



# THE INTERNATIONAL LOW SALT COOKBOOK



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## Salt and health

Eating too much salt can damage your health. A high salt diet will slowly raise your blood pressure which increases your risk of heart disease and stroke.

*Adults should eat less than 5-6g of salt a day and children much less.*

### Blood pressure

Blood pressure is the biggest cause of death in the world through the strokes and heart attacks it causes. High blood pressure, also known as hypertension, is considered to be a 'silent killer' because many people with high blood pressure have no symptoms and don't realise they are at risk of serious health problems. Salt slowly puts up our blood pressure and eating too much is responsible for many thousands of strokes, heart attacks and heart failure deaths each year worldwide. People of South Asian and black African descent are particularly susceptible to high blood pressure

*Eating less salt lowers blood pressure and reduces the risk of heart disease and stroke.*

### Heart attacks and heart failure

Raised blood pressure is a major risk factor for coronary heart disease, stroke and heart attacks. Coronary heart disease is the commonest cause of death in the UK. Untreated high blood pressure can also lead to heart failure, which can make the pumping action of the heart less effective. People of South Asian descent are prone to coronary heart disease.

*Preventing high blood pressure will reduce the risk of heart attacks and heart failure.*

### Stroke

High blood pressure is the single most important risk factor for stroke. Salt is therefore directly responsible for many of these strokes. There is also increasing evidence that salt may have a direct effect on strokes, independent of and in addition to the effect it has on blood pressure. People of black African descent are at a higher risk of stroke.

### Osteoporosis

Salt intake is the major factor controlling the amount of calcium in the urine and the amount of calcium lost from bones. As calcium is vital for bone strength, high salt intake may lead to weakening of the bones and an increased risk of osteoporosis. If we do not achieve the maximum strength of our bones when we reach our mid to late twenties, our risk of developing osteoporosis later in life is increased. Low salt intake in childhood, adolescence and early adulthood is therefore important for bone health.

*Osteoporosis leads to bone fractures and breakages.*

### Obesity

Obesity is an increasing problem globally. Whilst salt is not the cause of obesity it increases thirst and the amount of fluids consumed, particularly sweetened soft drinks. A reduction in salt intake would cause a major reduction in the number of sweetened soft drinks being consumed, both by adults and children. Studies in the UK have shown that a reduction in sweetened soft drink consumption is likely to reduce the number of children developing obesity.

### Stomach cancer

Salt, particularly in high concentrations, damages the delicate lining of the stomach. This makes it more vulnerable to infection by *Helicobacter Pylori*, a type of bacteria that causes both stomach ulcers and stomach cancer.

### Kidney stones & kidney disease

Reducing salt intake has been shown to reduce calcium excretion and reduce reoccurrences of kidney stones, as kidney stones have calcium as their basic constituent.

High blood pressure has been shown to increase the amount of protein in the urine which is a major risk factor for the decline of kidney function, and a high salt intake may increase how quickly kidney disease progresses. In addition, the water retention that occurs with a higher salt diet will increase blood pressure which also increases the risk of kidney disease. People of South Asian and black African descent are at particular risk of kidney disease.

### Other effects

A reduction in salt intake may also be beneficial for keeping a number of other conditions under control, such as asthma and Ménière's disease. Salt reduction is recommended for people with diabetes because keeping blood pressure in the healthy range helps to reduce your risk of the long term complications of diabetes. A high salt diet can also lead to water retention. Many people with water retention, including women with premenstrual water retention, find considerable improvement in their symptoms by reducing their salt intake.

**Too much salt raises blood pressure, leading to heart disease and stroke.**

**Visit your doctor or nurse to get your blood pressure checked.**

**Normal blood pressure: 120/80mmHg**

## Who is at risk?

Certain groups of the population are particularly sensitive to the effects of too much salt. They are at a higher risk of developing high blood pressure and other health problems related to a high salt intake and they need to take particular care to keep their salt intake to a minimum and lead a healthy lifestyle. These groups include people of black African and South Asian descent. World wide, other vulnerable groups are children, as blood pressure and the risk of future health problems can be influenced from a young age; men, due to a higher risk of heart disease; and the elderly, as blood pressure increases with age.

## What can you do?

The good news is that with simple diet and lifestyle changes, such as improving your diet, increasing exercise and reducing alcohol consumption, you can make a big improvement to your health.

*Reducing your salt intake will significantly reduce your risk of developing health problems.*

### Salt in your favourite foods

Salt can be found where you least expect it. Most of the salt we eat is hidden in the food we buy, particularly processed foods such as ready meals, pizza, bread, pasta and curry sauces, baked beans and sausages. Almost everyone eats at least some of these types of foods, so it pays to cook food yourself from scratch. Salt can quickly add up throughout the day so think about what's in every meal and snack, not just your evening meal.

*We are all eating too much salt. The good news is that it is easy to cut down on salt!*

### Labelling

Many countries now have product labelling making it possible to check the salt content of the food we buy in supermarkets and shops. By looking at the label we can add up how much salt we are eating each day. If the label only gives the sodium content, you need to multiply sodium by 2.5 to get the salt content.

## Sodium per 100g = 2.5g of Salt per 100g

Try to think about how much of the food you will eat. If the label doesn't give portion information, use the size of the packet as a guide – is this more or less than 100g? From this you can work out the salt content of the portion you will eat.

### Adjust to less salt

The salty taste of foods depends not only on the salt content of the food but also the sensitivity of the taste receptors in your mouth. Initially when you reduce your salt intake foods tend to taste bland, but after two or three weeks your taste receptors become more sensitive, getting the same effect from lower levels of salt and you will start to taste the real delicious flavour of natural food. Give yourself time to adjust.

### Cooking at home

Try cooking your favourite meals at home more often, use the low salt recipes in this book to make a drastic reduction to your salt intake.

- Don't add salt at the table or during cooking!
- Don't add salt to the water you use for cooking vegetables, pasta and rice.
- Sea salt, rock salt and garlic salt should also be avoided as these are just as harmful as table salt and cooking salt.
- Avoid salty sauces such as soy and chilli sauce and tomato ketchup. Look out for reduced salt versions or use sparingly.
- Choose low salt stocks, gravies and sauces, or better still, make your own.
- Use fresh, frozen or dried herbs, spices, chilli, garlic, pepper, vinegar, wine or lemon or lime juice to add flavour instead.
- Any salted meat or fish e.g. salt fish, salted mackerel, saltbeef, khobi, salted pigs tail should be soaked in water for 24 hours (changing the water a number of times) to remove most of the salt before cooking. Better still, eat fresh unsalted meat or fish.
- If using a very salty ingredient such as olives or anchovies, try using only a small amount.
- Look out for words on labels like sodium, salt, brine, cured, pickled, corned, smoked, soy sauce on labels – and only eat limited amounts of these products.

## Cooking guide

### Weight conversions

Grams (g)	Imperial ounces (oz)
25	1
50	2
75	3
110	4 ( $\frac{1}{4}$ lb)
175	6
225	8 ( $\frac{1}{2}$ lb)
275	10
350	12 ( $\frac{3}{4}$ lb)
400	14
450	16 (1lb)
500	1lb 2oz
680	1 $\frac{1}{2}$ lb
750	1lb 10oz
900	2lb

Cup measurements, used in America and Australia have not been listed for dry ingredients as they vary with different ingredients. Kitchen scales will be needed for weighing dry ingredients.

### Liquid conversions

Metric (ml)	Imperial (fl oz)	AUS	US
60	2	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup
125	4	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
175	6	$\frac{3}{4}$ cup	$\frac{3}{4}$ cup
225	8	1 cup	1 cup
300	10 / $\frac{1}{2}$ pint	$\frac{1}{2}$ pint	1 $\frac{1}{4}$ cup
450	16	2 cups	2 cups / 1 pint
600	20	1 pint	2 $\frac{1}{2}$ cups
1 litre	35 / 1 $\frac{3}{4}$ pints	1 $\frac{3}{4}$ pints	1 quart

### Spoon measures:

1 teaspoon = 5ml 1 tablespoon = 15ml

1 Australian tablespoon = 20ml (cooks in Australia should measure 3 teaspoons where 1 tablespoon is stated in a recipe).



## Fruit and nut muesli



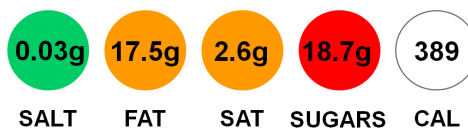
Breakfast cereal is well known for its high salt content. This delicious, crunchy muesli is a filling, healthy and low salt start to the day. This recipe makes 7 portions so will see you through the whole week.

1 Preheat the oven to 165°C/325°F/gas 3.

2 Spread the oats and nuts out evenly on a baking tray and toast in the oven for 8–10 minutes, keep an eye on them so they don't burn. Remove from the oven and leave to cool.

3 To make the muesli simply mix the toasted ingredients with the fruit and store in an airtight container.

### Nutritional information per serving



### Breakfast

Makes: 7 portions

Prep time: 10–15 minutes

Cook time: 8–10 minutes

350g jumbo porridge oats  
50g hazelnuts, roughly chopped  
50g flaked almonds  
50g Brazil nuts, roughly chopped  
50g sultanas  
50g raisins  
50g dried apricots, chopped  
50g dried dates, chopped

## Banana bread muffins

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**Breakfast**

**Makes: 12**

**Prep time: 15–20 minutes**

**Cooking time: 20 minutes**  
.....

**150g self-raising wholemeal flour**  
**150g self-raising white flour**  
**2 tablespoons soft light brown sugar**  
**65g walnuts, chopped**  
**3 large very ripe bananas, peeled**  
**3 tablespoons rapeseed oil**  
**2 eggs, lightly beaten**  
**4 tablespoons semi skimmed of skimmed milk**  
**2 tablespoons clear honey**

These filling muffins make an ideal breakfast and are a great way to use up over-ripe bananas. They are best eaten on the same day but also freeze very well.

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**1** Preheat the oven to 200°C/400°F/gas 6.

**2** Line a muffin tin with muffin cases.

**3** Mix the flours, sugar and walnuts in a large bowl. Place the bananas in a separate bowl and mash with a fork or potato masher until fairly smooth. Combine the sunflower oil, eggs, milk and honey in a separate bowl the stir into the banana.

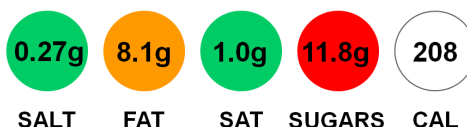
**4** Add the wet ingredients all at once to the dry ingredients and mix briefly until combined.

**5** Pour the mixture into the muffin cases and bake in the centre of the oven for 20 minutes or until risen and golden. Cool in the tin for 10 minutes then turn out onto a wire rack. Serve warm or cold.

### Suggestions

- If you don't have wholemeal self-raising flour, white flour also works
- For a warm muffin (once they have cooled), simply heat in a microwave for a few seconds
- If frozen, allow to defrost at room temperature or, for a warm muffin, heat in the microwave for 30–40 seconds

### Nutritional information per serving



# Apple, cinnamon and raisin muffins

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**Breakfast**

**Makes: 12**

**Prep time: 15–20 minutes**

**Cooking time: 25 minutes**  
.....

**200g self-raising white flour**

**75g rolled porridge oats plus extra for sprinkling**

**2 teaspoons ground cinnamon**

**125g sugar**

**185ml oil (rapeseed)**

**200ml semi skimmed or skimmed milk**

**1 egg**

**175g apple, peeled, cored and diced**

**75g raisins**

These fruity muffins are a real treat and very easy to make.  
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**1** Preheat the oven to 180°C/350°F/gas 4.

**2** Line a muffin tray with muffin cases.

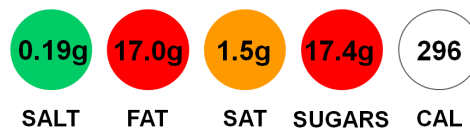
**3** Combine the flour, oats and cinnamon in a bowl and in a separate bowl, combine the oil, milk and egg. Add the wet ingredients all at once to the dry ingredients and mix until combined. Finally, fold in the fruit.

**4** Pour the mixture into the muffin cases and sprinkle with oats. Cook on the middle shelf of the oven for 25 minutes until risen and golden. Cool in the tin for 10 minutes then turn out onto a wire rack. Serve warm or cold.

### Suggestions

- For a warm muffin (once they have cooled), simply heat in a microwave for a few seconds
- If frozen, allow to defrost at room temperature or, for a warm muffin, heat in the microwave for 30–40 seconds

### Nutritional information per serving



## Date and walnut muffins

.....  
**Breakfast**

**Makes: 12**

**Prep time: 15 minutes**

**Cooking time: 25–30 minutes**  
.....

**2 medium eggs**

**175g sugar**

**60ml rapeseed oil**

**175ml semi skimmed or skimmed milk**

**175g self raising white flour, sifted**

**85g self raising wholemeal flour, sifted**

**2 teaspoons ground cinnamon**

**200g dried dates, roughly chopped**

**60g walnuts, roughly chopped**

Dates and walnuts make a wonderful combination in these wholesome muffins.

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**1** Preheat the oven to 190°C/375°F/gas 5.

**2** Line a muffin tin with muffin cases.

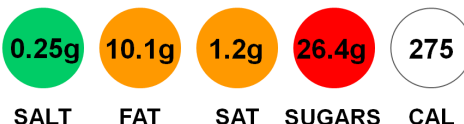
**3** Whisk together the eggs and sugar until pale and fluffy. Add the oil and milk and whisk until incorporated. In a separate bowl, combine the dry ingredients then fold into the wet ingredients. Finally, fold in the dates and walnuts.

**4** Pour the mixture into the muffin cases and bake in the centre of the oven for 25–30 minutes or until risen and golden. Cool in the tin for 10 minutes then turn out onto a wire rack. Serve warm or cold.

### Suggestions

- For a warm muffin (once they have cooled), simply heat in a microwave for a few seconds
- If frozen, allow to defrost at room temperature or, for a warm muffin, heat in the microwave for 30–40 seconds

### Nutritional information per serving



## Crêpes with raspberry sauce



A wonderful weekend breakfast. These crêpes also make for a light, summery dessert.

1 Place the flour in a large bowl and whisk in the egg, milk and low fat spread until the batter is smooth. Chill in the fridge for 1 hour.

2 Preheat the oven to 120°C/250°F/gas ½.

3 While the batter is chilling, set aside a few raspberries for each portion. Place half the remaining raspberries into a saucepan with a teaspoon of water and sprinkle over the teaspoon of sugar. Cook the raspberries over a medium heat for approximately 5 minutes, breaking them up with a wooden spoon. Reduce the heat and allow the sauce to thicken; this will take about 5 minutes. Add the other half of the raspberries and gently heat until they are warmed through but whole.

4 Grease a non-stick frying pan with a little spread and place over a medium heat. Ladle about 3 tablespoons of the batter into the pan and swirl it so that it is covered with a thin layer of batter. Cook for about a minute, running a spatula around the edge of the crêpe to lift it away from the edges. Shake the pan to loosen the crêpe and flip it over. When cooked, transfer to a plate and keep warm in the oven while you cook the rest of the crêpes.

5 Lay a crêpe on to a plate and spoon on some of the sauce. Fold a third from one side into the middle, then a third from the other side. Repeat until you have 8 crêpes. Dust with icing sugar and garnish with a few reserved raspberries.

### Breakfast

**Serves: 4**

**Prep time: 10 minutes plus 1 hour  
chilling time**

**Cooking time: 25 minutes**

**90 plain flour**

**1 egg, lightly beaten**

**250ml semi skimmed milk**

**20g low fat spread plus extra for  
greasing**

### For the sauce

**500g raspberries**

**1 teaspoon brown sugar**

**Icing sugar for dusting**

### Nutritional information per serving

0.22g	5.3g	1.8g	10.7g	184
SALT	FAT	SAT	SUGARS	CAL

## Salmon kedgerree



### Breakfast

**Serves: 4**

**Prep time: 15 minutes**

**Cooking time: 15 minutes**

**400g salmon fillets**  
**1 tablespoon lemon juice**  
**2 tablespoons and ½ teaspoon olive oil**  
**Ground black pepper**  
**275g basmati rice**  
**½ red chilli, or to taste, finely sliced**  
**½ teaspoon turmeric**  
**½ teaspoon garam masala**  
**4 tablespoons fresh parsley, chopped**  
**Low fat yoghurt to serve (optional)**

This Indian-style breakfast is a wonderful brunch to share with friends.

