A range of healthy and tasty recipes recommended by Nursing Students at MMU

Simple to Make and Easy to Eat

A collection of some of the tried and tested recipes some of the student nurses at Manchester Metropolitan recommend for contributing to a healthy balanced diet.

Recipes provided are not tested by a nutritionist and are for information and inspiration only.
Healthy Breakfasts (Recommended by Student Nurse Amanda Wild and her husband)

Apple & cinnamon porridge
Cinnamon has a natural sweetness, reduces the speed at which the stomach empties and has been shown to lower blood sugar.

Serves 1
• 25g rolled oats
• 175ml semi-skimmed milk
• 1 apple, grated
• ½ tsp ground cinnamon

• CALORIES 260 • PROTEIN 9g • FAT 9g • FIBRE 4g • CARBS 38g
Put oats and milk in a saucepan, with grated apple and cinnamon. Add pinch of salt to enhance flavours. Bring to boil and simmer for 5 minutes, stirring frequently so it doesn’t stick to the pan.

Kipper and tomatoes
Packet kippers take 2-3 minutes in a microwave to warm through. For extra oomph, sprinkle with chilli flakes and black pepper.

Serves 1
• 1 smoked kipper (or mackerel fillet)
• Knob of butter
• 100g tomatoes

• CALORIES 230 • PROTEIN 10g • FAT 20g • FIBRE 1g • CARBS 3g
Grill or microwave the smoked fish with a knob of butter, according to instructions. Serve on a bed of tomatoes, either cold or cooked.

Avocados with pre-baked tomatoes

Serves 2
• 200g tomatoes (about 3)
• ½ tsp dried tarragon, oregano or rosemary
• 2 ripe avocados
• ½ tsp paprika
• Pinch of chilli flakes (optional)

• CALORIES 300 • PROTEIN 4g • FAT 29g • FIBRE 7g • CARBS 8g
Cut tomatoes in half, scatter with herbs and bake for 30 minutes at 180c. Meanwhile, cut avocados in half, scoop out flesh and divide between two plates. Mash roughly, top with baked tomatoes and sprinkle with paprika, chilli and black pepper.

Greek yoghurt with nuts, seeds and berries
Toasting nuts and seeds transforms their taste as the heat sets off a chemical reaction, enhancing the flavor.

Serves 1
• 2 large tbsp Greek yoghurt
• 1 tbsp (15g) toasted seeds or nuts
• Small handful of berries

• CALORIES 200 • PROTEIN 9G • FAT 18G • FIBRE 2G • CARBS 5G
Nicely uncomplicated. Just assemble it in a bowl and tuck in.
**Healthy Treats**

**Chocolate brownies**

**MAKES 16**

< 60g pitted dates, finely chopped  
- 60g coconut oil (or unsalted butter, softened), plus extra to grease  
- 3 eggs  
- 100g ground almonds  
- 1 pear, quartered and cored,  
- 140g dark chocolate (70%)  
- 25g Brazil nuts, chopped  
- Pinch of salt  

CALORIES 155 • PROTEIN 3g • FAT 12g • FIBRE 1g • CARBS 10g  

Preheat the oven to 180c and grease a 20cm square cake tin. Simmer the dates in a saucepan with a splash of water for 3-5 minutes, allow to cool then blitz with the coconut oil in a food processor. Transfer to a large bowl and add the eggs, then the ground almonds, and beat until everything is incorporated. Dice the pear into ½cm squares and stir it in. Melt the dark chocolate (over steaming water or in a microwave), allow to cool slightly, then stir into the brownie mixture. Pour into the tin and bake for 15-20 minutes, or until a knife comes out clean. Cut the brownies into squares and freeze any left over. These make a great pudding — delicious with a dollop of creme fraiche (adds 90 calories).

