

HEALTHY CHICKEN NUGGETS

Ingredients (Serves 4)

2 large chicken breasts
2 tbsp olive oil
1 tbsp thyme leaves, finely chopped
1 tspn dried oregano
1/2 tspn paprika
2 tbsp parmesan cheese
50g panko breadcrumbs
125g wholemeal breadcrumbs
Olive oil spray
Salt and freshly ground pepper
900g Maris Piper Potatoes

Method

1. Preheat the oven to 220C
2. Bring a large pan of water to the boil. Season with a little salt. Peel the Maris Piper potatoes and cut into 1cm thick chips. Place in the boiling water and parboil for 4-5 minutes. Drain into a colander and shake the colander well to ruffle up the edges of the chips but be careful not to break them.
3. Place onto a tea towel to dry the chips well. Spray a non-stick oven tray with olive oil. Place the chips onto the tray in a single layer and spray a few more times with the olive oil. Season with salt and pepper and place in the oven for 30 minutes making sure to turn the chips once.
4. Cut the chicken breasts into 2cm chunks. Place into a bowl along with the olive oil, season well and stir to coat each piece in oil. Mix together the breadcrumbs, panko, herbs, paprika, parmesan and seasoning in a separate bowl.
5. Spray another non-stick oven tray with some olive oil. Take each piece of chicken out and coat in the breadcrumbs mixture well. Place onto oiled tray. Place into the oven for the last 5-8 minutes of cooking with the chips.
6. Remove from oven and divide between 4 plates. Serve with ketchup and steamed green vegetables

HAM & VEGETABLE PIZZA

Ingredients (Serves 2)

100g strong white bread flour
100g strong wholemeal bread flour
1 x 7g yeast sachet
Salt to season
150ml warm water
Extra flour for kneading
Olive oil spray for greasing
125ml pasta sauce
100g grated mozzarella cheese
1/2 red onion, thinly sliced
1/2 small red pepper, thinly sliced
1 x small courgette, sliced
6 mushrooms, thinly sliced
100g fresh pineapple chunks
1/2 red pepper
3 slices lean ham, sliced
Fresh basil leaves or rocket leaves to serve

Method

1. Preheat oven to 220°C.
2. To make pizza base, sieve flour and salt in a bowl. Stir in the yeast. Add water and mix to a soft dough. Turn onto a lightly floured surface. Knead for 5 minutes until smooth, not sticky, using more flour if needed. Place dough in a lightly greased mixing bowl. Cover with lightly greased plastic wrap. Leave in a warm place until doubled in size – about 20 minutes.
3. Roll out the dough onto a lightly floured surface until it's around 26cm in diameter. Lightly spray a non-stick baking tray with olive oil spray and place the pizza base onto the tray. Prick the base with a fork and spread over the pasta sauce, leaving a 1cm border. Sprinkle over half the cheese and top with the remaining toppings. Sprinkle over the rest of the cheese and cook for 10 – 15 minutes in the oven.
4. Remove from the oven and top with fresh basil leaves or rocket leaves and serve immediately. Serve a fresh green salad alongside if you like!

SPEEDY BOLOGNESE

Ingredients (Serves 4)

2 tbsp Olive Oil
1 large onion, finely chopped
2 cloves garlic, finely chopped
2 carrots, finely chopped
2 sprigs rosemary, leaves picked and finely chopped
400g lean beef mince
100g baby chestnut mushrooms, chopped
200ml red wine
2 tbsp sundried tomato paste
2 x 400gm cans chopped tomatoes
200ml beef stock
Salt and freshly ground pepper
400g wholemeal spaghetti
4 tbsp parmesan, grated

Method

1. Place a saucepan over medium heat and pour in the oil. Add the onion, garlic, carrots and rosemary and cook until the onions have softened.
2. Add the beef, increase the heat to high and cook until the beef has browned well. Once the beef has browned, add the mushrooms and stir well. Pour in the red wine and allow it to reduce by half.
3. Add the puree, tomatoes and stock and reduce the heat to a gentle simmer and allow the sauce to cook for a further 20 minutes. Taste and season well.
4. Bring a large pan of water to the boil. Season with a little salt. When the water has come to the boil, add the spaghetti and cook for around 10 minutes. Drain the pasta. Mix half the sauce with the spaghetti and serve into individual bowls. Top each serve with a spoon of bolognaise sauce. Sprinkle a little parmesan over each bowl.