1 Preheat the oven to 150°C/300°F/gas 2.

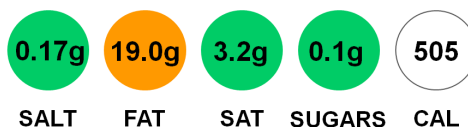
2 Wash the salmon fillets and place on a sheet of tin foil. Sprinkle with the lemon juice, ½ teaspoon olive oil and black pepper and let sit for a few minutes.

3 Wrap the fish in the foil and cook in the oven for 15–20 minutes or until cooked through, then break into large flakes. Meanwhile, boil the eggs in water for 10 minutes until hard-boiled. Drain, peel and chop into 1–2 cm pieces. Boil the rice for 10 minutes and drain.

4 Heat 2 tablespoons of olive oil in a pan and lightly stir-fry the chilli for 30 seconds. Add the turmeric and heat, stirring, for 1–2 minutes. Remove the pan from the heat, add the rice, and stir into the turmeric until the rice is a soft yellow colour.

5 Stir in the salmon, eggs, garam masala and most of the parsley. Serve with yogurt and sprinkled with the remaining parsley.

### Nutritional information per serving



## Ital carrot and sweet potato soup



Kindly provided by Levi Roots, celebrity chef and food entrepreneur from BBC's Dragon's Den, UK.

"This is one of my favourites and the sort of food I'd feed to my Rasta friends. It's completely ital and, if you're wondering what that is, 'ital' comes from 'vital', or natural. Make it as hot or mild as you like and change the vegetables according to the time of year. But keep it as pure as possible; I like it with no fat (though sometimes butter's hard to resist) with added onions."

### Soup

**Serves: 4**

**Prep time: 15–20 minutes**

**Cooking time: 10–15 minutes**

**1 litre carrot juice (I juice them fresh in a juicer)**

**2 sweet potatoes, peeled and cut into 2cm chunks**

**1 x 400g can chickpeas, drained**

**4cm chunk of creamed coconut, from a block**

**1 small hot red chilli (ideally Scotch bonnet), chopped (seeds left in or removed, depending on how hot you like it)**

**2cm piece of fresh root ginger, very finely chopped**

**1 garlic clove, finely chopped**

**Leaves from 2 sprigs of thyme, finely chopped**

**Large handful of callaloo or spinach leaves, washed thoroughly, tough stalks removed (optional)**

**Black pepper (optional)**

**1 tablespoon chopped fresh coriander leaves, to garnish**

**Low fat sour cream or Greek yogurt, to serve (optional)**

**1** Put the carrot juice in a medium-sized saucepan and bring to the boil. Add the sweet potatoes, chickpeas, creamed coconut, chilli, ginger, garlic and thyme.

**2** Simmer gently, covered, for 10 minutes or until the potato is soft. Shred the callaloo or spinach, if using, and add to the soup 5 minutes before the end of cooking time. Leave the soup chunky or smash up the chickpeas and sweet potato with a potato masher if you want. (Adjust the consistency of the soup to taste with a little extra carrot juice or stock if you decide to mash it, as it will become very thick.)

**3** Season with black pepper, if liked and garnish with fresh coriander. Serve each bowl with a blob of sour cream or Greek yogurt on top, if liked.

### Nutritional information per serving

0.78g	8.5g	5.5g	16.7g	236
SALT	FAT	SAT	SUGARS	CAL

# Potato and buckwheat soup with parsley and chives

.....  
**Soup**

**Serves: 4**

**Prep time: 12 minutes plus 2 hours  
soaking time**

**Cooking time: 40 minutes**  
.....

**250g potatoes, peeled and diced**

**1 litre water**

**2 tablespoons olive oil**

**1 small onion, finely chopped**

**1 teaspoon garlic paste**

**100g buckwheat - soaked in water for 2  
hours, rinsed and drained**

**Pinch nutmeg powder**

**2 tablespoons low fat sour cream**

**Small bunch of parsley, chopped**

**Small bunch of chives, chopped**

Kindly provided by Donatella Verbanac, Croatian Action on Salt and Health (CRASH) and Croatian Society of Hypertension, Croatia.  
.....

**1** In a sauce pan, add the potatoes to the cold water, bring to the boil and cook for 15 minutes.

**2** When the potatoes have been cooking for 10 minutes, heat the olive oil, onion and garlic paste in another pot and braise for 5 minutes.

**3** Add the boiled potatoes, together with the water in which they were boiled, and add the soaked buckwheat. Cook, covered, on a low heat for 20 minutes.

**4** Remove from the heat, sprinkle with the nutmeg powder and stir in the sour cream. Let stand for 5 minutes and serve topped with the freshly chopped parsley and chives.

**Nutritional information per serving**





## Thai-style mushroom and noodle soup



Kindly provided by Anne Diamond, journalist and health campaigner, UK.

This is an authentic Thai-style soup which is both soothing and full of flavour. It's also surprisingly quick and easy; it'll be ready in well under half an hour.

1 Whizz the lemongrass, chilli, ginger, garlic, lime leaf and 2 tablespoons of water in a food processor to form a paste.

2 Heat the stock in a sauce pan over a medium heat and bring to the boil. Add the blended spice paste and boil for a 2–3 minutes.

3 Meanwhile, cook the rice noodles according to the packet instructions, drain and rinse with cold water to prevent them from sticking.

4 Stir the coconut milk into the soup, add the mushrooms and soy sauce and continue to cook for 3–4 minutes. Finally, stir in the lime juice.

5 Divide the cooked noodles into 4 bowls. Ladle the soup over the noodles and garnish with the coriander, spring onion or chilli.

### Soup

Serves: 4

Prep time: 15 minutes

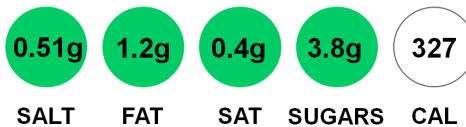
Cooking time: 10 minutes

1–2 stalks lemongrass, tough outer layers removed, roughly chopped  
1–2 small chillies, or to taste, roughly chopped  
2cm piece ginger, peeled and roughly chopped  
3 garlic cloves, peeled and roughly chopped  
3–4 kaffir lime leaves, torn into pieces, stem discarded, or zest of 1 lime  
Approx 2 tablespoons water  
1 litre low salt vegetable stock, made up  
300g rice noodles  
200ml (half a tin) coconut milk  
300g mushrooms such as oyster and button mushrooms, chopped  
1 tablespoon low salt soy sauce  
Juice of half a lime  
Handful of coriander leaves to garnish  
Spring onions, thinly sliced, to garnish  
Red chillies, sliced into thin strips, to garnish

### Suggestions

- Try adding a head of bok choy or some bamboo shoots with the mushrooms
- Half a pack of tofu, cubed, can also be added with the mushrooms
- A handful of bean sprouts sprinkled on top of the soup makes for an authentic finishing touch

### Nutritional information per serving



## Easy low salt bread



The seeds give this wholemeal bread a wholesome, savoury flavour without affecting the salt content. A great alternative to salty shop bought bread.

1 Mix all the seeds, flour and yeast in a large bowl.

2 Add 225ml hot water to a measuring jug and dissolve the honey and oil in the water. Make up to 425ml with cold water and add to the dry ingredients and mix.

3 Sprinkle some flour onto a chopping board or similar and turn out the dough. Knead for a couple minutes to get into shape. Well oil a bread tin, add the dough and leave to rise for 40–60 minutes in a warm kitchen or airing cupboard, with a tea-towel loosely over the top.

4 Preheat the oven to 200°C/400°F/gas 6.

5 Bake for 28 minutes, turning once.

### Suggestions

- Replace up to 350g of the wholemeal flour with a 50:50 mix of rye and white flour

### Nutritional information per serving



### Starter

**Makes: 10 portions**

**Prep time: 10 minutes**

**Cooking time: 28 minutes**

1 heaped tablespoon poppy seeds  
1 heaped tablespoon sesame seeds  
1 heaped tablespoon sunflower seeds  
570g strong wholemeal flour  
1 packet easy bake yeast  
225ml hot water  
Approx 170ml cold water  
1 generous tablespoon honey  
1 generous tablespoon walnut oil

## Spring onion steamed buns

.....  
**Starter or snack**

**Makes: 12–16 buns**

**Prep time: 10 minutes plus 2 hours 45 minutes rising time**

**Cooking time: 15 minutes**  
.....

**2 teaspoons dry yeast (e.g. Tandaco)**

**500g plain flour, sifted**

**1 tablespoon sugar**

**240ml lukewarm water**

**12 spring onions/green onions/  
scallions, white parts only, washed  
and finely sliced**

**4cm piece of ginger, finely chopped**

**2 teaspoons sesame oil**

**1 teaspoon baking powder**

**Kindly provided by Cerebos Limited, Australia.**

The buns make a great snack or part of a picnic. The ginger and spring onions give them an unusual flavour.

.....  
**1** Mix the yeast with the flour and sugar in a large bowl. Make a well in the centre and pour in the water. Stir until combined then turn onto a floured surface and knead for 5 minutes or until the dough is smooth and springy.

**2** Place the dough in a large bowl and cover with a clean, dry cloth. Leave in a warm, draught-free place to rise and double in size (about 2 hours).

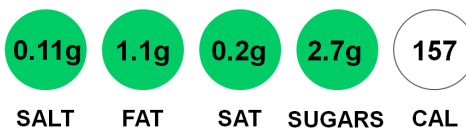
**3** Combine the spring onions with the ginger and oil.

**4** When the dough has risen, knock back and form into a rectangle shape on a floured surface. Scatter with baking powder and knead the dough again until smooth and firm. Cut into 12–16 pieces.

**5** Press a hole in each piece and fill with some spring onion mixture. Form each into a smooth, round bun and rest on a floured tray, covered with a dry, floured cloth for 45 minutes or until doubled again in size.

**6** Line a steamer with a damp cloth or sheet of rice paper. Place the buns in so they do not touch, cover and steam for 15 minutes over a high heat. Turn off the heat and allow the buns to settle for 5 minutes before lifting from steamer. Serve at once. Once steamed, the buns will keep, covered, in the refrigerator for a few days and can be re-steamed.

**Nutritional information per serving**



## Hara bhara kebab



Recipe taken from the British Heart Foundation *Healthy Meals, Healthy Heart, UK*. [www.bhf.org.uk](http://www.bhf.org.uk)

When you think of kebabs, you generally think of meat. But this heart-healthy veg-based kebab gets the green light all the way.

### Starter

**Serves: 4**

**Prep time: 25 minutes**

**Cooking time: 8 minutes**

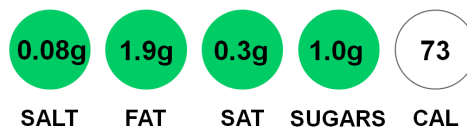
100g potatoes, peeled and boiled  
100g frozen peas, cooked  
100g spinach leaves, washed and finely chopped  
2 fresh green chillies, finely chopped  
1 teaspoon fresh ginger, peeled and finely grated  
2 tablespoon coriander, roughly chopped  
3 tablespoons corn flour  
1 tablespoon olive oil

1 In a large bowl, mix together all the ingredients except the oil. Mash until fairly smooth.

2 Take a spoonful of the mixture, the size of a golf ball, and flatten it to make a burger shape. Repeat with the remaining mixture.

3 Heat the oil in a heavy-based frying pan and lightly fry the patties for 2 minutes on each side, cooking them well. Drain on kitchen paper. Serve hot.

### Nutritional information per serving



## Pan fried aubergines (eggplants) with chilli tomato sauce

.....  
**Starter**

**Serves: 2**

**Prep time: 12 minutes**

**Cooking time: 25–35 minutes**  
.....

**1 medium onion, peeled and chopped**  
**1 tablespoon and ½ tablespoon olive oil**  
**2 medium hot red chillies (or to taste), finely chopped**  
**1 x 400g tin chopped tomatoes**  
**2 medium aubergines/eggplants, sliced lengthways**  
**Handful fresh basil leaves, chopped**  
**Ground black pepper**

A classic combination of aubergine (eggplant) and tomato with a bit of a kick.

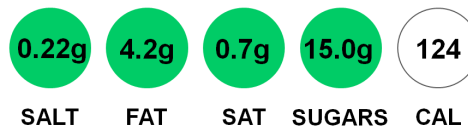
.....

**1** Heat ½ tablespoon olive oil over a medium heat and cook the onions for 5–10 minutes or until soft, add the chillies and when they start to soften, stir in the tomatoes. Bring to the boil then turn down to a gentler heat to a simmer for 15–20 minutes.

**2** Meanwhile, heat a tablespoon olive oil in a frying pan or griddle and place the aubergines in the pan, turn the heat down slightly so they cook all the way through. Once browned on one side, turn over and cook the other side, this time with a lid on. When the aubergines are soft and tender, place them on warm plates.

**3** Stir the chopped basil leaves into the tomato sauce and season with pepper. Spoon a little sauce on the side of the aubergines to serve.

### Nutritional information per serving



# Ricotta stuffed mushrooms

.....  
**Starter**

**Serves: 2**

**Prep time: 10 minutes**

**Cooking time: 20–25 minutes**  
.....

**4 large saucer sized mushrooms, wiped clean**  
**1 teaspoon olive oil plus extra for spraying and greasing**  
**2 garlic cloves, crushed**  
**6 tablespoons pine nuts**  
**1 fresh chilli or to taste, chopped (optional)**  
**8 tablespoons low fat ricotta or low fat cottage cheese**  
**4–5 tablespoons fresh wholegrain breadcrumbs**  
**Ground black pepper**  
**1 small handful fresh parsley, basil or thyme, chopped, plus extra to garnish**

**Kindly provided by Paula Goodyear, health journalist and writer of health and fitness blog ‘Chew on This’ in the Sydney Morning Herald, Australia.**

A delicious starter which makes the most of the low salt and fat content of ricotta and cottage cheeses.

.....  
**1** Preheat the oven to 180°C/350°F/gas 4.

**2** Remove the stems from the mushrooms, chop the stems and set aside.

**3** Spray the mushroom cups with a little oil and place on a baking sheet, bake in the oven for a few minutes.

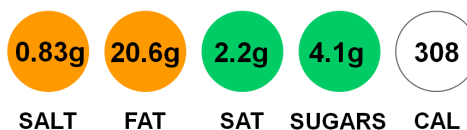
**4** Meanwhile, heat the teaspoon of oil in a pan and sauté the chopped mushroom stems with the garlic, pine nuts and chilli, if using, until the mushroom stems are soft, this will only take a couple of minutes. Don't forget to remove the mushrooms from the oven.

**5** Add the mushroom mixture to the cheese and stir in the breadcrumbs, herbs and black pepper. Pack the stuffing into the mushroom cups and bake in the oven on a greased oven tray for 15–20 minutes. Garnish with a sprinkling of chopped herbs.

### **Suggestions**

- The salt content of ricotta and cottage cheeses varies so remember to check the label.

### **Nutritional information per serving**



# Fresh tuna and sweetcorn frittas with salsa

.....  
**Starter**

**Serves: 4**

**Prep time: 30 minutes**

**Cooking time: 35 minutes**  
.....

**3 small-medium waxy potatoes (Maris Piper), peeled**  
**1 fresh tuna steak, finely cubed**  
**1 x 200g tin sweetcorn in water (no added salt), drained and rinsed**  
**4 tablespoons parsley, finely chopped**  
**4 tablespoons chives, finely chopped**  
**4 tablespoons coriander, finely chopped**  
**1 egg lightly beaten**  
**Coarsely ground black pepper**

***For the salsa***

**1 red onion, peeled and chopped**  
**½ cucumber, chopped**  
**½ fennel bulb, green tops, root and outer layer removed, chopped**  
**Juice of 1 lemon**  
**Ground black pepper**

A moreish starter or light meal. These can be made in advance and kept in the fridge.

.....

**1** Preheat oven to 180°C/350°F/gas 4.

**2** Bring potatoes to the boil for 15 minutes, they should be fairly firm after this time and not soft so they can be grated. Drain, allow to cool and grate. Wear rubber gloves to make it easier to grate the potatoes.

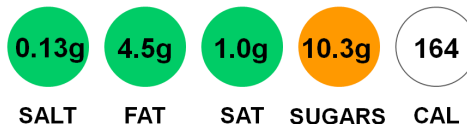
**3** Mix the tuna, sweetcorn, grated potatoes, chopped herbs and beaten eggs and season with coarse ground black pepper. Divide into 12 portions shaping each into a flat patty. Place on a baking tray lined with baking parchment and cook in the oven for 20 minutes or until lightly golden.