**Fruit sponge pudding**

**SERVES 6**

- 400g plums, halved and stoned (or any frozen fruit)  
- 100g coconut oil (or butter)  
- 2 eggs  
- Zest of 1 lemon  
- 100g pitted dates, finely chopped  
- 100g ground almonds  
- 1 tsp ground cinnamon (optional)  
- 1 tsp baking powder  

CALORIES 350 • PROTEIN 7g • FAT 28g • FIBRE 3g • CARBS 18g  

Preheat the oven to 160c. Place the fruit in a greased 20cm ovenproof dish. Beat together the coconut oil or butter, eggs and lemon zest, then stir in the dates, ground almonds, cinnamon and baking powder and mix well. Spoon the mixture on top of the fruit and bake for 35-40 minutes. Serve with 1 tbsp full-fat Greek yoghurt (adds 30 calories) or creme fraiche (adds 90 calories).
**MONDAY**

**BREAKFAST**

BLUEBERRY AND GREEN TEA SHAKE

150kCAL

- 200ml water
- 2 tbsp Greek yoghurt
- 1 tsp blueberries
- 1 green tea bag
- 1 tbsp flaxseeds

Edelweiss water, add tea bag and steep for 4 minutes. Take out the bag and chill the tea in fridge (preferably overnight). Put in blender with other ingredients and whizz together.

**LUNCH**

PEPPER WITH JEWELLED PESTO

220kCAL

Serve 1

- 1 red pepper
- 2 g feta, dried
- 1 tbsp roughly chopped red onion
- 1 tsp ground cumin, roughly chopped
- 1 tbsp pomegranate seeds
- Juice from 1 lemon

Halve pepper and remove seeds. Brush the outside with olive oil and place skin-side up on a baking tray. Heat the pepper and place the pepper under it for 5 minutes. Put the other ingredients in a bowl and toss together. Remove pepper from grill and stuff with feta mixture.

**DINNER**

AUBERGINE, LAMB & POMEGRANATE

400kCAL

Serve 2

- 2 aubergines, halved lengthways
- 1 tbsp olive oil
- 1 onion, finely chopped
- 1 tsp ground cumin
- 2 tsp pomegranate
- 1 tsp casserole on a medium heat. When the aubergine is a little soft, add the onion and Essex and cook over a medium heat for 8 minutes. Add meat, pine nuts and tomato puree and cook for another 8 minutes. Just before the end, stir in pomegranate seeds. Remove aubergine from oven and divide lamb mixture between them. Return to oven for 10 minutes. Serve with parsley.

**TUESDAY**

**BREAKFAST**

POACHED EGG WITH RED PEPPER

200kCAL

Serve 1

- 2 tbsp ground flaxseeds
- 1 tsp salt
- 1 tsp lemon juice

Pour apple juice into a bowl and add the nectarine. Chill the apple mixture in the fridge for at least 1 hour. When ready to eat, mix in the ground flaxseeds and yoghurt and sprinkle the cinnamon and walnuts over the top.

**LUNCH**

VEGETABLE RICE WITH RED PEPPER

270kCAL

Serve 1

- 1 tbsp olive oil
- 1 red onion, chopped
- 1 tsp cumin seeds
- 1 tsp cayenne pepper
- 4 mushrooms, chopped
- 1 x 400g can tomatoes
- 1 x 400g can chickpeas
- 25g raw beetroot, washed and grated

Preheat oven to 220 degrees C. Fry onions for 5 minutes. Add cumin seeds, cayenne pepper and mushrooms and cook for 2 minutes, then transfer into a casserole dish with the chickpeas, two-thirds of the beetroot, egg, turkey and lemon juice. Whizz the paste, transfer into a bowl, stir in the remaining beetroot and season. With spoon handle, shape into balls and place on a lined baking tray. Brush the balls with vegetable oil and bake for 25 minutes. Serve with Greek yoghurt and a handful of rocket.