TUNA NICOISE

Ingredients (Serves 2)

2 little gem lettuce
2 handfuls watercress
100g green beans, blanched
12 cherry tomatoes, halved
100g canned chickpeas
10 kalamata olives
2 baby beetroot, cut into wedges
200g canned tuna
2 free range eggs, soft boiled

Dressing

3 tspn extra virgin olive oil
1/2 tspn Dijon mustard
1 tbsp red wine vinegar
Juice from 1/2 a lemon
Handful basil leaves, chopped
Salt and freshly ground pepper

Method

1. Lay the salad leaves in the bottom of 2 bowls. Top with the green beans, tomatoes, chickpeas, olives and beetroot.
2. Divide the tuna between the two bowls and serve in the middle of each bowl. Halve the eggs and serve alongside the tuna.
3. Whisk all the dressing ingredients together and drizzle over both salads. Serve immediately.

TURKEY SAN CHOW BOW

Ingredients (Serves 4)

500g turkey mince
1 tbsp vegetable oil
1 tspn sesame oil
1/2 onion, finely sliced
2 garlic cloves, finely chopped
2cm ginger, peeled and grated
1 red chilli, finely sliced (optional)
1 large carrot
125g baby chestnut mushrooms, quartered
1 small red pepper, seeds removed and finely sliced
2 large handfuls of kale, sliced
2 tbsp soy sauce
2 tbsp oyster sauce
2 tbsp rice vinegar (optional)
2 tbsp coriander, finely chopped

To Serve

4 baby gem lettuce, outer leaves removed
70g toasted cashew nuts, crushed (optional)
Extra coriander leaves
1 lime, cut into wedges

Method

1. Heat a large sauté pan or wok and add the oil. When the pan begins to smoke slightly, add the onion, garlic, ginger and chilli. Cook for 2-3 minutes, then add the turkey mince. Cook for 5-6 minutes until the mince has browned.
2. Add the carrots, mushrooms, pepper and kale and cook for a further 2 minutes.
3. Add the soy sauce, oyster sauce and rice vinegar, cook for a further 2 minutes or until some of the liquid evaporates.
4. Remove from the heat and add the chopped coriander.
5. To serve place the individual gem leaves on a serving plate and top the leaves with the turkey mix. Sprinkle over the toasted cashew nuts and garnish with a sprig of coriander and a lime wedge.

HEALTHY GRILLED FISH BURGERS

Ingredients (Serves 2)

2 x 180gm fillets of white fish
(seabass, bream or Pollock)
1 garlic cloves, finely crushed
1/2 tspn smoked paprika
1 tbsp olive oil
Zest and juice of 1 lemon
2 tbsp chopped flat leaf parsley
2 tbsp fat free Greek yoghurt
2 tbsp low fat mayonnaise
6 slices of cucumber
4 slices of tomato
1 little gem lettuce
2 wholemeal or wholegrain
burger buns
Salt and freshly ground pepper
Lemon wedges to serve

Method

1. Place the fish on a plate and rub in the crushed garlic, paprika and olive oil. Season well with salt and pepper. Add half the zest and juice of lemon and half the parsley to the fish and allow to marinate.
2. Meanwhile make the tartare by mixing together the remaining lemon zest, juice, parsley with the mayonnaise and yoghurt. Season with salt and pepper.
3. Lightly score the skin of the fish, in lines about 1cm apart. Heat a non stick pan or griddle over a medium-high heat. When the pan begins to smoke, place the fish in one at a time, skin side down and let it cook for 3-4 minutes. Turn the heat down to low and cook for another 3-4 minutes on the other side.
4. Halve the wholemeal buns and add 1 tablespoon of tartare to the bottom of each roll. Top with the fish, then cucumber, tomato and little gem lettuce leaves. Spread the remaining tartare on the top half of each bun and place on top. Feel free to add grated carrot, grated beetroot, fresh dill, coriander or basil if you like!