**4** Whilst these are cooking prepare the salsa. Simply combine the chopped ingredients with the lemon juice and ground black pepper. Serve the fritters with the salsa.

**Suggestions**

- Instead of fresh tuna, tinned tuna in spring water can be used, drained well
- A little balsamic vinegar in the salsa will add an alternative flavour

**Nutritional information per serving**





## Thai fish cakes with a sweet chilli dipping sauce

### Starter

**Serves: 4 as a starter, 2 as a main**  
**Prep time: 20 minutes plus 2 hours**  
**refrigeration**  
**Cooking time: 20 minutes**

### For the fish cakes

**500g of white fish fillets, skin removed**  
**1 tablespoon Thai red curry paste see**  
**page 69**  
**Zest of half a lime**  
**1 thumb size piece of ginger, finely**  
**chopped**  
**50g green beans, topped and tailed and**  
**finely sliced**  
**1 egg, beaten**  
**1 tablespoon oil (ground nut or**  
**rapeseed)**

### For the dipping sauce

**3 tablespoons sugar, brown**  
**2.5 tablespoons vinegar (white wine or**  
**rice)**  
**2.5 tablespoons water**  
**½ tablespoon fresh red chillies,**  
**chopped into rounds**  
**1 tablespoons roasted, unsalted**  
**peanuts, finely chopped**  
**1.5 inches cucumber, finely chopped**  
**into small cubes**  
**Coriander leaves to garnish**

Thai fish cakes are made with Thai red curry paste but this is usually high in salt. By using our low salt curry paste this recipe combines classic Thai flavours without the need for salt.

**1** Begin by removing any excess moisture from the fish with a paper towel and place in a bowl. Mince the fish with a fork, alternatively, use a food processor but be sure to keep the texture chunky.

**2** Combine the curry paste with the lime zest and ginger. Stir the paste into the minced fish and add all the remaining fish cake ingredients, except the oil, and mix well.

**3** Using your hands, shape dessertspoons of the mixture into small balls, place on a large plate or tray and flatten slightly. You should have 14–16 small fish cakes. Refrigerate for an hour or two so they hold their shape.

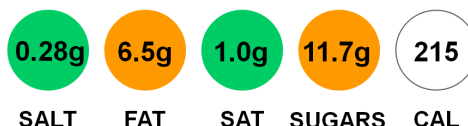
**4** Meanwhile make the dipping sauce. Bring the sugar, vinegar, chillies and water to the boil in a saucepan over a medium heat. Once the sugar has dissolved, reduce the heat and simmer very gently, stirring occasionally, until the sauce thickens. Be careful not to allow the sugar to caramelize. Remove from the heat and leave to cool.

**5** When you are ready to cook the fish cakes, combine the sauce ingredients in a bowl and garnish with the coriander leaves.

**6** To cook the fish cakes, heat the oil in a frying pan over a high heat. Allow the oil to heat up and carefully, using 2 spoons, add the fish cakes to the pan. Cook for 2 minutes on each side then drain on some paper towel.

**7** Serve with the dipping sauce, a few lime wedges and a light, green salad of peppery leaves such as rocket, watercress and baby spinach. Garnish with the coriander.

### Nutritional information per serving





## Tomato salsa



.....  
**Starter**

**Serves: 1**

**Prep time: 10 minutes**

**Cooking time: 20 minutes**  
.....

**3 medium ripe tomatoes**  
**1 tablespoon fresh coriander leaves,**  
**chopped**  
**1 garlic clove, crushed**  
**Juice of half a lemon**  
**Ground black pepper**  
**1 small red onion, peeled and roughly**  
**chopped**

A zingy dip, which is simple to make. Try it with toasted pitta bread.

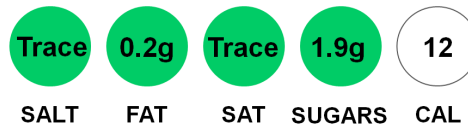
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**1** Wash the tomatoes and cut into quarters.

**2** Place all the ingredients in a food processor and blend to make a slightly chunky salsa.

**3** Serve at once, or cover with cling film and keep it in the fridge until you need it.

**Nutritional information per serving**



# Green Goddess summer salad with mango, papaya and avocado



Kindly provided by Diana Moran (The Green Goddess), fitness expert, journalist and model, UK.

This refreshing salad stimulates the taste buds with sweet, bitter, hot and sour flavours.

1 Cut the mango, papaya, avocado and pineapple into even sized cubes and mix together with the coriander and black pepper.

2 To make the dressing, simply crush the 6 reserved raspberries then mix together with the dressing ingredients. Stir the dressing into the salad.

3 Finally, scatter the cheese, raspberries, blueberries and walnuts on top and serve at once.

## Nutritional information per serving



## Salad

Serves: 4 as a starter, 2 as a main course

Prep time: 25–30 minutes

Cooking time: 0 minutes

1 mango, peeled and stone removed  
1 papaya, peeled and seeds removed  
1 small avocado (Hass), peeled and stone removed  
110g pineapple  
1 small handful fresh coriander, chopped  
Ground black pepper  
55g raspberries (reserve 6 for the dressing)  
25g Gorgonzola (Dolcelatte), crumbled  
55g blueberries  
25g walnuts, shelled and roughly chopped

## For the dressing

1 tablespoon olive oil  
225ml fresh orange juice  
1 heaped teaspoon grain mustard

## Easy rice salad

---

### Salad

**Serves: 6**

**Prep time: 12–15 minutes**

**Cook time: 30 minutes plus cooling time**

---

**225g brown short-grain rice**

**575ml water**

**3 tomatoes, chopped**

**1 green pepper/capsicum, diced**

**1 red pepper/capsicum, diced**

**1 handful unsalted roasted peanuts**

#### *For the dressing*

**2 tablespoons wine or cider vinegar**

**Pinch mustard powder**

**Pinch demara sugar**

**3 tablespoons olive**

**2 garlic cloves, finely chopped**

**1 teaspoon mustard seeds**

**Ground black pepper**

**Kindly Provided by Christiane and Professor Graham MacGregor, Chairman of CASH, UK.**

A quick and easy salad that's brought to life with a mustard and garlic dressing.

---

**1** Cook the rice in the water for about 30 minutes until just tender and all the water is absorbed. Leave to cool.

**2** Place the rice in a large serving bowl and stir in the tomatoes, green and red pepper and peanuts.

**3** To make the dressing, mix together the vinegar, mustard powder and sugar. Add the oil, garlic, mustard seeds and pepper and mix well. Pour the dressing over the rice and toss.

#### **Nutritional information per serving**



## Pea and bean salad



### Salad

**Serves: 6**

**Prep time: 10 minutes**

**Cooking time: 2 minutes**

200g tinned red kidney beans  
100g frozen peas, (frozen)  
100g frozen broad beans  
1 small red pepper/capsicum, finely chopped  
1 small green pepper/capsicum, finely chopped  
2 spring onions, sliced  
2 tablespoon parsley, chopped  
Herbs

Recipe reproduced with kind permission from The Ismaili Nutrition Centre, UK. [www.TheIsmaili.org/nutrition](http://www.TheIsmaili.org/nutrition)

Enjoy this dish regularly. It can help you achieve your five a day, fill you up and give you a range of colours. Generally, the more natural colours on your plate, the more nutrients.

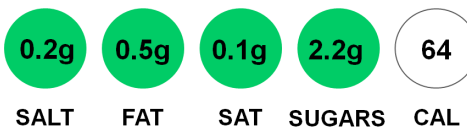
1 Drain off the liquid from the kidney beans, then rinse the beans thoroughly under cold running water.

2 Cook the frozen peas and beans according to directions on the packet. Drain and cool slightly.

3 Mix together the beans, peas, red and green peppers, spring onions and chopped parsley in a bowl.

4 Flavour with your favourite salt-free seasonings and herbs. Add a drizzle of lemon or lime juice if you prefer.

### Nutritional information per serving



# Griddled artichoke and beetroot salad with pine nuts and watercress

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## Salad

**Serves: 4**

**Prep time: 25 minutes**

**Cooking time: 10–15 minutes**

---

**8 Jerusalem artichokes, peeled and sliced**  
**1 tablespoon olive oil**  
**2 garlic cloves, crushed**  
**2 tablespoons red wine vinegar**  
**Juice and grated zest of 1 lemon**  
**500g small cooked beetroots, sliced**  
**4 large handfuls watercress**  
**30g toasted pine nuts**

The simple dressing is the perfect compliment to the artichoke and beetroot combination.

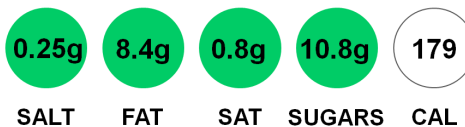
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**1** Toss the artichoke slices with olive oil and cook in a griddle pan or frying pan over a medium heat for 10–15 minutes or until browned on both sides.

**2** Meanwhile, make the dressing. Simply mix the garlic, red wine vinegar and lemon juice. Combine the dressing with the beetroot and cooked artichoke.

**3** Serve on a bed of watercress and scatter with pine nuts and lemon zest. The artichokes can be served warm or cool according to your preference.

### Nutritional information per serving



## Chicken and couscous salad with rocket and pine nuts

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### Salad

**Serves: 4**

**Prep time: 20 minutes**

**Cooking time: 15 minutes plus cooling time**

---

**185g couscous**

**240ml boiling water**

**2 tablespoon olive oil**

**3 large (or 4 small) chicken breast fillets**

**1 packet (50g–75g) rocket**

**Small bunch flat leaf parsley, chopped**

**Small bunch mint, chopped**

**200g cherry tomatoes, quartered**

**150g cucumber, cut into cubes**

**50g pine nuts**

**3 tablespoons lemon juice**

**Ground black pepper**

**Lemon wedges to serve**

This light and refreshing salad is a real vitamin boost. Not only will it give you two of your 5-a-day, it avoids the salt that's added to shop-bought dressings.

---

**1** Place the couscous in a bowl and pour over the boiling water. Leave to stand for about 10 minutes or until the couscous has absorbed the water. Fluff up the couscous using a fork.

**2** Meanwhile, heat 1 tablespoon of the olive oil in a frying pan over a medium-high heat, add the chicken breasts and cook for 10–15 minutes, turning occasionally, until cooked through. Remove the chicken from the pan and leave to cool.

**3** Slice the chicken and place in a salad bowl with all the salad ingredients except for the lemon wedges and remaining oil, toss to combine.

**4** Serve with lemon wedges and drizzle with oil.

### Nutritional information per serving



## Roasted vegetable couscous

.....  
**Salad**

**Serves: 4**

**Prep time: 15 minutes**

**Cooking time: 25 minutes plus cooling time**  
.....

**2 courgettes/zucchini, cut into 1 inch rounds and halved**

**2 peppers/capsicums, choice of colours, cut into 1/2 inch pieces**

**1 onion, cut into wedges**

**250 cherry tomatoes**

**1 small aubergine/eggplants, chopped into chunks**

**2 cloves garlic, roughly chopped**

**2 tablespoons olive oil**

**1 tablespoon mixed fresh herbs, chopped, or a teaspoon dried**

**Fresh chilli, chopped, or chilli powder**

**Ground black pepper**

**200g couscous**

**270ml boiling water**

**100g feta cheese, chopped into cubes**

**2 tablespoons lemon juice**

A filling and flavoursome lunch which is perfect for preparing in advance; either make in one go or keep some roasted vegetables in the fridge and make the couscous as and when you need it.  
.....

**1** Preheat the oven to 220°C/425°F/gas 7.

**2** Place the chopped vegetables and garlic in a roasting dish and toss with the olive oil, mixed herbs, chilli and black pepper. Roast in the oven for 25 minutes or until they are tender and turning brown at the edges. Remove from the oven and leave to cool.

**3** Meanwhile, place the couscous in a large heatproof bowl and pour the hot water over it. The couscous will take 5–10 minutes to absorb all the water. Leave to cool.

**4** Fluff up the couscous using a fork and mix in the feta and vegetables, complete with the juices from the roasting tin. Drizzle over the lemon juice and serve.

### Nutritional information per serving



# Rocket and millet salad with fresh apples and peaches

.....  
**Salad**

**Serves: 4**

**Prep time: 12 minutes**

**Cook time: 10 minutes**  
.....

**50g millet**

**4 tablespoons olive oil**

**100g rocket leaves**

**1 large peach, stone removed, peeled and diced**

**1 large apple, peeled, cored and diced**

**3 tablespoons lemon juice**

Kindly provided by Donatella Verbanac, Croatian Action on Salt and Health (CRASH) and Croatian Society of Hypertension, Croatia.

The bitter flavour of rocket leaves (arugula) matches perfectly with sweet peaches and sour apples. The addition of olive oil makes this dish a true representative of the Mediterranean cuisine.

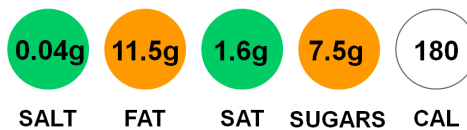
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**1** Briefly wash the millet seeds in water and boil in hot water with a little olive oil for 10 minutes. Drain and leave to cool.

**2** Finely crush rocket leaves by hand and place them in bowl. Add the peach, apple and millet. Sprinkle with lemon juice and pour the remaining olive oil over everything.

### Suggestions

Couscous, bulgar wheat and rice could all be used in place of the millet

### Nutritional information per serving





## Tuna and bean salad

.....  
**Salad**

**Serves: 4**

**Prep time: 10–15 minutes**

**Cooking time: 0 minutes**  
.....

**1 x 400g tin beans e.g. cannellini,  
drained**

**1 x 200g tin tuna in spring water,  
drained**

**1 small red onion, finely chopped**

**1 x 200g tin sweetcorn (no added salt),  
drained**

**1 red pepper/capsicum or other salad  
vegetable, diced**

**Small bunch fresh parsley, roughly  
chopped**

**Handful of salad leaves e.g. rocket or  
spinach**

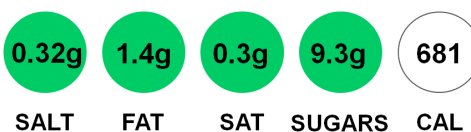
**2–3 tablespoons balsamic vinegar**

**Ground black pepper**

A quick and easy salad. Make it the day before needed as a convenient packed lunch.  
.....

**1** Simply combine the first 6 ingredients in a bowl and serve on a bed of rocket leaves. Drizzle with the balsamic vinegar and sprinkle with the black pepper to serve.

**Nutritional information per serving**



## Cou-cou and Jack Mackerel sauce



.....  
**Main meal: fish**

**Serves: 4**

**Prep time: 20 minutes**

**Cook time: 25–20 minutes**  
.....

### ***For the cornmeal cou-Cou***

**300g fine cornmeal**

**8 okras, sliced thinly**

**600ml and 720ml water**  
.....

### ***For the Jack Mackerel sauce***

**No-stick cooking spray**

**1 medium onion, chopped**

**1 sweet pepper/capsicum, chopped**

**3 medium tomatoes, chopped**

**2 medium garlic cloves, minced**

**10 sprigs fresh thyme**

**5 sprigs fresh marjoram**

**1 tablespoon curry powder**

**1 tablespoon paprika**

**¼ teaspoon black pepper**

**1 x 425 can mackerel (Jack Mackerel) in  
tomato sauce**

**240ml water**

**Juice of half a lime**  
.....

**Kindly provided by Julian Rowe and Karen Griffith,  
Registered Dietitians, Barbados.**

Cou-cou and steamed flying fish is the national dish of Barbados. Cou-cou is also often served with a sauce made with canned salmon or mackerel or sometimes liver. If flying fish is not readily available in your country, this recipe shows how you can make a wonderful sauce with canned mackerel. Canned mackerel can vary in its salt content so be sure to check the label and choose the lowest salt option.  
.....

### ***To make the cou-cou***

**1** Mix the cornmeal in a bowl with 600ml water to make a smooth paste.

**2** Boil the okras in 720ml of water until soft (2–3 minutes), the saucepan should be only half-covered to prevent the okra boiling over. Strain the cooked okras, reserving the okra water in a separate bowl.

**3** Return the saucepan to the low heat. Add a small amount of the okra water and all the cornmeal mixture and stir. Gradually add the rest of the okra water to the cornmeal mixture, a little at a time, stirring constantly. Stirring the cou-cou (as we say here) takes about 10–15 minutes - it's done slowly and gradually to prevent lumps forming.

