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**MEAL  
PLANS &  
RECIPES**

## Light Meals

### Salmon with Creamy Watercress Sauce

Serves: 4

Cooking Time: 6-8 minutes

- 4 Salmon fillets
- 1 tbsp olive oil
- 1 bunch spring onions, finely sliced
- 1 bunch or bag watercress, washed and roughly chopped
- 1 tbsp lemon juice
- 4 tbsp low fat soft cheese

- 1 Simply grill or griddle the salmon for a few minutes each side, until just firm and lightly golden brown.
- 2 Meanwhile, in a small pan heat the olive oil and sauté the spring onions until softened, then add the watercress and cook until just wilted. Add any juices from the cooked salmon and the lemon juice, and cook for a further 30 seconds.
- 3 Add soft cheese and, using a hand held bar blender, puree the sauce until smooth, season and taste.
- 4 Serve the salmon with a little sauce on the side.

### Chicken & Red Pepper Kebabs with Salad and Pitta Bread

Serves: 2

Cooking Time: 30 minutes

- 2 skinless chicken breast fillets, cut into large cubes
- 1 onion, cut into 8 large pieces
- 1 red pepper, cut into large dice
- Pitta bread and green salad

#### Marinade:

- 1 tsp wholegrain mustard
- ½ tbsp olive oil
- ½ tbsp white wine vinegar
- 25g/1oz fresh coriander, chopped
- Dash of Tabasco sauce (optional)

- 1 If you are using wooden kebab skewers, first soak them in water for about 10 minutes to stop them from burning when they are under the grill.
- 2 Mix together the marinade ingredients.
- 3 Thread the chicken, onion and red pepper chunks alternatively on to the skewers.
- 4 Place the kebabs on a large plate and pour over the marinade.
- 5 Roll the kebabs in the marinade using your hands to make sure that all the chicken and vegetables are well coated.
- 6 Cover the kebabs and place them in the fridge for 30-60 minutes.
- 7 Preheat the grill to high and cook the kebabs for 15-20 minutes, turning three times. When the kebabs appear to be well cooked on all sides, check that the chicken is cooked through properly. You can do this by slicing open one of the pieces – it should be white all the way through.
- 8 Serve with pitta bread and green salad.

The next two recipes all use avocados – a fruit which often frightens slimmers who think it's high in calories. In fact, the calorie content is more than justified by it's food value, the fat it contains is monounsaturated, it's full of protein, vitamins A, E and B and potassium, and it's nutritious enough to form the main part of a meal.

### Prawn & Avocado Salad with Coriander Dressing

Serves: 2

- 115g/4oz mixed salad leaves
- 1 avocado – peeled and sliced
- 200g/7oz prawns
- 1 red pepper – grilled, skinned and sliced
- 2 tbsp extra virgin olive oil
- 1 tbsp Dijon mustard
- 2 tbsp lemon juice
- 4 tbsp crème fraîche or low fat yoghurt
- 2 handfuls fresh coriander – finely chopped
- Salt and freshly milled black pepper

- 1 Arrange the salad leaves on individual plates with the avocado, prawns and strips of red pepper on top, then whisk the rest of the ingredients together to make the dressing.
- 2 Drizzle 2 tablespoons of the creamy dressing over each salad and pass the extra dressing round if you want.
- 3 Serve with fresh wholemeal bread and sliced tomatoes with chopped chives.

You can buy peppers in jars, but they tend to be very oily so it's better to skin your own. Skewer the pepper with a fork at one end and hold it in the flame of the gas burner or under an electric grill.

The skin will bubble and, when it's black all over, let it cool for a couple of minutes. The skin should peel away pretty easily and then you can slice it up.



## Light Meals *(continued)*

### Bacon & Avocado Salad with a Warm Tomato & Basil Vinaigrette

Serves: 2

- 4 rashers bacon (smoked or unsmoked, chopped into smallish pieces)
- 115g/4oz mixed salad leaves or rocket
- 1 avocado, peeled and sliced
- Small handful black olives
- 1 tbsp olive oil
- 1 shallot or ½ onion – finely chopped
- 2 handfuls fresh basil – roughly chopped
- 5 tbsp balsamic vinegar
- Pinch sugar
- Freshly milled black pepper

- 1 Fry the bacon in a pan over moderate heat, (if you have a non-stick pan there's no need for any extra oil). When it's crispy, drain the fat on some kitchen roll.
- 2 Arrange the salad leaves, avocado, olives and bacon on individual plates.
- 3 Make the dressing by heating the olive oil in a saucepan until it starts to bubble, then add the shallot or onion and the basil. Let it bubble for a minute and add balsamic vinegar and sugar, (don't leave it on for long – olive oil should be heated to the minimum). Season with black pepper.
- 4 Drizzle 2 tablespoons over each salad and pass the rest round.
- 5 Serve with fresh wholemeal bread.

