

ITALIAN VEGETABLE SOUP

Mins**70****SERVES****8**

INGREDIENTS

- 2 each of onions and carrots, chopped
- 4 sticks celery, chopped
- 1 tbsp olive oil
- 2 tbsp sugar
- 4 garlic cloves, crushed
- 2 tbsp tomato purée
- 2 bay leaves
- Few sprigs thyme
- 3 courgettes, chopped
- 400g can butter beans, drained
- 400g can chopped tomatoes
- 1.2l vegetable stock
- 100g parmesan or vegetarian equivalent, grated
- 140g small pasta shapes
- Small bunch basil, shredded

COOKING INSTRUCTIONS

- Gently cook the onion, carrots and celery in the oil in a large saucepan for 20 mins, until soft. Splash in water if they stick. Add the sugar, garlic, purée, herbs and courgettes and cook for 4-5 mins on a medium heat until they brown a little.
- Pour in the beans, tomatoes and stock, then simmer for 20 mins. If you're freezing it, cool and do so now (freeze for up to three months). If not, add half the Parmesan and the pasta and simmer for 6-8 mins until pasta cooked. Sprinkle with basil and remaining Parmesan to serve. If frozen, defrost then re-heat before adding pasta and cheese and continuing as above.



GRILLED MEDITERRANEAN VEG WITH BEAN MASH

Mins

35

SERVES

2-3

INGREDIENTS

- 1 red pepper, deseeded and quartered
- 1 aubergine, sliced lengthways
- 2 courgettes, sliced lengthways
- 2 tbsp olive oil

FOR THE MASH

- 410g can haricot bean, rinsed
- 1 garlic clove, crushed
- 100ml vegetable stock
- 1 tbsp chopped coriander
- Lemon wedges, to serve

COOKING INSTRUCTIONS

- Heat the grill. Arrange the vegetables over a grill pan and brush lightly with oil. Grill until lightly browned, turn them over, brush again with oil, then grill until tender.
- Meanwhile, put the beans in a small pan with the garlic and stock. Bring to the boil, then simmer, uncovered, for 10 mins. Mash roughly with a potato masher, adding a little water or more stock if the mash seems too dry. Divide the veg and mash between 2 plates, drizzle over any leftover oil and sprinkle with black pepper and coriander. Add a lemon wedge to each plate and serve.



HEALTHY BANANA BREAD

Mins

95

SERVES

8-10

INGREDIENTS

- Low-fat spread, for the tin, plus extra to serve
- 140g wholemeal flour
- 100g self-raising flour
- 1 tsp bicarbonate of soda
- 1 tsp baking powder
- 300g mashed banana from overripe black bananas
- 4 tbsp agave syrup
- 3 large eggs, beaten with a fork
- 150ml pot low-fat natural yogurt
- 25g chopped pecan or walnuts (optional)

COOKING INSTRUCTIONS

- Heat oven to 160C/140C fan/gas 3. Grease and line a 2lb loaf tin with baking parchment (allow it to come 2cm above top of tin). Mix the flours, bicarb, baking powder and a pinch of salt in a large bowl.
- Mix the bananas, syrup, eggs and yogurt. Quickly stir into dry ingredients, then gently scrape into the tin and scatter with nuts, if using. Bake for 1 hr 10 mins-1 hr 15 mins or until a skewer comes out clean.
- Cool in tin on a wire rack. Eat warm or at room temperature, with low-fat spread.



SIZZLING PRAWN FAJITAS

Mins

25

SERVES

2

INGREDIENTS

- 1 tbsp rapeseed oil
- 225g (8oz) large raw peeled prawns
- 2 tsp hot chilli powder
- 4 spring onions, chopped
- 1 red pepper, deseeded and sliced
- 1 courgette, cut into short batons
- 227g (8oz) can chopped tomatoes in rich natural juice
- 2 tbsp chopped fresh coriander
- 4 soft flour tortillas (each about 20cm/8in in diameter), to serve
- 6 tsp half-fat crème fraîche or low-fat natural Greek-style yoghurt, to serve (optional, omit if following dairy-free diet)

COOKING INSTRUCTIONS

- Heat rapeseed oil in a non-stick saucepan or frying pan; add prawns and stir-fry over a medium-high heat for 1 minute. Add chilli powder; stir-fry for a further 30–60 seconds. Remove prawns from pan and set aside on a plate.
- Add spring onions, red pepper and courgette to pan; stir-fry over a medium-high heat for 3–4 minutes or until softened. Add tomatoes and prawns to pan; bubble over a medium heat for 4–5 minutes or until prawns are fully cooked and hot, stirring regularly. Stir in coriander.
- Meanwhile, warm tortillas according to packet instructions. Serve prawn mixture rolled up inside warm tortillas with a small dollop of crème fraîche or yoghurt alongside, if you like. Serve 2 fajitas per portion.



STIR-FRIED GINGER BEEF WITH PEPPERS

Mins

30

SERVES

2

INGREDIENTS

- 1 tsp cornflour
- 4 tbsp water
- 1 tbsp reduced-sodium soy sauce (use a gluten-free version if making gluten-free)
- 1 tsp dark soft brown sugar
- 2-3tsp sunflower oil
- 175g (6oz) lean rump or fillet steak, cut into thin strips across the grain
- 1 1/2 tsp Sichuan pepper, crushed
- 1 small red pepper, deseeded and cut into strips
- 1 small green or yellow pepper, deseeded and cut into strips
- 1 carrot, cut into thin matchsticks
- 55g (2oz) mangetout, trimmed
- 4 spring onions, chopped
- 1 fresh red chilli, deseeded and finely chopped
- 2cm piece fresh root ginger, peeled and cut into thin strips
- 1 clove garlic, finely chopped

COOKING INSTRUCTIONS

- In a small bowl, mix cornflour with water until smooth. Stir in soy sauce and sugar; set aside.
- Heat 1 teaspoon sunflower oil in a non-stick wok. Add beef and crushed pepper; stir-fry over a fairly high heat for 3-4 minutes or until beef is browned all over. Using a slotted spoon, transfer beef to a warm plate; set aside.
- Carefully add remaining oil to hot juices in wok; heat over a medium heat until hot. Add peppers, carrot, mangetout, spring onions, chilli, ginger and garlic; stir-fry over a medium-high heat for 3-5 minutes or until softened or cooked to your liking.
- Return beef and any juices to wok; stir to mix. Add cornflour mixture to wok; stir-fry over a medium heat for 1-2 minutes or until beef is hot.
- Serve immediately with cooked rice or noodles (use rice noodles if making gluten-free).



BEETROOT HUMMUS

Mins

5

SERVES

2

INGREDIENTS

- 85g (3oz) canned chickpeas in water (drained weight), rinsed and drained
- 1 small cooked (peeled) fresh beetroot (about 55g/2oz), chopped
- 1 small clove garlic, crushed (optional)
- 2 tsp extra-virgin olive oil
- 1/2 tsp ground cumin, or to taste
- 1/2 tsp ground coriander, or to taste
- 4–5 tsp freshly squeezed lemon juice
- Freshly ground black pepper, to taste
- Toasted wholemeal pitta bread or a selection of prepared fresh vegetables (such as pepper, carrot and cucumber sticks, baby sweetcorn, cherry tomatoes, etc), to serve

COOKING INSTRUCTIONS

- Put chickpeas, beetroot, garlic (if using), olive oil, ground spices, lemon juice and black pepper into a small food processor; blend together until a coarse paste is formed.
- Spoon hummus into a small bowl or onto a serving plate; serve with toasted pitta bread or vegetables.