**4** After adding the last of the okra water, stir the cooked okras into the cou-cou and cook a few minutes more. Stir just enough to blend the okra into cornmeal. The cou-cou is ready when it breaks away from the sides of the saucepan.

### ***To make the Jack Mackerel sauce***

**1** Spray a saucepan with the no-stick cooking spray and add all the ingredients except the mackerel, water and lime juice. Cook on a low heat until just tender, about 3–5 minutes, stirring occasionally.

**2** Add the mackerel, water and lime juice and simmer for 2–3 minutes. Serve with the cou-cou.

### **Nutritional information per serving**

0.72g	19.9g	3.8g	8.1g	560
SALT	FAT	SAT	SUGARS	CAL

## Malaysian grilled fish

.....  
**Main meal: fish**

**Serves: 5**

**Prep time: 25–30 minutes**

**Cooking time: 12 minutes**  
.....

**5 medium size pieces mackerel, salmon or trout**

**Juice of half a lime**

**6 garlic cloves, peeled and roughly chopped**

**1 onion, peeled and roughly chopped**

**1cm piece ginger, finely chopped**

**2 teaspoons chilli powder**

**1 teaspoon (fish) curry powder**

**1 teaspoon tomato puree**

**½ teaspoons turmeric powder**

**1 teaspoon ground black pepper**

**60g low fat yogurt**

**1 tablespoon vegetable oil**

***For the garnish***

**2 teaspoons spring onions, chopped**

**2 teaspoons coriander leaves, chopped**

**1 tomato, finely sliced**

**½ cucumber, finely sliced**

**2 salad leaves, shredded**

**Kindly Provided by the Ministry of Health Malaysia and Nutrition Society of Malaysia.**

A fragrant and aromatic oily fish dish.

.....  
**1** Cut diagonal strips on the fish and rub in the lime juice, marinate for 30 minutes in the fridge.

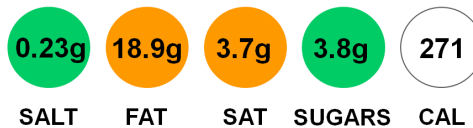
**2** Whizz the garlic, onions and ginger in a food processor until smooth. Add the chilli powder, curry powder, tomato puree, turmeric powder and ground black pepper and whizz briefly in a food processor to combine then stir in the yogurt.

**3** Rub two thirds of the yogurt mixture into the fish and place in the fridge for 1 hour to marinade. Preheat the grill to high.

**4** Grill the fish for about 6 minutes on each side until golden brown. Baste the fish with the remaining yogurt mixture from time to time.

**5** Decorate with the garnish and serve with vegetables and naan bread or rice.

**Nutritional information per serving**



## Jamaican spicy baked fish



.....  
**Main meal: fish**

**Serves: 4**

**Prep time: 8 minutes**

**Cooking time: 15 minutes**  
.....

**450g cod (or other fish) fillet, washed and dried**

**Cooking oil spray**

**1 tablespoon olive oil**

**1 teaspoon Jamaican spicy seasoning mix (page 68)**

Kindly provided by Mrs. Frances Mahfood, The Heart Foundation of Jamaica's Nutritionist, on behalf of The Healthy Caribbean Coalition. Recipe adapted from The DASH Diet, published by the National Institutes of Health.

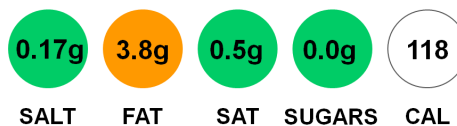
This delightfully simply Jamaican recipe is perfect for an easy meal with lots of flavour.

.....

**1** Preheat the oven to 180°C/350°F/gas 4.

**2** Spray a casserole dish with cooking oil spray. Place the fish into the dish and drizzle with the oil and seasoning mixture. Bake uncovered for 15 minutes or until the fish flakes with a fork. Cut into 4 pieces and serve with rice and fresh vegetables.

### Nutritional information per serving



## Oven baked salmon with three bean salsa



### Main meal: fish

**Serves: 4**

**Prep time: 12–15 minutes**

**Cooking time: 20 minutes**

### 4 salmon fillets

1 tablespoon olive oil

Ground black pepper

Handful fresh parsley, finely chopped

### For the salsa

2 tablespoons balsamic vinegar

Juice of half a lemon (optional)

1 teaspoon black pepper

1 x 400g tin mixed beans (no added salt), drained

1 x 200g tin sweetcorn (no added salt), drained

2 large tomatoes, diced

Handful fresh parsley, chopped, plus extra to garnish

Lemon wedges to serve

A simple weeknight meal. The balsamic vinegar and lemon give the salsa a tangy flavour which compliments the oily fish perfectly.

1 Preheat the oven to 190°C/375°F/gas 5.

2 Place the salmon fillets in an ovenproof dish, drizzle with olive oil and sprinkle with the parsley and black pepper. Cover the dish with foil and cook in the oven for 20 minutes or until cooked through – thin fillets may require less time.

3 Meanwhile, prepare the salsa. Mix together the balsamic vinegar, lemon juice and black pepper to make a dressing. Combine the remaining ingredients in a bowl and add the dressing, mix well.

4 Serve the salmon and three bean salsa with new potatoes, garnished with parsley and lemon wedges.

### Suggestions

- A handful of rocket leaves, half a red pepper, diced, or a fresh chilli, finely chopped, all make good additions to the salsa
- Diced avocado makes a good addition to the salsa

### Nutritional information per serving

0.23g	23.5g	4.3g	7.7g	546
SALT	FAT	SAT	SUGARS	CAL

# Fish pie

.....  
**Main meal: fish**

**Serves: 4–6**

**Prep time: 35 minutes**

**Cooking time: 50–60 minutes**  
.....

**1kg potatoes, peeled and chopped**

**2 tablespoons low fat spread**

**Ground black pepper**

**2 fillets white fish**

**2 fillets salmon**

**600ml semi skimmed milk**

**2 tablespoons plain flour**

**Handful of dill or parsley, chopped**

**1 tablespoon lemon juice**

**4 tablespoons peas**

**1 x small tin sweetcorn (no added salt),  
drained**

**100g mushrooms, washed and sliced**

**2 eggs, hard boiled, chopped**

Fish pie is a traditional English comfort food at its best. This recipe shows you how you can keep the flavour without the need to add extra salt and fat.

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**1** Preheat the oven to 200°C/180°F/gas 6.

**2** Boil the potatoes for approx 20 minutes or until tender, drain and mash with 1 tablespoon of low fat spread and black pepper.

**3** Meanwhile place the fish in a frying pan and pour over the milk. Bring the milk just to the boil and reduce to a simmer for 8 minutes. Lift the fish out onto a plate, flake into pieces and place into an oven-proof dish.

**4** Make the white sauce by simply adding the flour and a tablespoon of low fat spread to the milk and stirring continuously. The sauce will thicken after a few minutes, be careful not to allow it to burn. Once thickened, stir in the dill, lemon juice and a little black pepper.

**5** Place the peas, sweetcorn, mushrooms and egg into the oven-proof dish and mix with the fish. Then stir in the sauce. Spoon the mashed potatoes on top and spread out into an even layer using a fork. Use the fork to make criss-crossed lines on the potato topping. Cook in the oven for 30–40 minutes or until golden brown.

## Nutritional information per serving



## Salmon risotto

.....  
**Main meal: fish**

**Serves: 4**

**Prep time: 10 minutes**

**Cooking time: 35–35minutes**  
.....

**2 salmon fillets**

**Juice of half a lemon**

**1 teaspoon black pepper**

**1 tablespoon oil (olive)**

**1 onion, peeled and chopped**

**1 garlic clove, peeled and finely chopped**

**300g Arborio rice**

**200ml dry white wine**

**750ml boiling water made up with half a low salt vegetable stock cube**

**250g mushrooms, sliced**

**110g of peas**

**Handful of fresh dill, chopped, or 3 teaspoons dried dill**

**3 tablespoons reduced fat crème fraîche**

This filling Italian dish has been given a health boost with the added vegetables.

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**1** Preheat the oven to 190°C/375°F/gas 5.

**2** Place the salmon fillets in a glass dish with the lemon juice and black pepper. Cover the dish with foil and cook in the oven for 20 minutes or until the salmon is cooked through.

**3** Meanwhile, heat the oil in a large, heavy based saucepan over a low-medium heat and gently cook the onion, garlic and rice for a few minutes until softened.

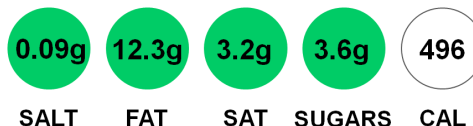
**4** Add the wine and simmer, stirring, until most of the liquid has been absorbed.

**5** Add a ladleful of stock and, again, when most of the liquid has been absorbed, add the mushrooms, peas and dill along with another ladleful of stock. Continue adding the stock in this way, stirring continuously, until the rice becomes plump and soft. If more liquid is required, simply add boiling water until the desired texture is achieved.

**6** Keep an eye on the salmon and, when it is cooked, remove it from the oven and break it into pieces using a fork.

**7** When the rice is cooked, remove it from the heat and stir in the crème fraîche and salmon, season with black pepper if desired and serve with a light, green salad.

### Nutritional information per serving



## Salmon tagliatelle

.....  
**Main meal: fish**

**Serves: 4**

**Prep time: 10 minutes**

**Cooking time: 25 minutes**  
.....

**2 salmon fillets**

**Juice of 1 a lemon**

**1 teaspoon ground black pepper**

**350g tagliatelle**

**1 tablespoon olive oil**

**1 leek, sliced**

**250g mushrooms, sliced**

**150g peas or 1 x 200g tin sweetcorn**

**1 courgette/zucchini, chopped**

**50ml white wine (optional)**

**200g reduced fat crème fraîche**

**Handful of fresh dill, chopped**

The dill and low fat crème fraîche make for a delicious creamy sauce in this alternative way to cook oily fish.

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**1** Preheat the oven to 190°C/375°F/gas 5.

**2** Place the salmon fillets in an ovenproof dish with the juice of half the lemon and black pepper. Cover with foil and cook in the oven for 20 minutes or until cooked.

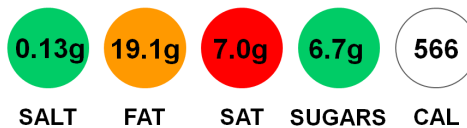
**3** After 8–10 minutes, bring a pan of water to the boil and cook the tagliatelle until al dente and drain.

**4** Meanwhile, heat a small amount of oil in a non-stick pan and cook the leeks until soft. Add the mushrooms, peas or sweetcorn, courgette and white wine. Cook for 5–10 minutes until the vegetables are tender.

**5** Remove from the heat and stir in the crème fraîche, remaining lemon juice and dill. Stir into the drained tagliatelle.

**6** When the salmon is done, use a fork to break it into small pieces and add to the tagliatelle. Serve with salad.

### Nutritional information per serving





## Light steak and kidney pie

.....  
**Main meal: meat and poultry**

**Serves: 6**

**Prep time: 15 minutes**

**Cooking time: 2 hours 35 minutes**  
.....

**3 tablespoons olive oil plus extra for brushing**

**1 onion, peeled and chopped**

**900g braising beef steak, trimmed and cut into 4cm cubes**

**225g ox or lamb kidney, skinned, cored and sliced**

**3 level tablespoons plain flour**

**425ml Guinness**

**570ml low salt beef stock, made up**

**1 bouquet garni**

**115g field mushrooms wiped and quartered**

**200g Filo pastry**

.....  
This comforting steak and kidney pie avoids the high salt and fat content of typical pies without compromising on flavour.  
.....

**1** Heat 1 tablespoon of the oil in a heavy based saucepan, add the onion and fry gently until softened, but not browned, then remove onto a plate.

**2** Heat the remaining 2 tablespoons of oil in the pan and fry the steak and kidney in batches until evenly browned. Remove the meat as it browns and set aside with the onions.

**3** Stir the flour into the pan and gradually add the Guinness and low salt beef stock, stirring and scraping any residue from the bottom of the pan.

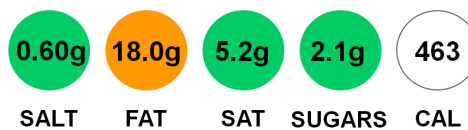
**4** Return the meat and onion to the pan, adding any juices left on the plate. Bring to the boil, add the bouquet garni, then reduce the heat. Cover and simmer very gently for 2 hours or until the meat is very tender. Add the mushrooms and cook for 10 more minutes.

**6** Preheat the oven to 200°C/400°F/gas 6.

**7** While the beef is cooking, brush a sheet of Filo pastry with olive oil, gently scrunch and place on non-stick baking mat, continue until you have 6 small nests. Cook in the oven for 10 minutes until they are crisp and golden.

**8** Divide the steak and kidney and resulting rich gravy into 6 pre-warmed bowls or pie dishes and top with the Filo pastry nests. Serve with steamed seasonal greens and mashed potato (see page 62).

### Nutritional information per serving



## Irish stew

.....  
**Main meal: meat and poultry**

**Serves: 3**

**Prep time: 10–15 minutes**

**Cooking time: 40 minutes**  
.....

**450g lamb meat, fat removed, cubed**

**Ground black pepper**

**1 teaspoon dried thyme**

**3 onions, peeled and quartered**

**3 large carrots, peeled and each cut into 4 chunks**

**12 new potatoes**

**300ml water**

**3 tablespoons chopped parsley**

**50ml crème fraîche (optional)**

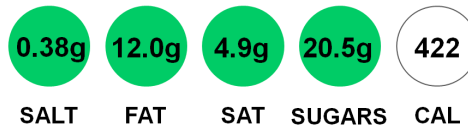
A heart-warming one pot dish. You can use whatever is on offer in the lamb department including cutlets/shoulder, scrag end or neck chump chops.

.....

**1** Put half the lamb meat in a saucepan and season with the pepper and thyme. Spread over half the onions, carrots and potatoes and season again with pepper. Repeat the process adding the remaining meat and vegetables (not the parsley). Cover with the water and bring to the boil on the hob.

**2** Reduce to simmer, cover and cook gently for 40 minutes. Remove from the heat and stir in the parsley and crème fraîche, if using. Serve with peas and a chunk of low salt bread.

### Nutritional information per serving



# Roast pork with apple and maple syrup compot and turmeric roast potatoes

.....  
Main meal: meat and poultry

Serves: 4

Prep time: 35 minutes

Cooking time: 1 hour  
.....

100g black olives, chopped, stones removed

4 cooking apples, peeled and cored

1 tablespoon water

2 tablespoons maple syrup plus 2–3 to taste

Juice of half a lemon

16 baby potatoes (approx 600g), peeled

Approx 9 tablespoons vegetable oil

2 teaspoons turmeric

1 pork tenderloin fillet (approx 500g)

Ground black pepper

6–8 large garlic cloves, peeled and finely sliced

Handful of sage leaves

Nutritional information per serving



Kindly provided by James Nathan, Winner of MasterChef UK, 2008.

“This Sunday roast recipe is perfect for healthy eating. The meat is seasoned with just a small amount of black olives, I use maple syrup instead of sugar and the turmeric is hugely good for you and off-sets the roast potato element. This recipe will make you feel like you’re eating in a restaurant but is in fact simple to follow and user friendly.”

.....  
1 Preheat the oven to 150°C/300°F/gas 2.

2 Whiz the olives in a food processor until finely chopped but not so they form a paste. Set the olives on a baking tray lined with baking parchment and cook in the oven for 20 minutes or until they are dried out. Remove from the oven and set aside. Turn up the oven to 200°C/400°F/gas 6.

3 Meanwhile, chop one of the apples into ½cm cubes and set aside. Finely slice the other apple and put into a pan with 1 tablespoon of water and 2 tablespoons of maple syrup. Cover and cook on a low heat for 10 minutes or until they are soft then whiz to a puree with a hand blender. Add the cubed apples and cook for 5–8 minutes until just soft. Add a squeeze of lemon juice and maple syrup to taste. Keep warm in the lidded pan.

4 While the apples are cooking, bring a pan of water to the boil and par boil the potatoes for approx 7–10 minutes until slightly softened. Drain and shake in the pan to roughen the edges. Meanwhile, add enough oil (approx 5 tablespoons) to cover the bottom of the roasting tray and heat in the oven until shimmering. Remove from the oven and carefully add the potatoes. Add the turmeric and coat the potatoes in the yellow oil. Return to the oven and cook for 25 minutes or until crispy and roasted.