### Tonno E Fagioli

Serves: 2

*This is a variation on the Italian classic. It makes a great supper, or you can make it the night before and put it into a plastic box for lunch the next day. It's packed full of energy and should keep you going all day.*

- 400g/14oz tin cannelloni beans, drained
- 400g/14oz tin borlotti beans, drained
- ½ red onion finely sliced
- 200g/7oz tin tuna in brine, drained
- 1 avocado – peeled and chopped into largish chunks
- 5 tbsp extra virgin olive oil
- 2 tbsp red wine vinegar
- 2 tsp dried oregano
- Salt and pepper

- 1 Mix all the ingredients together and that's it.

*You can add chopped red peppers, cooked green beans, sweetcorn or olives, and you can increase the quantity of tuna. But the beans and dressing make a great base. If you're concerned about the avocado going brown, toss it in lemon juice just before you're ready to eat.*

### Tuna & Bean Salad

Serves: 2

*Here's an even speedier, though a rather more humble, version of 'Tonno e Fagioli'.*

- 1 Use flaked fresh tuna or a can of tuna in brine or spring water instead of oil.
- 2 To this add a drained can of flageolet or cannelloni beans and a small red onion thinly sliced.
- 3 Serve on a bed of mixed salad leaves with a low fat dressing, plenty of freshly chopped parsley and crusty bread.



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## MEAL PLANS & RECIPES

### Light Meals *(continued)*

#### Curried Smoked Haddock and Basmati Rice

Serves: 4

Cooking Time: 15-20 minutes

*This is a great dish all the family can enjoy. Curry freaks can increase the heat at will, or to make a more economical dish reduce the amount of fish used and add a drained can of butter beans or chickpeas.*

- 450g/1lb uncoloured smoked haddock, skinned
- 1 tbsp oil
- 1 onion, chopped
- 2 sticks celery, chopped
- 1 tbsp mild curry powder
- ½ tsp turmeric
- 1 tbsp sweet chilli sauce or few shakes Tabasco
- 280g/10oz basmati rice
- 140g/5oz frozen petit pois
- Pepper
- 4 tbsp chopped fresh parsley or coriander
- 1 lemon

- 1 Cut the fish into 3-4 pieces to fit into a large saucepan more easily in one layer, then pour over enough boiling water just to cover. Bring to the boil, reduce the heat and simmer for 4 minutes. Drain off and retain the liquid, cover the fish and keep hot.
- 2 Clean the pan and add the oil; allow to heat before adding the onion and celery. Cook together for a few minutes to soften and just begin to brown. Add the curry powder and turmeric, and continue to cook, stirring for a minute before adding the chilli sauce and rice. Stir together for another minute.
- 3 Make the retained fish stock up to 600ml/1 pt with water and add to the pan, bring to the boil then reduce the heat and simmer for about 10 minutes until the stock is almost all absorbed and the rice is tender. Add the petit pois 2-3 minutes before the end of cooking time.
- 4 Add more stock or water during cooking, as necessary, and the pepper.
- 5 Serve sprinkled with herbs and wedges of lemon, with Indian breads and a green salad.

#### Turkey Mince Bolognese

Serves: 4-6

Cooking Time: 20-25 minutes

*Turkey meat, minced without any skin, is one of the leanest meats you can choose, as well as being an excellent source of protein. Why not make double the amount and freeze some in individual portions for future use.*

- 1 tbsp oil
- 1 large onion, chopped
- 3-4 cloves garlic, sliced or chopped
- 450g/1lb minced turkey
- 2 large carrots, peeled and grated
- 600ml/1 pint tomato passata or chopped tomatoes
- 2 tbsp tomato puree
- 1 tsp mixed herbs
- 300ml/½ pint stock
- Salt and pepper

- 1 In a large saucepan heat the oil over a medium heat and sauté the onion and garlic. Stir while they're softening and just beginning to brown. Add minced turkey and over a high heat stir quickly to brown lightly. Add the carrots, tomato, passata, puree, herbs, stock and little seasoning.
- 2 Reduce the heat and simmer for about 20 minutes until the sauce is rich and thick, adding a little more stock or water if necessary. Taste and adjust seasoning.
- 3 Use as a stuffing for vegetables like peppers, tomatoes, marrow or courgettes, or serve with pasta, polenta or garlic mashed potatoes.

