

CURRIED CHICKPEA & SWEET POTATO BURGER

Serves 2 (each serving contains approx 600 kcal)

INGREDIENTS

250g sweet potato
15g fresh coriander
5g fresh mint leaves
50g green beans
2 scallions
400g tin chickpeas (240g drained)
½ tablespoon mild/medium curry paste
(depending on your preference – 7g)
1 egg

25g plain flour
1 tablespoon rapeseed oil (15g)
1 oval wholemeal pitta bread
50g little Gem lettuce
100g cherry tomatoes
5 tablespoons natural yoghurt
(3% fat – 75g)
1 lime
salt (optional)
freshly ground black pepper

METHOD

Peel the sweet potato and cut into chunks, then steam for about 10 minutes until tender and soft. Pick the coriander from the stems and finely chop. Finely chop the mint leaves.

Meanwhile, trim the green beans and scallions and finely chop. Drain and rinse the chickpeas and dry well on kitchen paper – you need 240g, then place in a large bowl and mash with a potato masher.

Once the sweet potato is ready add it to the chickpeas and mash again until smooth and combined. Mix in the curry paste and chopped coriander with the green beans and scallions, then mix in the egg and flour. Season lightly with salt (optional) and plenty of freshly ground black pepper. Mix until well combined and then shape into 4 patties with your hands.

Heat the oil in a large non-stick frying pan over a medium heat and add the patties. Cook for 5-6 minutes on each side until lightly golden, carefully turning them once with a fish slice.

Meanwhile, toast the pitta bread in the toaster or under the grill. Cut into slices and arrange on plates with the little Gem lettuce that has been trimmed and separated into leaves. Cut the cherry tomatoes in half and scatter on top. Stir the chopped mint into the yoghurt and drizzle on top of the lettuce and add the cooked curried chickpea and sweet potato burgers. Garnish with the lime cut into wedges to serve.

GET AHEAD

The burgers can be made up to 3 days in advance and kept covered with cling film on a plate until ready to cook. Leftover portions of this recipe can be put in the fridge within 2 hours of cooking and can be stored in an airtight container for up to 3 days. Only reheat the burger once in the microwave when ready to eat or serve cold. If transporting bring cutlery with you.



SPINACH & FETA FRITTATA

Serves 2 (each serving contains approx 400 kcal)

INGREDIENTS

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| 1 small onion | 60ml) |
| 1 floury potato (such as Rooster or Maris Piper – 200g) | 50g feta cheese |
| 1 red pepper | small handful of fresh basil leaves (5g) |
| 1 tablespoon softened butter (15g) | 25g baby spinach leaves |
| 4 eggs | 50g mixed salad leaves |
| 4 tablespoons low fat milk (1.5% fat – | salt (optional) |
| | freshly ground black pepper |

METHOD

Cut the onion in half and peel off the skin, then finely chop. Peel the potato and cut into dice. Cut the red pepper in half and remove the seeds and core before discarding, then cut into dice.

Heat a large frying pan over a medium heat. Add the butter and then tip in the onion and sauté for 2-3 minutes until well softened, stirring occasionally with a wooden spoon. Add the potato and red pepper and continue to cook for 6-8 minutes until the potato is just tender when pierced with a sharp knife, stirring regularly to ensure that it doesn't catch at the bottom of the pan.

Meanwhile, break the eggs into a bowl and add the milk. Season lightly with salt (optional) and pepper to taste. Beat lightly with a fork until just combined, then crumble in the feta cheese and tear in the basil. Set aside.

Once the potato is cooked, add the spinach to the onion mixture, stirring until wilted. Spread out the vegetables evenly in the pan and then pour over the egg mixture. Reduce the heat to low and cook gently for 10 minutes until the frittata is softly set and golden underneath.

Meanwhile, preheat the grill to medium and then put the frittata under for a minute or two until the top is piping hot and golden. Cut into slices and serve on plates with the salad leaves.

GET AHEAD

This frittata can be made in advance and served at room temperature on the day it was made or kept covered with cling film on a plate in the fridge for up to 2 days and served cold or reheated in the microwave. If transporting bring cutlery with you.



COURGETTE & CORN CHILLI

Serves 2 (each serving contains approx 450 kcal)

INGREDIENTS

1 red onion
2 courgettes
1 red chilli
2 garlic cloves
1 tablespoons rapeseed oil (15g)
200g frozen sweetcorn
1 ½ teaspoons chilli powder (7.5g)
1 ½ teaspoons ground cumin
400g tin chopped tomatoes

300ml vegetable stock (made from a reduced salt cube)
400g tin black beans (you need 240g drained)
1 teaspoon honey (5g)
½ lime
small handful fresh coriander leaves (5g)
salt (optional)
freshly ground black pepper

**METHOD**

Peel the onion and cut in half, then finely chop. Trim and dice the courgettes. Cut the chilli in half, then remove the seeds with a teaspoon and finely chop the flesh. Peel the garlic and using a garlic crusher crush the flesh.