**DINNER**

VEG FRITTATA

320kCAL

Serve 2

- 1 egg
- 1 red pepper, chopped
- 8 cherry tomatoes, cut in half
- 1 tsp cumin seeds
- 1 tsp cayenne pepper
- 3 large tomatoes, chopped
- 50g baby spinach
- 2 clove garlic, crushed

Delicious peppers and cut in half. Brush lightly with oil, place skin-side up on a baking sheet and grill on high, until skin blisters. Place peppers in a bowl, add the salad of olive oil and toss gently. Spread the frittata into a thin layer on a baking tray and bake for 10 minutes.
THURSDAY

**BREAKFAST**
PORTOBELLO "TOAST" WITH GOAT'S CHEESE AND PINE NUTS
250 CALS  Serves 1
- 2 portobello mushrooms
- 30g goat's cheese
- 1 tbsp pine nuts
- Handful of chives, snipped

**LUNCH**
SARDINE DIP
20 CALS
PLACE 2 tbsp soft cheese in a bowl. Add 1 small tin of drained, boned sardines and a squeeze of lemon juice. Season with plenty of black pepper and mix well. Have 1 radish stick, 1 carrot, a 3in piece of cucumber and red pepper — all cut into sticks — to dip.

**DINNER**
FOIL-STEAMED FISH
370 CALS  Serves 2
- 2 pieces skinless fish fillet (halibut, cod, haddock, etc). 125g each
- 2 tomatoes, chopped
- 4 spring onions, trimmed and cut diagonally
- 1 red chilli, deseeded and shredded

PREHEAT oven to 220°C/gas 7. Place each fish fillet on a sheet of foil. Mix the tomatoes, spring onions, chilli and carrot, then place half of the mixture on top of each fish fillet. Divide the lime juice and soy sauce and drizzle over both fillets, then place in the foil to make a parcel. Bake in the oven for 15 minutes. Meanwhile, add the green beans to a pan of boiling water and allow to simmer for 4-5 minutes. Serve the fish alongside the beans, and scatter with fresh coriander.

FRIDAY

**BREAKFAST**
ALMOND BUTTER WITH APPLE, SEEDS AND GOJI BERRIES
150 CALS  Serves 1
Makes 4 portions of almond butter
- 300g skin-on almonds
- 2 tbsp mixed seeds and goji berries
- 1 apple, cored and sliced

HEAT the oven to 160°C/gas 3. Place the almonds on a baking sheet and bake in the oven for 10 minutes. Remove from the oven and allow to cool, then place in a food processor and blitz until smooth. (The butter keeps in the fridge for 2-3 days. Serve 2 tbsp of the butter in a dish and sprinkle with the mixed seeds and goji berries; add apple wedges if desired.)

**LUNCH**
WARM HALLOUMI SALAD
280 CALS  Serves 2
- 1 tsp chili powder
- Handful of mint, roughly chopped
- Zest and juice lemon
- 1 courgette, cut into rounds
- 1 red pepper, diced
- 1 red onion, chopped
- 1 pepper, diced

Mix all ingredients together and serve on fresh mixed salad greens.

**DINNER**
SPICY CHICKEN AND LENTILS
470 CALS  Serves 2
- 240g chicken breast
- 240g red lentils
- 2 tbsp chili flakes
- 1 tsp cumin
- 2 tsp coriander
- 1 onion, peeled and diced
- 2 garlic cloves, peeled and diced
- 1 tbsp olive oil
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp cayenne pepper

PREHEAT oven to 200°C/gas 6. Place the chicken, onion wedges, garlic and thyme in a roasting tin, drizzle with olive oil and season with chilli flakes. Bake for 20 minutes, then remove from the oven and reduce temperature to 160°C/gas 3. Add lentils to the tin and season well, and return to the oven for another 20 minutes. Meanwhile, steam or boil the mangetout for 3-4 minutes and serve with the chicken.

SATURDAY

**BRUNCH**
CHEESE BAKED BEANS
260 CALS  Serves 1
SEASON 2 portobello mushrooms and place under a grill for 2 minutes. Heat half of a tin of baked beans in a pan, add a splash of Worcestershire sauce and heat in a handful of grated mozzarella. Serve on the mushrooms.