5 While the potatoes are roasting, heat a heavy based, ovenproof frying pan or roasting pan over a high heat. Coat the pork in oil (approx 1 tablespoon) and season with pepper. Sear briefly in the pan on all sides. Roast in the oven for about 7–10 minutes until the pork is just cooked. Remove and keep warm.

6 Shallow fry the garlic in a non-stick pan over a high heat in approx 3 tablespoons of oil until the slivers of garlic are crispy and light brown but not burnt. Remove and drain on kitchen roll. In the same pan shallow fry some sage leaves until they stop sizzling. Drain and keep warm with the garlic slices.

7 To serve, roll the pork in the powdered black olives. Slice and lay on a bed of warm apple compote. Scatter over the garlic chips and sage leaves and serve with the potatoes.

## Pork baked with parsnips, fennel and artichoke hearts

.....  
**Main meal: meat and poultry**

**Serves: 4**

**Prep time: 15 minutes**

**Cooking time: 40–45 minutes**  
.....

**1 fennel bulb, green tops, root and outer layer removed, cut into slices**

**3 parsnips, peeled and cut into thin wedges**

**4 shallots, peeled and quartered**

**400ml low alcohol cider**

**4 pork shoulder steaks**

**1 x 400g tin artichoke hearts in water, drained**

**5 sprigs fresh lemon thyme, leaves only (stripped off sprigs)**

**1 teaspoon cumin seeds**

**Ground black pepper**

Perfect for Sunday lunch, this hearty dish has a full, earthy flavour and it's surprisingly easy to make as it requires only one pot.

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**1** Preheat the oven to 220°C/425°F/gas 7.

**2** Place the fennel, parsnips and shallots into an oven-proof dish, pour over the cider and cook in the oven for 5–10 minutes. Remove the dish from the oven and reduce the temperature to 200°C/400°F/gas 6.

**3** Add the pork steaks and artichoke hearts to the vegetables along with the lemon thyme, cumin seeds and ground black pepper. Return to the oven and cook for 30 minutes.

**4** Serve with a portion of boiled pasta and a handful of watercress.

### Suggestions

- Stir in 200ml low fat crème fraîche just before serving.

### Nutritional information per serving



## Chicken choyla



Kindly provided by Cyrus Todiwala OBE DL, celebrity chef and patron of Pan-Indian restaurant Café Spice Namasté, UK.

“This is a simple, easy to prepare chicken dish and takes no more than a few minutes provided the mise en place is well carried out. It is a dry preparation and is ideal as a snack or as a main meal with an accompaniment of lentils and rice (see Laapsi khichdi a’la Pervin on page 63) or with other meats and vegetables. Remember that if the heat is maintained at a high temperature the cooking time will be reduced and you will get a great colour and texture.”

.....  
**Main meal: meat and poultry**

**Serves: 4–5**

**Prep time: 12 minutes**

**Cooking time: 10 minutes**  
.....

**1** tablespoon cold pressed sunflower or rapeseed oil  
**1** tablespoon fresh ginger, pureed or finely minced  
**1** heaped teaspoon cumin/jeera powder  
**½** teaspoon turmeric powder  
**1** level teaspoon chilli powder  
**1** tablespoon fresh squeezed lime or lemon juice  
**½** teaspoon garam masala  
**2–3** tablespoons water  
**1**kg boneless chicken, diced  
**1** tablespoon coriander, finely chopped

.....  
**1** Take a large frying pan (big enough to hold all the diced chicken) or a wok and place over a low heat, add the oil and allow it to heat gradually.

**2** Blend in a small bowl the ginger, cumin, turmeric, chilli powder, lime juice and garam masala with 2–3 tablespoons of water to form a smooth paste of pouring consistency.

**3** Bring the heat of the pan to high and when the oil is smoking add the chicken pieces. Toss the pan a couple of times only and allow the chicken to sauté over the high heat for a minute or two. Retaining the heat on high, toss the meat again until the pieces are well sealed and browning, the best tool for this is either a heatproof spatula or a wooden flat spatula. Do not agitate the meat too much as it will release steam and the chicken will stew rather than sauté, allow between three and five minutes to cook on all sides.

**4** Now add the spice mixture and toss well. Be sure not to allow the spices to burn at the bottom of the pan but do not reduce the heat as too much liquid will be released from the meat. Continue to cook for 2–3 minutes, tossing every few seconds.

**5** Sprinkle with the chopped coriander and mix it in well, transfer to a serving bowl or dish to serve.

**Nutritional information per serving**

<b>0.40g</b>	<b>5.8g</b>	<b>0.9g</b>	<b>0.1g</b>	<b>292</b>
<b>SALT</b>	<b>FAT</b>	<b>SAT</b>	<b>SUGARS</b>	<b>CAL</b>

## Chicken tikka masala



.....  
**Main meal: meat and poultry**

**Serves: 6**

**Prep time: 22 minutes plus  
marinating time**

**Cook time: 30–35 minutes**  
.....

**3 tablespoons low-fat natural yoghurt**  
**2 teaspoons garlic, crushed**  
**2 teaspoons ginger, crushed**  
**1 teaspoon ground black pepper**  
**1 teaspoon red chilli paste**  
**450g skinless chicken breasts, diced**  
**1 tablespoon rapeseed oil**  
**1 teaspoon cumin seeds**  
**1 medium onion, chopped**  
**1 tablespoon fenugreek leaves,  
chopped**  
**2 tablespoons tomato purée**  
**1 teaspoon garam masala**  
**1 ½ teaspoons cumin coriander powder**  
**2 tablespoons half-fat crème fraîche**  
**1 tablespoon coriander leaves,  
chopped**

**Kindly provided by the British Heart Foundation, UK.**  
**[www.bhf.org.uk/heartmatters](http://www.bhf.org.uk/heartmatters)**

A delicious take on a national favourite, this dish can be served with rice or in pitta bread (slit down one side) with lettuce and sliced onions.

.....

**1** Mix the yoghurt, garlic, ginger, black pepper and chilli paste and spoon this mixture over the chicken. Allow to marinate for 1–2 hours in the fridge.

**2** Heat the oil in a large pan, add the cumin and chopped onion and cook on a medium heat until brown.

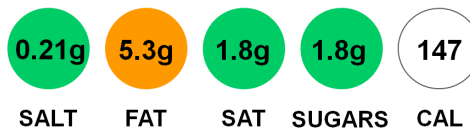
**3** Remove the chicken from the marinade and add the chicken to the pan. Cook on a high heat for about 5 minutes.

**4** Stir in the fenugreek, tomato purée, garam masala and cumin coriander powder.

**5** Reduce the heat and simmer for 15–20 minutes or until the chicken is cooked and the liquid has evaporated.

**6** Stir in the crème fraîche and coriander before serving.

**Nutritional information per serving**



## Chicken and Spanish rice

.....  
**Main meal: meat and poultry**

**Makes: 5 servings**

**Prep time: 15 minutes**

**Cooking time: 15 minutes**  
.....

**1 onion, chopped**

**1–2 sweet green peppers/capsicums,  
chopped**

**2 teaspoons vegetable oil**

**1 cup unsalted tomato sauce e.g. low  
salt canned sauce or see page 70**

**1 teaspoon parsley, chopped**

**¼ teaspoon ground black pepper**

**1 ½ teaspoons garlic, minced**

**1250g cooked white rice**

**400g chicken breast, cooked (skin and  
bone removed), diced**

Kindly provided by Mrs. Frances Mahfood, The Heart Foundation of Jamaica's Nutritionist, on behalf of The Healthy Caribbean Coalition. Recipe adapted from The DASH Diet, published by the National Institutes of Health.

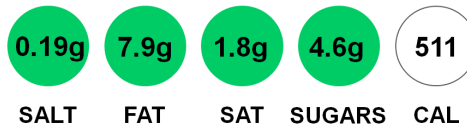
With plenty of herbs and garlic, this rice dish is a simple, summery main meal which is full of flavour.

.....  
**1** In a large skillet, sauté the onions and green peppers in oil for 5 minutes on medium heat.

**2** Add the tomato sauce, parsley, pepper and garlic and heat through.

**3** Stir in the cooked rice and chicken and heat through.

### Nutritional information per serving





## Kammy's low salt chicken curry



Kindly provided by Chris Kamara, sports presenter, UK.

"I am a big fan of curries and there is no need to miss out on the great flavours just because we are cutting back on our salt intake. They are relatively easy to cook (thankfully) and they fill the house with such a great aroma."

1 In a frying pan, heat the oil and quickly fry the garlic, bell pepper and onion for 1–2 minutes to release the flavours.

2 Place the potatoes and contents of the frying pan in a crockpot and layer the diced chicken on top.

3 Mix the stock cube with 200ml of boiling water. In a mixing bowl, stir together the chicken stock, chopped tomatoes and spices. Pour over the chicken.

4 Cook on a low heat for 5–6 hours to fully infuse the unbelievable flavours. If pushed for time, one and a half hours will suffice.

5 Stir the cornstarch into the water to make a paste. Turn the heat to high and stir the cornstarch into the curry. Cook for about 10 minutes until the sauce has thickened slightly.

.....  
**Main meal: meat and poultry**

**Serves: 5**

**Prep time: 30 minutes**

**Cooking time: 1 hour 45 minutes**  
.....

1 tablespoon oil (rapeseed)  
2 garlic cloves, finely chopped  
1 green bell pepper/capsicum, chopped  
1 medium sized onion, chopped  
5 medium sized potatoes, diced  
450g boneless chicken breasts, cubed  
1 low salt chicken stock cube (e.g. Knorr)  
200ml boiling water  
1 x 400g tin chopped tomatoes  
1 tablespoon chopped coriander  
1 ½ tablespoon paprika  
1 tablespoon ginger powder  
¼ teaspoon chilli powder  
½ teaspoon turmeric powder  
¼ teaspoon cinnamon powder  
2 tablespoons cornstarch/cornflour  
2 tablespoons cold water

**Nutritional information per serving**

0.65g	4.0g	0.5g	14.1g	233
SALT	FAT	SAT	SUGARS	CAL



## Delicious chicken curry

.....  
**Main meal: meat and poultry**

**Serves: 6**

**Prep time: 20 minutes plus marinating time**

**Cooking time: 35–40 minutes**  
.....

**1 skinless chicken, disjointed and washed**

**2 tablespoons ginger and garlic paste\***

**¼ teaspoon turmeric powder**

**2 teaspoons crushed cumin and coriander mix/dhania jeera\*\***

**2 tablespoons lemon juice**

**1 tablespoons fine/crushed red chilli powder**

**1 tablespoons oil (rapeseed)**

**1 medium onion, sliced**

**2 cinnamon sticks**

**2 elachi/cardamom pods**

**3 medium tomatoes, liquidised or grated**

**A sprig of curry leaves**

**Approx 250ml water**

**A handful of chopped coriander/dhania to garnish**

**\* 6 garlic cloves and a 3cm piece ginger**

**\*\*1 teaspoon each of ground coriander and cumin**

**Kindly provided by Ayesha Seedat (Registered Dietitian SA),  
The Heart and Stroke Foundation South Africa.**

The clue is in the title with this South African take on chicken curry. Perfect served with the roti (tortilla) on 66.

.....  
**1** Marinate the chicken for 1–2 hours in the ginger and garlic paste, turmeric powder, cumin and coriander mix, lemon juice and fine red chilli powder.

**2** Heat the oil in a pot, add the onion, cinnamon sticks and elachi pods and cook on a medium heat until onions turn light pink in colour.

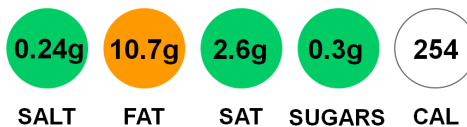
**3** Add the marinated chicken and cook until the chicken is almost done. Add the tomatoes and allow to cook for a few minutes. Stir in the curry leaves and water. Lower the heat and allow to simmer for about 15–20 minutes.

**7** Garnish with chopped coriander just before serving and serve with brown rice or whole-wheat roti (see page 66) and salad.

### Suggestions

Pork or beef could be used instead of chicken.

### Nutritional information per serving



# Lasagne

.....  
**Main meal: meat and poultry**

**Serves: 6**

**Prep time: 20 minutes**

**Cooking time: 1 hour 5 minutes**  
.....

**9 lasagne sheets**

***For the meat sauce***

**500g extra lean beef mince**

**2 onions, peeled and chopped**

**6 garlic cloves, finely chopped**

**2 carrots, peeled and diced**

**150g mushrooms, sliced**

**1 courgette/zucchini, diced**

**150ml red wine**

**2 tablespoons tomato puree**

**2 x 400g tins chopped tomatoes**

**1 teaspoon dried oregano**

**1 teaspoon dried basil**

***For the cheese sauce***

**450ml semi skimmed milk**

**25g low fat spread**

**3 tablespoons flour**

**½ teaspoon nutmeg**

**85g mature cheddar cheese, grated**

A flavoursome and filling Italian dish. A pinch of nutmeg in the cheese sauce adds something special while the salt and fat are kept to a minimum.

.....

**1** Brown the mince in a large pan over a gentle heat, stirring so that the mince is evenly cooked. Add the onions and garlic and continue to cook, stirring, for 5 minutes until the onions are translucent.

**2** Stir in the remaining sauce ingredients and simmer for 20 minutes.

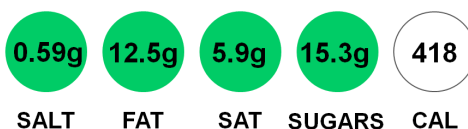
**3** Meanwhile, place the lasagne sheets in a dish and cover with boiling water so that they begin to soften.

**4** To make the cheese sauce, simply add all the ingredients except the cheese to a sauce pan. Cook over a medium heat, stirring continuously, until the sauce thickens. Remove from the heat and stir in most of the cheese, reserving a little for the topping.

**5** Preheat the oven to 200°C/ 400°F/gas 6.

**6** Assemble the lasagne in a dish a layer at a time. Start with a third of the meat sauce, followed by a third of the lasagne sheets followed by a third of the cheese sauce. Repeat this twice so that you finish with a layer of cheese sauce, then sprinkle with the remaining cheddar cheese. Cook in the oven for 30 minutes or until golden brown.

**Nutritional information per serving**



## Chilli con carne

.....  
**Main meal: meat and poultry**

**Serves: 8**

**Prep time: 15 minutes**

**Cooking time: 45 minutes**  
.....

**1 tablespoon olive oil**  
**1 onion, peeled and diced**  
**2 garlic cloves, finely chopped**  
**400g extra lean beef mince**  
**1 tablespoon ground cumin**  
**2 teaspoons black pepper**  
**½ teaspoon ground ginger**  
**½ teaspoon ground coriander**  
**1 teaspoon chilli flakes**  
**1–2 teaspoon chilli powder to taste**  
**1 tablespoon tomato puree**  
**1 red chilli, deseeded and finely sliced**  
**1 x 400g tin kidney beans, drained and rinsed**  
**1 x 400g tin chick peas, drained and rinsed**  
**1 x 200g tin sweetcorn (no added salt), drained**  
**100ml red wine (optional)**  
**2 x 400g tins chopped tomatoes**  
**Handful fresh coriander, chopped, plus extra to garnish**

A Mexican favourite that's perfect for nights in with friends. The variety of beans make for a filling take on this classic dish and the coriander gives it a flavoursome lift.

.....

**1** Heat the oil in a large, heavy-based pan over a medium heat and cook the onion and garlic for 3–5 minutes until soft. Add the mince and cook until browned all over, stirring from time to time. Drain off the excess fat and return to the heat.

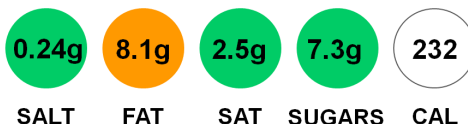
**2** Stir in the spices, tomato purée and fresh chilli and cook for 2–3 minutes. Add the beans, chick peas, sweetcorn, wine, if using, and chopped tomatoes and mix well. Bring to the boil and simmer gently without a lid for 20–30 minutes until the liquid has reduced, stirring occasionally.

**3** Stir in the fresh coriander and cook for a further 5 minutes. Garnish with a little coriander and serve with rice and low fat yoghurt.

