: 5 MINS
COOKING: 10 MINS
CAL/PORTION: 330

MAKES: 2 PORTIONS



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 4 Quorn sausages (about 45g each)
- ♥ 400g tin butterbeans
- ♥ 1 tbsp olive oil
- ♥ 1 small garlic clove, finely sliced or crushed
- ♥ 1 tbsp water
- ♥ 160g frozen peas
- ♥ Juice of half a lemon
- ♥ Handful of fresh mint, chopped finely (or 1 tsp mint sauce)
- ♥ Pinch of black pepper

Vegetarian sausages don't have enough protein to make our main list of added proteins, but here we combine them with other plant protein sources (butterbeans and peas).

METHOD

1. Grill the sausages under a medium grill for about 8 mins, turning regularly to ensure even cooking
2. Meanwhile put the butterbeans, olive oil, garlic and 1 tbsp of water in a pan on a medium heat
3. Meanwhile, heat the frozen peas according to the pack instructions, draining if required
4. When the butterbeans are heated through turn off the heat and mash them. Mix in the lemon juice and chopped mint (or mint sauce). Season to taste with a little black pepper.

TO SERVE

- ♥ Arrange the sausages, mash and peas on a plate and serve.

TIP

Add a little gravy made from granules if you would prefer a moister dish.

THAI MINCED CHICKEN WITH CRISPY LETTUCE WRAPS



A BIT MORE EFFORT

PREP: 15 MINS
COOKING: 10 MINS
CAL/PORTION: 280

MAKES: 2 PORTIONS



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 2 skinless chicken breasts, minced
- ♥ 1 tbsp olive oil
- ♥ 1 tbsp (20g) green thai curry paste
- ♥ 2 kefir lime leaves (*optional*)
- ♥ 1 tbsp fish sauce
- ♥ 2 spring onions, finely chopped
- ♥ 4-6 large cos lettuce leaves, washed and dried
- ♥ Juice of half a lime
- ♥ 180g beansprouts

You can't typically buy minced chicken but it's very easy to make by fine chopping.

You can make the paste with fresh lemongrass, lime leaves, chilli, garlic and ginger if you prefer. We've used a quick and easy alternative.

METHOD

1. Heat the olive oil in a frying pan on high. Add the thai curry paste and stir for 30 secs. Add the minced chicken and kefir lime leaves (*if using*). Stir-fry for about 4 mins
2. Add the fish sauce, reduce the heat to medium and simmer for 4 mins
3. Stir in the spring onion and cook for 1 minute. Then remove from the heat and drizzle with lime juice.

TIP

Mincing chicken: Place a chicken breast in an unsealed Ziploc bag, or between 2 pieces of baking paper. Flatten with a meat hammer (flat side) or rolling pin. Remove from the bag or paper and place on a chopping board ready to mince by chopping finely, turning the board and repeating until fine enough.

TO SERVE

- ♥ Serve in three dishes – one each for the mix, beansprouts and lettuce leaves.
- ♥ Take a lettuce leaf and add some chicken near the base, top with beansprouts and wrap (tuck in the sides and roll up).

BEEF AND PEARL BARLEY STEW



A BIT MORE EFFORT

PREP: 10 MINS
COOKING: 2H 10 MINS
CAL/PORCION: 295

MAKES: 4 PORTIONS



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 2 tsps olive oil
- ♥ 100g lean stewing beef, cut in 3cm cubes
- ♥ 1 medium onion, halved and sliced
- ♥ 2 medium carrots, chopped in 1cm rounds
- ♥ 2 celery stalks, chopped in 1cm pieces
- ♥ 1 litre beef vegetable stock (*dissolve a low-salt stock cube/pot in 1 litre of boiling water*)
- ♥ 1 x 400g tin chopped tomatoes
- ♥ 1 sprig each of thyme and rosemary leaves, removed from the stalks and chopped
- ♥ 12 mushrooms, quartered
- ♥ 100g pearl barley
- ♥ 1 tbsp Worcestershire sauce

The key to tender and tasty beef stew is cooking for a long time on a low heat, ideally making it a day ahead to reheat the next day. This is not one to start cooking when you're in a rush, but there's no pot watching so you can do other things while it cooks.

METHOD

1. Make up the stock
2. Heat the oil in a large saucepan or casserole dish over high heat. Add the beef cubes and brown on all sides. Remove to a plate and set aside
3. Add the onion, carrots and celery along with a splash of water. Fry for 3-4 mins until softened
4. Add the stock, chopped tomatoes, thyme and rosemary. Bring to the boil, then put the lid on, reduce the heat to low and simmer for 90 mins
5. Add the mushrooms and pearl barley and simmer for a further 30 mins until cooked
6. Stir in the Worcestershire sauce and serve.

CABBAGE FUFU (TO SERVE WITH EFO RIRO)



A BIT MORE EFFORT

PREP: 10 MINS
COOKING: 5 MINS
CAL/PORTION: 75

MAKES: 2 PORTIONS



+ JOKER 2
CAN'T TAKE
THE SHAKE



INGREDIENTS

- ♥ 1 green cabbage (eg sweetheart, approx. 450g), outer leaves discarded, chopped into medium pieces
- ♥ 1 tbsp porridge oats, blended or chopped finely
- ♥ Water
- ♥ A clean muslin cloth or cotton tea towel

Fufu and other swallows are typically made using flour and water. This is a great alternative to serve with vegetable stews or soups, ideally with Efo Riro (see separate recipe) and a protein option. It's also a good way of reducing overall carbs eg instead of cassava flour.

METHOD

1. Blend batches of the cabbage pieces and about 1/3 of their volume in water (don't overfill the blender). Repeat until you've blended all the cabbage into a smooth puree. Add more water to keep the blades moving if necessary
2. Drape a large muslin cloth / cheesecloth or clean cotton tea towel over a bowl and pour in the cabbage puree. Gather up the edges and squeeze out as much liquid as you can into the bowl. Put the liquid to one side
3. Stir the cabbage puree in a pan over medium high heat. After 3 mins add the oats. It will thicken quickly.
4. Stir continuously for 5 mins then add a splash of cabbage water, put the pan lid on and simmer for 3 mins
5. Stir well until you reach your desired consistency. Take off the heat, allow to cool slightly then wrap tightly in cling film and leave to rest for 20 mins
6. Serve with Efo Riro (see separate recipe).

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