Heat a frying pan with a lid over a medium to high heat. Add the oil and then tip in the onion and courgettes. Sauté for about 6-8 minutes until lightly coloured.

Stir in the chilli, garlic and frozen sweetcorn with the spices and continue to cook for 2-3 minutes until the sweetcorn is tender and piping hot.

Stir in the chopped tomatoes and stock and season lightly with salt (optional) and pepper to taste, then simmer for about 5 minutes until slightly reduced and thickened.

Meanwhile, tip the black beans into a sieve and run under the tap to rinse. Stir into the chilli and cook until piping hot. Add the honey and squeeze in the lime juice, stirring to combine. Divide between bowls. Roughly chop the coriander and scatter on top to serve.

GET AHEAD

This chilli can be made in advance and put in an airtight container in the fridge within 2 hours of cooking for up to 3 days. Only reheat once in the microwave or in a saucepan over a gentle heat when ready to eat.



SPICY POTATO & CHICKPEA PATTIES

Serves 2 (each serving contains approx 510 kcal)

INGREDIENTS

1 small onion
1 knob of root ginger (you need 1
tablespoon finely grated)
6 cherry tomatoes
1 long sweet red pepper
2 scallions
2 tablespoons rapeseed oil (30g)
½ teaspoon dried chilli flakes
½ teaspoon mild curry powder or paste
½ teaspoon ground turmeric

80g frozen peas
200g leftover cooked, peeled potatoes
200g tin chickpeas (or use ½ 400g tin –
you need 120g)
2 tablespoons plain flour (30g)
juice of ½ lemon
2 round wholemeal pitta breads (50g
each)
80g baby spinach leaves
salt (optional)
freshly ground black pepper

METHOD

Peel the onion, then cut in half and finely chop. Peel the ginger and then finely grate – you'll need one tablespoon in total. Cut the cherry tomatoes in half. Cut the red pepper in half and remove the seeds and core, then thinly slice. Trim and thinly slice the scallions.

Heat a frying pan over a medium heat. Add half the oil and fry the onion for a few minutes, until softened. Add the ginger and cook for 1 minute, stirring. Stir in the chilli flakes, curry powder or paste, turmeric and peas and cook for another minute or so. Remove from the heat.

If the potatoes are already mashed, just put them into a large bowl. If they are whole, roughly chop them down. Drain the chickpeas and rinse in the sink, using a sieve, under running water then dry well with kitchen paper. Roughly chop on a chopping board and add to the potatoes with the onion and pea mixture.

Add half the flour with a squeeze of lemon juice to the potato mixture and season lightly with salt (optional) and pepper to taste. Stir well to combine. Divide into two balls, then lightly dust in the rest of the flour and then shape into patties.

Wipe out the frying pan and reheat over a medium heat. Add the rest of oil and cook the patties for 6–8 minutes, until crisp and lightly golden, turning once with a fish slice.

Toast the pitta breads and arrange on plates with the spinach leaves, cherry tomatoes, red pepper and scallions. Put a spicy potato and chickpea patties on each one to serve.

GET AHEAD

advance and kept covered with cling film on a plate until ready to cook. Leftover portions of this recipe can be put in the fridge within 2 hours of cooking and can be stored in an airtight container for up to 3 days. Only reheat the patties once in the microwave when ready to eat or serve cold. If transporting bring cutlery with you.



Serves 2 (each serving contains approx 430 kcal)

INGREDIENTS

1 small onion
1 garlic clove
1 red pepper
1 yellow pepper
1 red chilli
300g baby new potatoes
1 tablespoon rapeseed oil (15g)
1 teaspoon dried oregano

¼ teaspoon ground cumin
400g tin chopped tomatoes
4 eggs
5g fresh chives
salt (optional)
freshly ground black pepper



METHOD

Preheat the oven to 200C / 400F / gas mark 6. Peel the onion, then cut in half and thinly slice. Peel and crush the garlic. Cut the peppers in half and remove the seeds and cores, then thinly slice. Cut the chilli in half and take out the seeds with a teaspoon, then finely chop the flesh.

Steam the potatoes for 15-20 minutes until tender.

Meanwhile, heat a frying pan over a medium heat. Add the oil and then tip in the onion, garlic, peppers and chilli and sauté for 4-5 minutes until softened and just starting to catch a little colour.

Stir in the oregano, cumin with the chopped tomatoes. Bring to a simmer and cook for 5 minutes until the peppers are completely tender and the sauce has reduced and thickened.

Make four holes in the pepper mixture using the back of a wooden spoon just large enough to fit the eggs, then crack one into each hole. Season lightly with salt (optional) and pepper to taste, then cover with a lid. Reduce the heat to low and simmer for 4-6 minutes or until the whites of the eggs are set but the yolks are still runny. Snip over the chives and divide evenly between two plates with the new potatoes to serve.