#### Vegetable Frittata

Serves: 4

Cooking Time: 15-20 minutes

*Frittatas are extremely versatile. Try with different vegetables and even pasta. All are excellent served hot or cold, making an interesting packed lunch or picnic ingredient.*

- 2 tbsp oil
- 2 fat cloves garlic, chopped
- 1 onion, thinly sliced
- 1 large or 2 small courgettes, sliced
- 2 small red and /or yellow peppers, deseeded and chopped
- 1 small can sweetcorn, drained
- 6 medium eggs
- 3 tbsp chopped fresh herbs
- Salt and pepper

- 1 Heat the oil in a large non-stick frying pan, then add the garlic, onion, courgette and peppers, stir fry until the vegetables are softened and beginning to brown. This will take at least five minutes.
- 2 Add the sweetcorn and stir in.
- 3 Beat the eggs in a bowl with the herbs and seasoning, pour over the vegetables in the pan and reduce the heat to low.
- 4 Cook slowly for about 10 minutes until almost all the egg is set and the base is golden brown. Meanwhile preheat the grill.
- 5 Place the pan under the grill to finish cooking the top of the frittata. (Take care to cover the pan handle if necessary).
- 6 Serve wedges of the frittata with crusty bread. It is great eaten either hot or cold.



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**MEAL  
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## Light Meals *(continued)*

### Roasted Herb-Crusted Cod

Serves: 4

Cooking Time: 15 minutes

- 4 chunky cod fillets
- 2 tbsp olive oil
- 1 lime, juice and finely grated rind
- 3 tbsp parsley, chopped
- 3 tbsp chives, finely chopped
- 1 tsp smooth French mustard
- Salt and pepper
- 125g/4½ oz fresh breadcrumbs

- 1 Preheat the oven 220°C/425°F/Gas Mark 7. Lightly grease an ovenproof dish big enough to take the fish, with a little space around each piece. Arrange the fish in dish.
- 2 To make the herb crust, place all the remaining ingredients in a bowl and mix thoroughly. Divide over each piece of fish, pressing on, lightly.
- 3 Bake in the oven, uncovered for about 15 minutes or until the fish is firm to the touch and cooked through.

*Variations: Different flavours can be added to the crust: try grated fresh ginger and spring onion instead of chives, or 1 tablespoon finely grated parmesan cheese.*

### Chicken & Broccoli with Rice

Serves: 4

Cooking Time: 20 minutes

- 225g/8oz broccoli florets
- 1 tbsp vegetable oil
- 1 onion, chopped
- 2 courgettes, sliced
- 125g/4½ oz button mushrooms, sliced
- 2 tbsp plain flour
- 150ml/¼ pint semi skimmed milk
- 150ml/¼ pint chicken or vegetable stock
- 350g/12oz cooked leftover chicken

- 1 Steam the broccoli florets over a pan of boiling water until tender.
- 2 Heat the oil in a large saucepan and add the onion, cook for 2-3 minutes to soften. Add courgettes and mushrooms, and sauté together, stirring frequently over a medium heat for 5-6 minutes, until the vegetables are almost tender.
- 3 Sprinkle over the flour and stir in, then add the milk and stock. Bring to the boil and stir gently until the mixture has thickened.
- 4 Add broccoli and chicken and simmer gently for 4-5 minutes. Taste and season as necessary. Serve with rice.

### Macaroni & Broccoli Cheese

Serves: 4

Cooking Time: 10-20 minutes

A new take on an old favourite adds vegetables like cauliflower, broccoli or leeks to the macaroni to make it a cross between cauliflower cheese and macaroni cheese, made with an easy low fat 'instant' sauce.

- 200g/7oz macaroni (you can use quick cook if your in a hurry)
- 450g/1lb broccoli, cauliflower, leek etc.
- 600ml/1 pint semi skimmed milk, or half milk half vegetable stock
- 50g/1½ oz plain flour
- 75g/2½ oz mature strong cheddar
- 1 tsp smooth Dijon mustard
- Salt and pepper

- 1 Cook pasta in a large pan of boiling salted water, until just tender or 'al dente'.
- 2 If possible cook the broccoli in a steamer over the pasta, or simmer in a little water until just tender. Drain and keep hot.
- 3 Put the milk and flour into a non-stick pan and heat slowly, whisking continuously with a plastic or nylon whisk, until the sauce thickens, then add the cheese, mustard and seasonings.
- 4 Add the broccoli and sauce to the cooked drained pasta and mix together gently.

*Variation: If you're not aiming to have a particularly low fat meal, add a tablespoon of vegetable oil to the milk and flour for the sauce.*