**DINNER**
STEAK WITH PEPPERCORN SAUCE
215 CALS  Serves 2
- 200g beef steak
- 1 tbsp olive oil
- 2 tbsp flour
- 2 tsp coarsely ground black pepper
- 1 tsp salt

POUR the steak and wine into a small pan, bring to a boil, add the pepper and wine, and allow to reduce and season with salt. Serve the steak with a hearty salad.}

SUNDAY

**BRUNCH**
POACHED EGG AND SALMON STACK
320 CALS  Serves 2
- 2 poached eggs
- 160g smoked salmon
- 2 slices granary bread
- 2 eggs, poached

**DINNER**
HARISSA CHICKEN
420 CALS  Serves 2
- 2 skinned chicken breasts
- 1 tbsp olive oil
- 1 tbsp harissa paste
- 1 tsp cumin
- 1 tsp coriander
- 1 large red onion, chopped
- 1 red pepper, seeded and chopped

PREHEAT oven to 190°C/gas 5. Smear each chicken breast with 1 tbsp harissa paste and place in ovenproof dish. Pour over oil, season and bake for 20-25 minutes until cooked through. Remove from oven, allow to cool slightly, then shred. Put the nuts in a dry frying pan and place over a medium heat to toast — remove as soon as they turn golden. Place spinach leaves in a bowl and add spring onions, cucumber, tomatoes, beans, salad and herbs. Place chicken on top and sprinkle with the nuts.
MONDAY

BREAKFAST
SCRAMBLED EGG WITH CHILLI CHEESE
220 CALORIES Serves 1
SCRAMBLE 2 eggs with 1 tsp finely chopped chilli. When the eggs are half-cooked, add a handful of grated Parmesan cheese and continue cooking until done to your liking.

LUNCH
MINTED PEA HUMMUS
170 CALS Makes 3 portions and can be kept in the fridge for 2 to 3 days
200g cooked peas
2 garlic cloves, crushed
1 tsp tahini
1 tsp lemon juice
1 tsp chopped chives
2 tbsp olive oil
Handful mint leaves
PLACE all ingredients in a food processor and blitz to form a thick paste. Add 1 tbsp to 2 tbsp water, then blitz again. Serve with your choice of vegetable croutons.

DINNER
CHICKEN AND ASPARAGUS SALAD
270 CALS Serves 2
2 skinless chicken breasts
2 button mushrooms
2 asparagus spears
1 tsp olive oil
1 clove garlic, finely chopped
1 tbsp balsamic vinegar
1 tsp honey
Place chicken breasts in a large bowl and season with salt and pepper. Add mushrooms and asparagus sticks. Mix well.

TUESDAY

BREAKFAST
YOGURT WITH PASSION FRUIT AND ALMONDS
200 CALS Serves 1
15g plain yogurt
1 tbsp flaked almonds, lightly toasted
TOAST the flaked almonds in a dry frying pan over a low heat for a few minutes, until they turn golden. Remove from the pan and allow to cool. Spoon the yogurt into a bowl and add in the almonds. Cut the passion fruit in half, scoop out the seeds and stir them into the yogurt.

LUNCH
BEEF, APPLE AND CANNELLINI BEAN SOUP
200 CALS
Makes 3 portions; can be kept in the fridge for 3 days or frozen for up to a month
1 tsp olive oil
2 medium onions
2 button mushrooms
2 button peas, peeled and quartered
1 400g can cannellini beans, drained
120g chicken breast, diced
1 tsp coriander seeds
1 tsp turmeric
1 tsp dried cumin
1 tsp crushed fresh coriander
Put the oil into a large saucepan over a medium heat, then add the onion and cook for 5 minutes. Add the mushrooms and button peas, then cook for a further 10 minutes. Add the chicken breast and cook until tender. Add the beans and stir gently. Season with salt and pepper. Serve hot with crusty bread.