GET AHEAD

The vegetable stew can be made up to 3 days in advance and put in the fridge within 2 hours of cooking in an airtight container. Reheat gently only once over a gentle heat with a splash of water to loosen it before adding in the eggs to cook.



**SWEET & SOUR VEGETABLE &
CASHEW NUT STIR-FRY**

Serves 2 (each serving contains approx 530 kcal)

INGREDIENTS

100g dried wholewheat noodles

50g unsalted cashew nuts

1 onion

2 carrots

1 small courgette

1/2 small head of broccoli (120g)

100g mushrooms (chestnut or ordinary)

1 tablespoon rapeseed oil (15g)

1 tablespoon honey (15g)

2 tablespoons reduced sodium soy sauce
(30g)

1 tablespoon rice vinegar (15g)

200g tin pineapple chunks in natural
juice (140g drained)



METHOD

Place the noodles in a pan of boiling water and simmer gently for 4-5 minutes or according to packet instructions. Drain well and quickly refresh under cold running water to prevent them from sticking. Keep warm.

Heat a wok or frying pan over a medium heat. Tip in the cashew nuts and dry cook until evenly toasted, tossing them regularly to ensure they do not catch and burn. Tip on to a chopping board and leave to cool a little, then roughly chop. Set aside until needed.

Peel the onion and cut in half, then thinly slice. Peel the carrots and cut into thin slices. Trim the courgette and cut into similar slices. Break florets off the broccoli and then cut into bite-sized florets. Trim the mushrooms and cut into slices.

Reheat the wok over a medium heat and add the oil, swirling up the sides. Add the onion and stir-fry for 2-3 minutes until softened, stirring occasionally with a wooden spoon. Add the carrots, courgette and broccoli and stir-fry for another 2-3 minutes until almost tender but still with some crunch.

Add the mushrooms to the vegetable mixture and cook for another minute, then drizzle over the honey, soy and vinegar and cook for 1-2 minutes, tossing until everything is evenly coated. Drain the pineapple – you need 140g of chunks in total and then stir into the pan and continue to cook until piping hot.

Divide the noodles between plates and spoon the sweet and sour vegetables on top. Scatter over the cashew nuts to serve.

GET AHEAD

The sweet and sour vegetables can be made in advance and put in an airtight container in the fridge within 2 hours of cooking for up to 3 days. Only reheat once in the microwave or in a saucepan over a gentle heat to serve with freshly cooked noodles.



SPAG BOL WITH QUORN

Serves 2 (each serving contains approx 360 kcal)

INGREDIENTS

150g Quorn mince (fresh or frozen)
 1 onion
 1 red pepper
 150g mushrooms (chestnut or ordinary)
 1 tablespoon rapeseed oil (15g)
 ½ teaspoon dried basil
 ½ teaspoon dried oregano
 ½ teaspoon dried parsley

2 tablespoons tomato puree (30g)
 ¼ reduced salt vegetable stock cube
 150ml boiling water
 400g tin chopped tomatoes
 ½ teaspoon reduced sodium soy sauce (2.5g)
 100g wholewheat spaghetti
 salt (optional)
 freshly ground black pepper



METHOD

Cut the onion in half and peel off the skin, then finely chop. Cut the pepper in half and remove and discard the core and seeds, then cut into bite-sized pieces. Trim the mushrooms and cut into slices.

Heat a frying pan over a medium heat. Add the oil and swirl up the sides. Tip in the Quorn mince and cook for about 1-2 minutes until lightly browned, breaking up any lumps with a wooden spoon.

Add the vegetables to the Quorn mince, stirring to combine. Season lightly with salt (optional) and pepper to taste and cook for another 5-6 minutes until the vegetables have softened.

Sprinkle the herbs over the Quorn mince and vegetable mixture and then stir in the tomato puree and cook for another minute, stirring. Dissolve the stock cube in the boiling water and stir into the pan. Allow to bubble down, then add the tomatoes and soy sauce. Bring to the boil, then reduce the heat and simmer for 5 minutes or until the Quorn mince and vegetables are piping hot and meltingly tender, stirring occasionally with a wooden spoon to ensure it does not stick to the bottom of the pan.

Meanwhile, cook the spaghetti in a large saucepan of boiling water with a pinch of salt (optional) and cook for 10-12 minutes or according to packet instructions. Drain in a colander in the sink and return to the pan. Fold in the Quorn Bolognese sauce until evenly combined and then divide among bowls to serve.

GET AHEAD

The Quorn Bolognese sauce can be made in advance and kept in an airtight container for up to 3 days in the fridge within 2 hours of cooking. If you want to double this recipe up it is a great back up meal to have tucked away in the freezer as it freezes very well for up to 1 month. Simply defrost thoroughly on the bottom shelf of the fridge and either heat in the microwave once or over a gentle heat in a saucepan. Serve with freshly cooked spaghetti.