### Suggestions

- To make a vegetarian alternative, a chilli non carne, substitute the mince with 2 large carrots (peeled and diced), 2 courgettes (diced) and 1 red pepper (diced). Simply omit the mince and add the carrots with the spices and add the courgette and red pepper with the pulses

### Nutritional information per serving



## Spicy beef burgers



.....  
**Main meal: meat and poultry**

**Serves: 8 (8 burgers)**

**Prep time: 20 minutes**

**Cooking time: 20 minutes**  
.....

**450g good-quality lean or extra-lean minced beef**

**2 small carrots (about 140g total weight), coarsely grated**

**85g mushrooms, finely chopped**

**1 onion, finely chopped**

**55g fresh wholemeal or white breadcrumbs**

**2 tablespoons tomato puree**

**1 egg, lightly beaten**

**1 clove garlic, crushed**

**2 teaspoons ground cumin**

**2 teaspoons ground coriander**

**1 teaspoons hot chilli powder**

**Freshly ground black pepper, to taste**

Kindly provided by the British Heart Foundation  
[www.bhf.org.uk/heartmatters](http://www.bhf.org.uk/heartmatters), UK.

The healthy way to indulge in a burger. They are surprisingly easy to make and taste so much better than shop-bought versions.

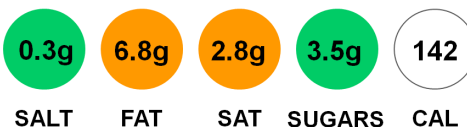
.....  
**1** Preheat grill to medium. Place all ingredients in a large bowl and mix together well.

**2** Using your hands, shape mixture into 8 round, flat burgers, each about 1cm (½ inch) thick. Place on rack in grill pan; grill for about 20 minutes until burgers are cooked to your liking, turning once or twice. (Don't grill burgers too close to the heat – position about 8cm/3 ¼ in from heat.) Serve in baps with salad and relish.

### Suggestions

- Substitute lean minced pork or lamb for the minced beef, if desired
- Use 1 courgette/zucchini in place of the carrots, if desired
- To freeze: Make burgers as directed; freeze before cooking. Wrap individually, label and freeze for up to 1 month. To serve, defrost completely, then grill as directed

### Nutritional information per serving



# Pizza

.....  
**Main meal: meat and poultry**

**Serves: 2 (1 pizza)**

**Prep time: 20–15 minutes plus 1 hour rising time**

**Cooking time: 30–40 minutes**  
.....

**For the base**

**300g strong white bread flour, plus extra for rolling out**

**½ teaspoon (half a 7g sachet) fast-action yeast**

**Pinch ground black pepper**

**100ml warm water**

**1 tablespoon olive oil, plus extra for greasing**

**1 garlic clove, crushed**

**For the sauce**

**½ teaspoon olive oil**

**1 small onion, chopped**

**1 garlic clove, finely chopped**

**1 tablespoon tomato puree**

**1 x 227g tin chopped tomatoes**

**Pinch chilli flakes or to taste**

**Freshly ground black pepper, to taste**

**Handful fresh basil, roughly chopped**

**For the topping**

**1 yellow pepper/capsicum, sliced**

**1 tomato, sliced**

**100g cooked chicken**

**2 tablespoons sweetcorn**

**60 mozzarella, thinly sliced**

**A few basil leaves, torn, plus extra to garnish**

A heart-healthy version of a national favourite, a home-made pizza is a satisfying and delicious alternative to takeaways. For alternative toppings, why not try using onion, mushrooms, pineapple or jalapenos?

.....

**1** To make the dough, mix the flour, yeast and pepper together in a large bowl. In a separate container mix the water with the oil and garlic and pour into the flour and yeast. Mix together quickly with a spoon until a sticky dough is formed. Leave to stand for 10 minutes.

**2** Dust your hands and a work surface with flour. To knead the dough, hold one side of the dough down with one hand, with the other hand, push the other side of the dough away from you, stretching it out. Fold the stretched dough back on top of itself and push it down with your palm. Give the dough a quarter turn and repeat the process for just 1 minute or until the dough is smooth, elastic and bouncy.

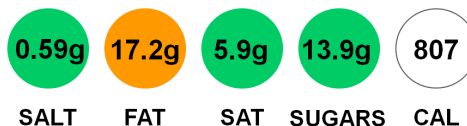
**3** Form a ball with the dough and place it into a bowl greased with a little oil. Cover the bowl with cling film and leave to rise in a warm place for about an hour or until the dough has doubled in size.

**4** Meanwhile, make the sauce. Heat the oil in a saucepan over a medium heat and cook the onion and garlic for 5 minutes or until the onion becomes soft and transparent. Stir in the tomato puree followed by the chopped tomatoes, chilli and pepper. Simmer on a low heat for 15–20 minutes until the sauce becomes thick, stir in the basil for the last few minutes. Use a hand blender to make a smooth sauce.

**6** Once the dough has risen, preheat the oven to 240°C/475°F/Gas 9. Dust a baking sheet with a little flour and use your hands to push the dough outwards to form a round base approximately 30cm (12inches) across.

**7** Spread the tomato sauce over the pizza base using the back of a spoon. Scatter the toppings over the pizza, topped with the basil leaves, and cook in the oven for 10–15 minutes or until golden brown. Scatter with the remaining basil leaves and serve.

**Nutritional information per serving**



## Moroccan style pigeon pastilla

.....  
**Main meal: meat and poultry**

**Serves: 12**

**Prep time: 50 minutes**

**Cooking time: 50 minutes**  
.....

**18 pigeon breasts**

**Ground black pepper**

**1 teaspoon ground cinnamon plus extra for sprinkling**

**Approx 7 tablespoons olive oil**

**225g onions, finely sliced**

**1 ½ inches cinnamon stick**

**1 inch finely chopped root ginger**

**Good pinch of saffron strands**

**Grated zest of half orange**

**850ml brown chicken stock (low salt)**

**6 eggs**

**110g Demerara sugar**

**Handful chopped parsley**

**Handful chopped coriander**

**225g flaked almonds**

**12 sheets Filo pastry, defrosted**

**8 egg yolks**

**Icing sugar for sprinkling**

A modern twist on a traditional Moroccan pastilla.  
.....

**1** Slice the pigeon breasts lengthways and pat dry, lightly season with pepper and ground cinnamon. Quickly sear both sides in a thick-bottomed frying pan with a little olive oil, ensure the meat remains pink. Place on wire cooling rack and allow to cool.

**2** Meanwhile, gently fry the onions gently in 1 tablespoon of olive oil with the cinnamon stick, ginger, saffron and orange zest. When the onions are soft and golden brown, pour in chicken stock and reduce slowly by half.

**3** Beat the eggs and sugar together and gently scramble with the stock and onion mixture, set aside and chill. Stir in the chopped parsley and coriander.

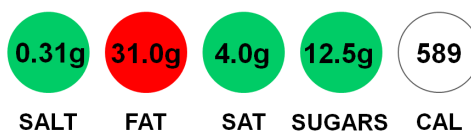
**4** Gently toast the flaked almonds in a dry frying pan until golden brown, set aside.

**5** Pre-heat oven to 200°C/400°F/gas 6.

**6** To assemble the pastilla, lightly oil twelve 5 inch individual round tartlets with removable base. Take one Filo pastry sheet and brush away the excess flour. Brush olive oil over half of the sheet and fold in half lengthways. Brush with egg yolk and place centrally over tartlet case. Place 3 half pigeon breasts in the tartlet. Spread 1 tablespoon of the savoury egg mixture on top and sprinkle with the toasted almonds. Fold the Filo pastry over the top of tartlet, brushing the un-covered pastry lightly with egg yolk. Brush the top with olive oil and turn out the pastilla onto a clean non-stick baking sheet. Repeat with the remaining 11 portions.

**7** Bake the pastillas for 10 minutes until golden brown and crispy. Turn out and sprinkle lightly with icing sugar and ground cinnamon. Serve with fruity couscous and fresh salad leaves with a mango or cider vinaigrette.

### Nutritional information per serving



## Beef kebabs with Mediterranean couscous and roasted tomatoes

.....  
Main meal: meat and poultry

Serves: 4

Prep time: 15 minutes

Cooking time: 15 minutes  
.....

4 Roma tomatoes, halved

Olive oil spray

Freshly ground black pepper

2 teaspoons chopped parsley

400g lean cubed beef, visible fat  
trimmed

1 teaspoon dried mixed herbs

1 packet Continental® Mediterranean  
Vegetables & Herbs Couscous

250ml water

2 teaspoons olive oil

2 bunches rocket

Kindly provided by Unilever Australia Limited.  
[www.continental.com.au](http://www.continental.com.au)

Evoke the sun, sand and sea of the Mediterranean with this healthy and herbaceous beef dish. Fresh tomatoes, crisp rocket, seasoned couscous and tender beef - Mama Mia!  
.....

1 Preheat oven to 160°C/325°F/gas 3.

2 Place the tomatoes onto a paper lined baking tray, lightly spray with oil, season with pepper and sprinkle over the chopped parsley.

3 Place into the oven for 40 minutes or until the tomatoes are soft and just cooked through, remove from oven and keep warm.

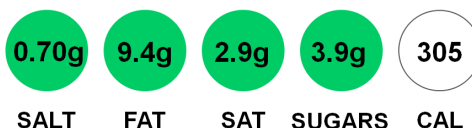
4 Preheat a barbecue or grill pan to moderately hot.

5 Thread the beef onto 8 skewers, lightly spray the kebabs with oil and sprinkle over mixed herbs, place on barbecue and allow to cook 1–2 minutes each side until just cooked in the centre, remove from barbecue and allow to rest 5 minutes.

6 Prepare the couscous following packet instructions using the water and oil.

7 Serve couscous topped with fresh rocket and tomatoes with the beef kebabs on the side.

### Nutritional information per serving



## Pork and ginger stir fry

.....  
**Main meal: meat and poultry**

**Serves: 4**

**Prep time: 15 minutes**

**Cooking time: 15 minutes**  
.....

**200g egg noodles**

**½ tablespoon oil (rapeseed)**

**400g pork escalope or similar, cut into thin strips**

**3 x 3cm piece ginger, finely chopped**

**3 garlic cloves, finely chopped**

**1 red chilli, deseeded and finely chopped**

**1 stem lemon grass, tough outer layer removed, thinly sliced**

**150g mushrooms, sliced**

**75g mange tout or sugar snap peas**

**½ red pepper/capsicum, finely sliced**

**2 pak choi, roughly chopped**

**75g cashew nuts**

**1 tablespoon low salt soy sauce**

**Juice of 1 lemon**

**1 teaspoon brown sugar**

A vibrant and healthy oriental dish with a citrusy tang.  
.....

**1** Bring a pan of water to the boil and cook the noodles according to the packet instructions. Drain, rinse briefly under water to prevent sticking and set aside.

**2** Meanwhile, heat the oil in wok or large frying pan on a high heat. Add the pork and stir fry for 5 minutes.

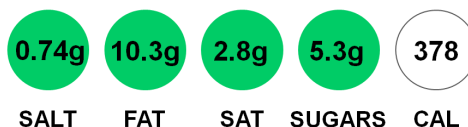
**3** Add the ginger, garlic, chilli and lemongrass and stir fry for another 1–2 minutes. Stir in the vegetables and cashew nuts and continue to stir fry for 3–5 minutes. The vegetables should be cooked but retain some 'bite'.

**4** Combine the soy sauce, lemon juice and brown sugar in a separate container and mix with the stir fried vegetables. Finally, add the cooked noodles to the pan, mix well and serve.

### Suggestions

- You can use any vegetables you like; good additions are baby corn, bamboo shoots and water chestnuts

### Nutritional information per serving





## Thai red curry

An authentic and aromatic Thai dish. The home-made curry paste keeps the salt content low while making the most of the powerful Thai flavours.



.....  
**Main meal: meat and poultry**

**Serves: 4**

**Prep time: 10 minutes**

**Cooking time: 10–15 minutes**  
.....

**1 x 400ml tin coconut milk**  
**4 tablespoons Thai red curry paste (see recipe on page 69)**  
**2 chicken breasts, thinly sliced**  
**400ml water**  
**2 courgettes/zucchini, chopped**  
**2 carrots, sliced into rounds**  
**200g pineapple, cubed**  
**4 kaffir lime leaves, torn into pieces, or grated zest of half a lime**  
**1 tablespoon sugar, or to taste**  
**2 large red chillies, sliced into thin strips, to garnish**  
**Thai sweet basil leaves or coriander to garnish**

.....  
**1** Bring the coconut milk to the boil in a saucepan over a medium heat, boil gently for 3–5 minutes or until the milk starts to separate out. Add the curry paste and cook, stirring, for a minute, until you can smell the aroma of the heating curry paste.

**2** Add the chicken and cook for about 1 minute then add the water.

**3** Add courgettes, carrots, pineapple and kaffir lime leaf, don't stir. Cook for 2–3 minutes until the chicken is cooked through then stir in the sugar. Cook for 2 minutes over a low heat until all the ingredients are cooked.

**4** Serve with white rice and garnish with the strips of chilli and sweet basil or coriander.

### Suggestions

- Replace the chicken with pork, fish or shellfish; if using fish or shell fish, add with the sugar and cook for two minutes before serving
- You can substitute the courgette, carrot and pineapple with other vegetables such as green beans, soya beans, baby sweetcorn, mange tout or peppers

### Nutritional information per serving



## San chow boy

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### Main meal: meat and poultry

**Serves: 4**

**Prep time: 10 minutes**

**Cooking time: 15 minutes**

---

¼ teaspoon sesame oil  
500g pork mince  
1 packet Continental® Chow Mein Mince Recipe Base  
200g sliced mushrooms  
100g shredded green cabbage  
65ml water  
3 shallots or spring onions  
1 small iceberg lettuce  
200g bean sprouts  
Picked coriander leaves

It may have originated in China, but this pork and lettuce dish has become an Australian favourite. Just sauté the pork and veggies and let the family wrap their own in crispy lettuce leaves.

---

1 Heat oil in a medium pan and brown mince.

2 Add Chow Mein Mince Recipe Base, mushrooms, cabbage and water; stir well.

3 Cover and simmer gently for 10 minutes or until mince is cooked. Stir through shallots.

4 Spoon warm mixture into individual lettuce cups.

5 Top with bean sprouts and coriander and serve immediately.

### Suggestions

- Use baby cos lettuce as an alternative as the leaves are much smaller and easier to handle

### Nutritional information per serving

1.52g	9.8g	3.4g	3.0g	250
SALT	FAT	SAT	SUGARS	CAL

## Caramelised onion frittata



The caramelised onion and parsley give this simple dish the most incredible flavour with very little effort.

1 Heat a teaspoon of olive oil in a non-stick, oven-proof frying pan, approx 20cm in diameter, over a low heat. Add the onions to the pan and cook gently for about 20 minutes until they are dark brown, stirring occasionally. Add the courgettes about half way through the cooking time.

2 Break the eggs into a large bowl and whisk with a fork. Stir the parsley into the egg and pour over the onions in the pan. Sprinkle with the cheese and leave to cook, slowly, for 15 minutes so that the underside of the frittata is cooked but the top is still runny.

3 Transfer the pan to a preheated hot grill and cook for another 5–10 minutes until the frittata is cooked through, fluffy and golden on top. Cut into four wedges and serve with a light, green salad or tomato salad.

.....  
**Main meal: vegetarian**

**Serves: 4**

**Prep time: 10 minutes**

**Cooking time: 35 minutes**  
.....

**2 courgettes/zucchini, cut into 1cm rounds and halved**

**3 large onions, peeled, cut in half from root to tip then sliced into semi circles**

**1 tablespoon olive oil**

**Handful of parsley, chopped**

**Ground black pepper**

**5 large eggs**

**50g mature cheddar cheese, grated**

### Suggestions

- For a more filling meal, add 6 cold, sliced, boiled new potatoes when you add the courgette
- Alternatively add some sliced leeks instead of the courgettes

### Nutritional information per serving

0.5g	16.1g	5.6g	7.1g	242
SALT	FAT	SAT	SUGARS	CAL

## Roasted vegetable and feta cheese frittata

.....  
**Main meal: vegetarian**

**Serves: 4**

**Prep time: 10 minutes**

**Cooking time: 55 minutes**  
.....

**1 courgette/zucchini, cut into 1cm rounds and halved**  
**2 peppers/capsicums, choice of colours, chopped**  
**1 onion, peeled and cut into wedges**  
**1 tablespoon and 1 teaspoon olive oil**  
**1 tablespoon mixed fresh herbs, chopped, or a teaspoon dried**  
**Ground black pepper**  
**5 large eggs**  
**6 cold boiled new potatoes, sliced**  
**50g feta cheese, cut into 1cm cubes**

Delicious hot or cold, this very easy dish is perfect for a summer evening or a picnic in the park. By using just a little feta cheese, you can enjoy the Mediterranean flavours without the salt and fat.

.....

**1** Preheat the oven to 220°C/425°F/gas 7.

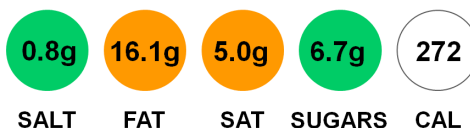
**2** Place the chopped vegetables in a roasting dish and toss with a tablespoon of olive oil, mixed herbs and black pepper. Roast in the oven for 25 minutes or until they are tender and turning brown at the edges.

**3** Break the eggs into a large bowl and whisk with a fork. Season with black pepper and stir in the roasted vegetables and sliced new potatoes.

**4** Heat a teaspoon of olive oil in a non-stick, oven-proof frying pan, approx 20cm in diameter, over a very low heat. Pour the egg and vegetable mixture into the pan and scatter with the feta cheese. Leave the frittata to cook, slowly, for 15 minutes so that the underside of the frittata is cooked but the top is still runny.

**5** Transfer the pan to a preheated hot grill and cook for another 5–10 minutes until the frittata is cooked through, fluffy and golden on top. Cut into four wedges and serve with a light, green salad or tomato salad.

### Nutritional information per serving



## Falafel with tomato and cucumber relish



.....  
**Main meal: vegetarian**

**Serves: 6**

**Prep time: 25**

**Cooking time: 1 hour and 30 minutes**  
.....

**6 wholemeal pitta breads**  
**60g salad leaves**

### *For the falafel*

**2 x 400g tin chick peas (no added salt),  
drained**

**3 garlic cloves, peeled**

**1 large onion, chopped**

**1 teaspoon ground cumin**

**½ teaspoon ground coriander**

**Pinch of cayenne pepper or 1 teaspoon  
chilli powder**

**Ground black pepper**

**20g fresh parsley, chopped**

**2 tablespoons lemon juice**

**1 tablespoon olive oil**

### *For the tomato and cucumber relish*

**3 tomatoes**

**½ cucumber**

**150ml low fat natural yogurt**

**1 tablespoon fresh mint, finely chopped**

This is a super healthy version of the popular street food classic. Using drained rather than tinned chick peas keeps the salt content (and the cost!) minimal and with plenty of lemon juice, herbs and spices, there's no need to add any extra. The falafel is baked, rather than deep-fried, so the fat content is instantly reduced making this a heart- and wallet-friendly treat.

.....  
**1** Bring a saucepan of unsalted water to the boil and add the soaked, dried chick peas. Reduce the heat and simmer for one hour or until the chick peas are soft. Drain and leave to cool.

**2** Preheat the oven to 180°C/350°F/gas 4.

**3** Put all the falafel ingredients except the olive oil in a food processor and whiz until coarse; do not allow the mixture to become smooth. If you have time, make the mixture in advance and chill in the fridge for a few hours to allow the flavours to infuse. Form small handfuls of the mixture into 12–16 balls. Wearing plastic gloves makes the falafel easier to handle as they stop it sticking to your hands.

**4** Grease a baking tray with the olive oil and place the falafel balls on it. Bake it in the oven for 30 minutes or until golden brown, turning once.

**5** To make the relish, chop the tomatoes and cucumber into small cubes of uniform size. In a bowl, mix the tomato and cucumber with the soya yogurt and mint. Warm the pitta breads in the oven for a few minutes, not allowing them to go crispy. Serve the falafel with the pitta bread, relish and salad leaves.

### Nutritional information per serving

<b>1.1g</b>	<b>5.3g</b>	<b>0.8g</b>	<b>8.8g</b>	<b>389</b>
SALT	FAT	SAT	SUGARS	CAL

## Mediterranean style sandwich



.....  
**Main meal: vegetarian**

**Serves:**

**Prep time: 5 minutes**

**Cooking time: 0 minutes**  
.....

**½ small avocado, mashed**

**Pine nuts, roughly chopped**

**2 slices wholegrains and oats bread  
(e.g. Bürgen®)**

**50g cooked eggplant/aubergine, sliced  
and roughly chopped**

**Semi sun-dried tomatoes**

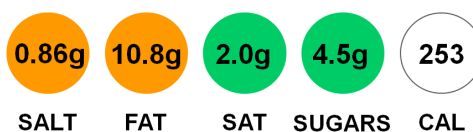
**Baby spinach leaves**

**Kathy Usic, Nutritionist, Tip Top Baking (division of George Weston Foods), Australia.**

.....  
**1** In a bowl, mix avocado and pine nuts together until well combined.

**2** On 1 slice of bread place avocado mixture, eggplant, sun-dried tomatoes and spinach leaves. Top with remaining slice of bread, cut in half and serve immediately.

**Nutritional information per serving**



## Courgette and butter bean pie

.....  
**Main meal: vegetarian**

**Serves: 6–8**

**Prep time: 20 minutes**

**Cooking time: 50 minutes**  
.....

**2 bunches spring onions, chopped**  
**1 large chopped red chilli, deseeded**  
**½ tablespoon olive oil plus extra for greasing**  
**2 teaspoons fennel seeds**  
**50g cooked short grain rice**  
**750g courgettes coarsely grated, drained in a colander**  
**2 x 400g tins butter beans (no added salt), drained and rinsed**  
**5 tablespoons fresh flat leaf parsley, chopped, stalks removed**  
**2 tablespoons fresh mint, chopped**  
**3 eggs, lightly beaten, plus 1 beaten for brushing**  
**200ml low fat crème fraîche**  
**Ground black pepper**  
**200g Filo pastry, fresh or frozen**

This vegetarian pie is healthy yet ideal comfort food. The filling butterbeans and Filo pastry are given a burst of flavour by the mint, parsley and chilli.

.....

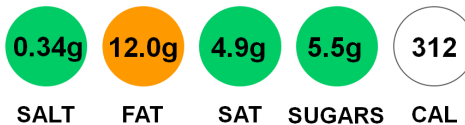
**1** Preheat oven to 190°C/375°F/gas 5.

**2** Cook the spring onions and chilli in ½ tablespoon olive oil for 3 minutes or until softened then add the fennel seeds and cooked rice. Stir in the grated courgettes and butter beans. Remove from the heat and leave to cool.

**3** Once cooled, stir in the parsley, mint, eggs and crème fraîche and mix well. Season with ground black pepper.

**4** Use a little olive oil to grease a 30 x 20cm roasting dish. Pour in the courgette mixture. Top with layers of Filo pastry brushed with beaten egg. Bake in the oven for about 40 minutes until golden brown.

### Nutritional information per serving





## Simple mushroom risotto

.....  
**Main meal: vegetarian**

**Serves: 4**

**Prep time: 10 minutes**

**Cooking time: 25–35 minutes**  
.....

**2 bay leaves**

**Handful dried mixed mushrooms or  
dried porcini mushrooms**

**1.2 litres low salt hot vegetable stock,  
made up**

**2 tablespoons olive oil**

**1 onion, peeled and chopped**

**4 garlic cloves, finely chopped**

**400g chestnut mushrooms, sliced**

**350g Arborio rice**

**150ml dry white wine**

**2 tablespoons fresh parsley, chopped**

**25g low fat spread**

**Ground black pepper**

**Freshly grated parmesan, to serve**

The dried mushrooms infuse this risotto with a wonderful flavour.

.....

**1** Add the bay leaves and dried mushrooms to the hot stock and leave to soak.

**2** Meanwhile, heat the oil in a large, heavy-based saucepan over a low-medium heat. Fry the onion and garlic for 2–3 minutes until softened. Add the chestnut mushrooms and continue to fry gently for 2–3 minutes until the mushrooms are browned.

**3** Stir in the rice, coating it in the oil, then pour in the wine and gently simmer, stirring, until most of the liquid has been absorbed. Add a ladleful of stock (avoiding the mushrooms and bay leaves) and, again, when most of the liquid has been absorbed, add another ladleful of the stock. Continue in this way, stirring continuously, until the rice becomes plump and soft. If more liquid is required, simply add boiling water until the desired texture is achieved.

**4** Roughly chop the soaked mushrooms and stir into the risotto, along with the parsley, low fat spread and pepper. Serve with freshly grated Parmesan and a green salad.

### Suggestions

- Make a chicken and mushroom risotto by simply adding some torn, cooked chicken when cooking the fresh mushrooms

### Nutritional information per serving





## Spinach and ricotta lasagne

.....  
**Main meal: vegetarian**

**Serves: 6**

**Prep time: 15 minutes**

**Cooking time: 1 hour 10–15 minutes**  
.....

### *For the tomato sauce*

**1 tablespoon olive oil**

**1 onion, diced**

**2 cloves garlic, finely chopped**

**1 red pepper/capsicum, diced**

**2 large carrots, chopped up small**

**1 tablespoon tomato purée**

**2 x 400g tins chopped tomatoes**

**150ml red wine (optional)**

**Ground black pepper to taste**

### *For the spinach and ricotta filling*

**1kg frozen spinach (whole leaf)**

**300g ricotta cheese**

**50g pine nuts**

**1 garlic clove, crushed or very finely chopped**

**1 ½ teaspoon nutmeg**

**Lasagne sheets (approx 10 sheets)**

**2 large tomatoes, sliced**

A vegetarian alternative to lasagne which makes the most of the low salt and fat content of ricotta cheese.

.....

**1** Preheat the oven to 190°C/375°F/gas 5.

**2** To make the tomato sauce, heat the oil in a pan over a medium temperature and cook the onion and garlic until soft. Add the red pepper, carrot and tomato puree and cook for a further 5 minutes.

**3** Stir in the chopped tomato, red wine, if using, and black pepper. Reduce the heat and leave to simmer for 20–25 minutes until the sauce has reduced a little and the carrots are cooked through. If you are not using the red wine then cook for 15–20 minutes. Remove from the heat and leave to cool briefly then blend until smooth using a hand blender.

**4** Meanwhile, place the spinach in a saucepan and defrost over a medium heat, stirring occasionally. When the spinach is fully defrosted, drain off the excess water and leave to cool.

**5** Make the spinach and ricotta filling by placing the spinach in a bowl with the ricotta, pine nuts, garlic and nutmeg and mix well.

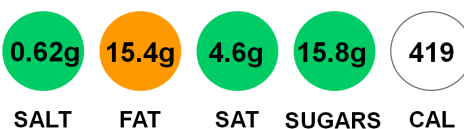
**6** To assemble the lasagne, place a layer of lasagne sheets in the base of an ovenproof dish followed by a third of the tomato sauce, then half of the spinach mixture. Repeat this process and top with a third layer of lasagne sheets and the remaining third of tomato sauce. Finally, arrange the sliced tomato on top.

**7** Cook in the oven for 30 minutes until the lasagne sheets are cooked and serve with a light, leafy salad.

### **Suggestions**

- Swap the nutmeg in the spinach mixture for 2 tablespoons of chopped mint leaves for a delicious alternative flavour
- Use wholewheat lasagne for a filling and heart-healthy lasagne

### **Nutritional information per serving**



## Malaysian spicy tofu (tofu rendang)

.....  
**Main meal: vegetarian**

**Serves: 5**

**Prep time: 15 minutes**

**Cooking time: 45–55 minutes**  
.....

**500g firm tofu/soy bean curd, washed and drained**  
**2 tablespoons vegetable oil**  
**2 ½ cm cinnamon bark/cinnamon stick**  
**3 cloves**  
**5 shallots, finely chopped**  
**4 garlic cloves, crushed**  
**1cm piece fresh ginger, sliced**  
**1 teaspoon fennel seeds**  
**5 curry leaves**  
**2 tablespoons curry powder**  
**2 tablespoons water, plus extra for sprinkling**  
**200ml warm water**  
**180ml skimmed milk**  
**2 tablespoons grated coconut (kerisik), toasted**

**Kindly Provided by the Ministry of Health Malaysia and Nutrition Society of Malaysia.**

This authentic Malaysian dish makes a warming main course served with rice and vegetables or can be served as a side dish or snack. The addition of coconut at the end brings all the wonderful flavours together.

.....  
**1** Preheat the grill to high.

**2** Grill the tofu/bean curd for 5 minutes, slice into cubes and set aside.

**3** Meanwhile, heat the oil in a wok over a high heat and sauté the cinnamon bark, cloves, shallots, garlic and ginger for 2–3 minutes until fragrant and golden brown. Add the fennel seeds and curry leaves and stir fry for 5 minutes.

**4** Mix the curry powder with 2 tablespoons water to make a paste and stir into the pan. Add a sprinkling of water to prevent the curry mixture from scorching and continue frying for 1–2 minutes until fragrant.

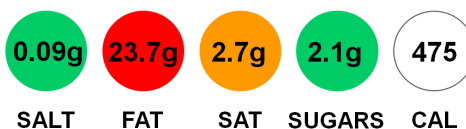
**5** Add the 200ml warm water and bring to the boil. Stir in the tofu/bean curd, reduce the heat and stir in the low fat milk. Leave to cook for 30–40 minutes until the sauce has reduced and the mixture is almost dry.

**6** Stir in the grated coconut/kerisik and cook for another 3–5 minutes until the mixture becomes dry. Serve with rice and vegetables.

### Suggestions

- This recipe also works very well with chicken; lightly fry or grill diced chicken and add it to the pan as you would the tofu
- Add a little sugar at the end if desired

### Nutritional information per serving



## Caramelised onion mashed potato

.....  
**Side dish**

**Serves: 6**

**Prep time: 20 minutes**

**Cooking time: 25 minutes**  
.....

**1.2kg potatoes (charlotte), peeled and chopped**

**1 tablespoons olive oil**

**2 large onions, peeled and thinly sliced**

**50g low fat spread**

**100ml semi skimmed milk or to taste**

**Ground black pepper**

Caramelised onions are a delicious addition to mashed potato.

.....

**1** Rinse the chopped potatoes under cold water to wash the starch off the surface. Bring a large pan of water to the boil and add the potatoes. Boil gently for 20 minutes or until tender and easily cut with a knife.

**2** While the potatoes are cooking, caramelize the onions. Heat the olive oil in a non-stick frying pan over a low heat. Add the onions and cook very gently for about 20 minutes, stirring occasionally, until they are dark brown.

**3** Drain the cooked potatoes in a colander. Once the water has evaporated from the potatoes, return them to the pan. Add the low fat spread, milk and black pepper to the pan and mash the potatoes using a potato masher. The more you mash them, the lighter and fluffier they will be.

**4** Stir in the caramelised onion and serve with the Light steak and kidney pie on page 36.

### **Suggestions**

For a different flavour, stir 2 tablespoons of balsamic vinegar into the onions towards the end of their cooking time

## Laapsi khichdi a'la Pervin (wet khichdi with onion and tomato)



### Side dish

**Serves: 4–5**

**Prep time: 10 minutes plus 2 hours  
soaking time**

**Cooking time: 45–55 minutes**

**400g rice**

**200g moong daal/split moong bean,  
masoor daal/pink lentils or split yellow  
peas**

**2 tablespoons sunflower oil**

**1 teaspoon cumin seeds**

**1/8 teaspoon hing/asafetida**

**4 garlic cloves, minced or crushed**

**1 medium red onion, peeled and finely  
chopped**

**1/2 teaspoon turmeric**

**2–3 medium sized tomatoes, chopped**

**1/4 teaspoon red chilli powder**

**1/4 teaspoon cumin powder**

**1.2 litres water**

**1 heaped tablespoon fresh coriander,  
chopped**

Kindly provided by **Cyrus Todiwala OBE DL – Celebrity chef and patron of Pan-Indian restaurant Café Spice Namasté, UK.**

“This is a great khichdi and one that has become a favourite in our family. However my wife has perfected her very own style by trial and error based on the tastes, likes and dislikes of us all. Laapsi Khichdi does very much exist and you will often notice that much like our own home family styles vary with the exception of the onion, garlic and tomato, which are common. Laapsi is another word for wet and a bit of starch released by the rice, which gives it the texture.”

1 Wash the rice and moong daal thoroughly and soak together for up to two hours.

2 Heat the oil in a casserole, roughly a 6–8 litre type with a tight fitting lid, over a high heat. Sauté the cumin seeds and as soon as they change colour, after twenty or thirty seconds, add the hing/asafetida followed immediately by the garlic, stirring continuously.

3 As soon as the garlic changes colour to a pale brown, add the chopped onions and sauté for about 5 minutes or until the onions turn soft. Add a little water to the pan if the contents stick at the bottom.

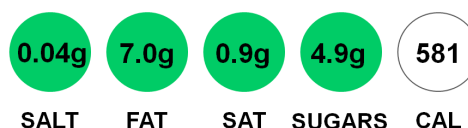
4 Now add the soaked rice and moong daal, turmeric powder, chopped tomatoes, chilli powder and cumin powder. Continue to cook for 3–4 minutes, stirring gently from time to time, and add the water.

5 Cover and cook on a medium heat, stirring occasionally, for 30–40 minutes, ensure that you scrape from down up. For best results use a good heat-resistant plastic or wooden spatula. For this dish the rice needs to be a little overcooked so do not worry if it gets mushy, that's what Laapsi means, but if the water dries out too quickly add some more, a very little at a time.

6 As soon as the rice and the daal are cooked and the khichdi has the consistency of porridge, add the chopped coriander, stir well and remove from the heat.

7 Serve with the Chicken choyla on page 40, hot and sweet mango chutney or shredded mango Choonda, garnished with some split spring onions if you like.

### Nutritional information per serving



## Okra (bhindi or bhinda)



### Side dish

**Serves: 6**

**Prep time: 15 minutes**

**Cooking time: 20–25 minutes**

**450g lady fingers/okra**

**1 tablespoon olive oil**

**1 teaspoon cumin seeds**

**2 medium onions, chopped**

**1 teaspoon fresh green chillies,  
crushed**

**½ teaspoon cumin and coriander  
powder**

**½ teaspoon turmeric**

**1 tablespoon coriander, leaves and  
stalks chopped separately**

**1 medium tomato, chopped**

**1 tablespoon lemon juice, optional**

**Recipe taken from the British Heart Foundation Healthy Meals, Healthy Heart [www.bhf.org.uk](http://www.bhf.org.uk)**

Okra (bhindi) is a healthy food but traditionally is cooked in a large amount of oil, try this recipe instead.

1 Wash each okra under cold running water (there is no need to dry them.) Cut them into pieces 1cm–2.5cm long. Set to one side.

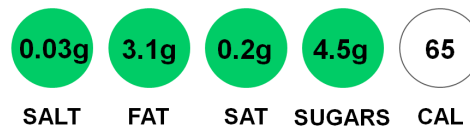
2 In a large, non-stick pan, heat the oil, add the cumin seeds and chopped onions and cook until the onions are soft.

3 Add the okra, green chillies, cumin and coriander powder, turmeric and chopped coriander stalks. Mix well.

4 Spoon the tomato on top of the okra mixture and cook uncovered for 5 minutes on a medium heat. Toss the okra every 2–3 minutes after this. Lower the heat and cook for 7–10 minutes or until cooked.

5 Remove from the heat and place in a serving dish. Garnish with the chopped coriander leaves and sprinkle the lemon juice over the dish just before serving.

### Nutritional information per serving



## Plain naan



Recipe taken from the British Heart Foundation Healthy Meals, Healthy Heart [www.bhf.org.uk](http://www.bhf.org.uk)

More wholemeal flour means more fibre and whole grains. Experiment with greater amounts of wholemeal flour compared to white flour – you may even enjoy brown naan. Get children into the habit of enjoying whole grains so they get used to eating higher fibre foods. Whole grains have been shown to be heart-protective when taken as part of a balanced lifestyle.

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### Side dish

**Serves: 10**

**Prep time: 12 minutes plus 30 minutes rising time**

**Cooking time: 15 minutes**

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**175g self raising flour**

**50g self raising wholemeal flour**

**50ml milk, (semi-skimmed)**

**100–150 ml warm water, (luke warm)**

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**1** Mix the flours with the milk and enough water to form a soft dough.

**2** Knead well, then cover and leave the dough to rise in a warm place for 30 minutes.

**3** Divide the dough into 10 balls, roll out to the desired shape and cook on a pan over a medium heat. Fluff up each naan over direct heat, just like a chapati. Keep the cooked naans warm in foil while you cook the others.

### Nutritional information per serving

<b>0.33g</b>	<b>0.8g</b>	<b>0.2g</b>	<b>1.1g</b>	<b>151</b>
SALT	FAT	SAT	SUGARS	CAL

## Whole-wheat roti (tortilla)

.....  
**Side dish**

**Serves: 6–8**

**Prep time: 8 minutes**

**Cooking time: 24–32 minutes**  
.....

**220g brown bread or whole-wheat flour**

**2 tablespoons oil (rapeseed)**

**250ml water, boiled**

**Kindly provided by Ayesha Seedat (Registered Dietitian SA)  
The Heart and Stroke Foundation South Africa.**

This is a quick and easy recipe for a roti or tortilla. It is an ideal accompaniment to curries or can be served as a wrap.

.....  
**1** Place the flour in a large bowl, add the oil and rub together to make breadcrumbs.

**2** Add all the hot water and carefully stir with a spoon, as soon as the mixture is cool enough to touch, knead into a soft dough.

**3** Separate the dough into 6 or 8 balls (depending on the size you want) then roll out each ball into a circle shape.

**4** Heat a non-stick pan over a high heat, when it is hot, lightly cook each tortilla, turning over a few times until cooked. Allow approximately 4 minutes per tortilla.

**Nutritional information per serving**



## Gallo pinto



Kindly provided by Araúz Hernández AG, Solís Mata M, Blanco Metzler A. *Recetas criollas saludables. Tres Ríos, Costa Rica: INCIENSA, 1999.*

Cooking the beans from scratch gives this rice and bean dish an unbelievable flavour which tinned beans lack. The results are well worth the extra cooking time.

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### Side dish

**Serves: 5**

**Prep time: 20 minutes plus soaking time**

**Cooking time: 45 minutes**

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#### *For the beans*

**40g dried black or red beans, washed and soaked overnight**

**3 garlic cloves, whole**

**3 celery leaves**

**1 teaspoon dried oregano**

**½ sweet pepper, diced**

**½ onion, peeled and chopped into large chunks**

**500ml water**

#### *For the rice*

**150g raw white rice (polished),**

**500ml of water**

**1 garlic clove, peeled and halved**

**½ onion, peeled and divided into big chunks**

**1 medium onion, peeled and diced**

**4 garlic cloves, peeled and very finely chopped**

**1 medium sweet pepper/capsicum, red or green, diced**

**65ml of water**

**2 tablespoons of chopped coriander or cilantro**

---

**1** Cook the beans and all the accompanying ingredients in a pressure cooker for approx 30 minutes or until soft. Drain the cooked beans and remove the onion, garlic and herbs. If you don't have a pressure cooker, bring the ingredients to the boil in a pan, reduce the heat and simmer, covered, until tender. Top up the water as needed so that the beans remain covered with water.

**2** Meanwhile, cook the rice and the accompanying ingredients in a rice cooker for 10 minutes or until the water has been absorbed and the rice is cooked. Remove the pieces of onion and garlic. Alternatively, the rice can be boiled in a sauce pan or heated in the microwave.

**3** Place the onion, garlic, half the diced pepper and water in a sauce pan and bring to the boil. Add the cooked rice and beans and mix well. Reduce the heat and gently cook for a few minutes until cooked through and the water has been absorbed, stirring from time to time.

**4** Add the coriander and the rest of the sweet pepper but do not mix. Cover the pan and turn off the heat. Leave for a few minutes to allow the pepper to warm through then uncover the pan and stir. Serve hot.



## Jamaican spicy seasoning mix

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### Spices and sauces

Makes: 7 teaspoons

Prep time: 2 minutes

Cooking time: 0 minutes

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**1 ½ teaspoons ground white pepper**

**½ teaspoon cayenne pepper**

**½ teaspoon ground black pepper**

**1 teaspoon onion powder**

**1 ¼ teaspoon garlic powder**

**1 tablespoon dried basil**

**1 ½ teaspoons dried thyme**

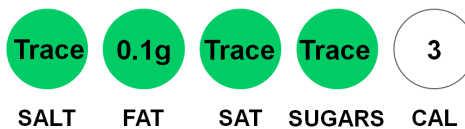
Kindly provided by Mrs. Frances Mahfood, The Heart Foundation of Jamaica's Nutritionist, on behalf of The Healthy Caribbean Coalition. Recipe adapted from *The DASH Diet*, published by the National Institutes of Health.

This vibrant Jamaican blend of spices is ideal for adding flavour to meat, poultry, fish or vegetable dishes. Try replacing the salt in the salt shaker with it and use it at the table.

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**1** Simply mix all the ingredients together, store in an airtight container and use as required.

### Nutritional information per serving



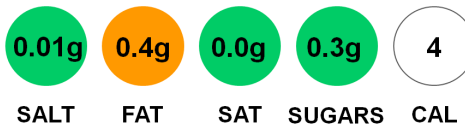
## Thai red curry paste



This authentic recipe makes 4 tablespoons, enough to make a Thai curry for 4. The paste can also be used as a marinade or in fish cakes. The quantities can easily be multiplied and the paste stored in an air-tight container in the fridge.

1 Simply tip the ingredients into a food processor and whiz to form a smooth paste. Store in the fridge in an air-tight container.

### Nutritional information per serving



### Spices and sauces

**Makes: 4 tablespoons**

**Prep time: 15 minutes**

**Cooking time: 0 minutes**

- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 2 roasted cardamom pods, ground (optional)
- ½ teaspoon freshly ground black pepper
- 2 stems lemongrass, tough outer layer removed, chopped
- 4 garlic cloves, peeled and roughly chopped
- 2 red chillies (or to taste), seeds removed, chopped
- 2 shallots, peeled and roughly chopped
- 1 teaspoon ginger (ginza if available) skin removed, chopped
- 1 teaspoon kafir lime skin, chopped, or grated zest of 1 lime

## Tomato sauce



### Spices and sauces

**Serves: 2 as a pasta sauce**

**Prep time: 5 minutes**

**Cooking time: 20–25 minutes**

**1 teaspoon olive oil**

**1 onion, chopped**

**1 garlic clove, finely chopped**

**2 tablespoons tomato purée**

**1 x 400g tin chopped tomatoes**

**Pinch dried chilli or herbs**

**Ground black pepper, to taste**

A basic sauce to serve with pasta or as a pizza topping.

1 Heat the oil in a pan over a medium heat and add the chopped onion and garlic. Cook gently for 5 minutes or until the onion becomes soft and transparent.

2 Add the tomato purée followed by the chopped tomatoes and chilli or herbs.

3 Simmer on a low heat for 15–20 minutes until the sauce becomes thick. Season with pepper to taste. Use a hand blender to make a blended sauce if you prefer.

### Suggestions

- If you have fresh herbs to hand, add these with the tin of tomatoes.
- Try adding other vegetables such as peppers or mushrooms and fry with the onion, or add sweetcorn just before you add the chopped tomatoes.
- For a meaty pasta sauce, add some lean minced meat and fry with the onions and garlic.
- For a hotter flavour, finely chop a fresh chilli and fry with the onions and garlic.

### Nutritional information per serving

0.32g	2.1g	0.2g	11.9g	85
SALT	FAT	SAT	SUGARS	CAL

## Ginger and coconut panna cotta



### Dessert

**Serves: 4**

**Prep time: 5–10 minutes**

**Cooking time: 10 minutes plus  
refrigeration time**

**1 x 375ml tin light evaporated milk  
(1.5% fat)**

**2 tablespoons caster sugar**

**2cm <sup>3</sup>/<sub>4</sub> inch piece ginger, peeled and  
diced**

**2 teaspoons powdered edible gelatine**

**2 tablespoons hot water**

**<sup>1</sup>/<sub>4</sub> teaspoon coconut essence**

**2 passion fruit, halved**

**600 paw paw or papaya, sliced**

Reproduced with permission from Heart Food – the Healthy Heart Cookbook by Veronica Cuskelly and Nicole Senior. Published by New Holland Publishers, Australia.

This panna cotta is delicately flavoured with ginger and coconut essence to retain the lovely caramel creamy taste achieved using the evaporated milk. Increase the ginger and coconut essence if a more intense flavour is desired.

1 Place the evaporated milk, sugar and ginger in a saucepan over a low heat. Stir until the sugar has dissolved.

2 Add the gelatine to the hot water and stir until dissolved. Stir into the milk mixture and mix well (make sure the dissolved gelatine and milk are the same temperature to avoid lumps).

3 Strain the mixture into a jug, discarding the ginger. Stir in the coconut essence. Pour the mixture into 4 x 125ml capacity dishes and leave to cool. Cover and set in the refrigerator for about 4 hours or overnight.

4 Turn the panna cotta out onto serving plates – you may need to quickly dip dishes into warm water or run a knife around the edge of the dishes. Serve with passion fruit and paw paw.

### Suggestions

- Instead of passion fruit and paw paw try serving it with pineapple and lychees, papaya and lime juice or cherries and strawberries

### Nutritional information per serving

0.15g	1.4g	0.9g	19.7g	126
SALT	FAT	SAT	SUGARS	CAL

## Orange, lemon and almond cake served with fresh raspberries

.....  
**Dessert**

**Serves: 8**

**Prep time: 15 minutes**

**Cooking time: 20 minutes plus cooling time**  
.....

**2 oranges**

**1 lemon**

**180g ground almonds**

**4 eggs**

**170g golden caster sugar**

**80ml olive oil plus extra for greasing**

**125g self raising flour**

A delicious, citrusy cake which uses olive oil rather than butter to keep it heart-friendly. Redcurrants can be used in place of the raspberries when in season.

.....

**1** Preheat the oven to 180°C/350°F/gas 4.

**2** Put the whole oranges and lemon in a saucepan of water. Bring to the boil then reduce the heat and simmer for 15 minutes. Turn off the heat and leave the fruit to cool, sitting in the liquid.

**3** Once cooled, halve and juice all the fruit. Blend the peel of one orange and the lemon in a food processor - you will need to separate the peel from the fruit by scraping out the flesh and pith with a spoon. Add the juice from the fruit to the blended peel to make a paste, discard the remaining bits of fruit. Add the ground almonds.

**4** Beat the eggs and whisk in the sugar until pale and fluffy. Whisk in the orange and lemon paste and olive oil. Fold in the flour until fully mixed.

**5** Pour into a greased cake tin (20–22cm diameter) and bake for 50 minutes or until cooked through (cover in foil if browning too much). Leave to cool on a baking rack.

**6** Serve sprinkled with icing sugar and raspberries or redcurrants.

### Nutritional information per serving



## Peppered balsamic strawberries



.....  
**Dessert**

**Serves: 2–4**

**Prep time: 5 minutes**

**Macerating time: 2 hours**  
.....

- 1 punnet strawberries, hulled and halved**
- 2 teaspoons cracked black pepper (e.g. Saxa)**
- 2 teaspoons balsamic vinegar**

**Kindly provided by Cerebos Limited, Australia.**

Deceptively simply, the black pepper and balsamic vinegar do something magical to the strawberries and they only take a few minutes to prepare.

.....  
**1** Mix all the ingredients together and leave to macerate (soften and infuse with flavour) for a couple of hours before serving.

**Nutritional information per serving**



## Pomegranate sorbet



.....  
**Dessert**

**Serves: 4**

**Prep time: 5 minutes**

**Cooking time: 5 minutes**

**Freezing time: up to 7 hours**  
.....

**75ml water**

**75ml sugar**

**475–500ml pomegranate juice**

**Juice of half a lime**

The sharp, tangy flavours of the pomegranate and lime combine in this vibrant sorbet to make an irresistible dessert. You'll need to start this one early in the day to allow the sorbet to freeze.

.....

**1** Heat the water and sugar in a pan over a medium heat for a few minutes, stirring occasionally until the sugar has dissolved (there is no need to boil). Remove from the heat and chill in the fridge.

**2** Mix the pomegranate and lime juices with the water and sugar mixture. Churn and freeze the sorbet mixture in an ice-cream maker following the manufacturer's instructions. Alternatively, pour into a freezer-proof container and place in the freezer.

**3** Leave for an hour, allowing the mixture to begin to freeze. Remove from the freezer and mix with a whisk to break up the ice, then replace.

**4** Repeat this several times until the sorbet is frozen. This will take up to 7 hours.

**Nutritional information per serving**



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