DINNER
FISH PIE WITH CELERIAC TOPPING
470 CALS Serves 4
2 celeriac, peeled, diced
1 tbsp olive oil
1 medium onion, finely chopped
300g frozen peas
300g frozen sweetcorn
500g smoked haddock fillets
Grated nutmeg
1 tbsp vegetable stock powder
Peel and slice the celeriac. Place in a bowl with water to cover and bring to the boil. Simmer for 10 minutes. Drain and allow to cool. Preheat oven to 200°C (Gas 6). Mix the celeriac, onion, peas, sweetcorn, smoked haddock, grated nutmeg and vegetable stock powder. Pour into a greased pie dish and level the top. Place in the oven and bake for 20-25 minutes, until golden brown.
THURSDAY

BREAKFAST

NO-CARB BIRcher

WGCALS: Serve 1

- 1/2 tsp apple juice
- 1/2 tsp ground flaxseeds
- 1/2 tsp ground cinnamon
- 1/2 tsp walnut pieces

POUR the apple juice into a bowl and add raisins. Chill in the fridge for at least 1 hour or overnight. When ready to eat, mix with the ground flaxseeds and yoghurt and sprinkle the cinnamon and wanut pieces over the top.

LUNCH

BACON AND AVOCADO LETTUCE CUP 250G

GRILL two rashers of lean bacon and, when cool enough to handle, cut into fine strips. Dice a red pepper and put in a bowl with the bacon and the flesh of half an avocado. Use the back of a spoon to combine together gently the bacon and radish and held in the crushed avocado. Separate the leaves of a gem lettuce and add a dollop of avocado mix to each leaf.

DINNER

GRIDLEED CHICKEN ON WHITE BEAN MASH 450G

- 2 slices of chicken breasts
- 1 tbsp olive oil
- Salt and black pepper
- 1 shallot, finely chopped
- 1-2 garlic cloves, chopped
- 1 x 400g tin cannellini beans, drained and rinsed
- Large handful of flat-leaf parsley
- Steamed green beans and broccoli to serve

Drizzle a little olive oil onto the chicken breasts and season well with a pinch of salt and plenty of black pepper. Heat a griddle pan and cook the chicken breasts for ten minutes, turning regularly, or until golden and cooked through. Meanwhile, heat the remaining oil in a saucepan on high and add the shallots. Cook gently for five minutes, then add garlic and cook for another two minutes until soft. Add the cannellini beans and mash roughly, adding a little stock or water to loosen it. Stir in the parsley with plenty of seasoning. Serve with the green vegetables on the side.

FRIDAY

BREAKFAST

PORTOBELLO TOAST WITH WILTED SPINACH AND CHICKPEAS 200G

WGCALS: Serve 1

- 2 portobello mushrooms
- 1 tbsp olive oil
- 1 red pepper, seeded and sliced
- 1 tsp cumin seeds
- 1 tsp paprika
- 1 tsp cumin powder
- Salt and freshly ground black pepper
- Handful of coriander

TO MAKE the toast, place the mushrooms on a baking tray, drizzle with the oil and season with a pinch of salt and plenty of black pepper. Place under the grill for three minutes. Meanwhile, place the fish in a small pan with a splash of water and place on a medium heat until wilted. Drain and sprinkle with nutmeg. Place the chicken in a bowl, sprinkle with paprika and roughly mash with a fork. Divide the spinach and chickpeas between the two mushrooms.

LUNCH

CRAYFISH SALAD 25G

- 1 small shallot
- 1 clove garlic
- 1/2 tsp chilli
- 1 tbsp olive oil
- 1 tsp fish sauce
- Juice of a lemon
- 1 tbsp white wine vinegar
- 100g crayfish
- 4 spring onions, halved
- 1/2 cucumber, diced
- 1 stick celery, chopped
- 2 large handfuls rocket

TO MAKE the dressing, chop the shallot, garlic and chilli and place in a jam jar with oil, fish sauce, lemon juice and vinegar. Shake well. Arrange the crayfish with the salad and dress with a drizzle of the dressing.

DINNER

CALCIUM RICE WITH CHICKEN AND PEA PILAF

WGCALS: 200G

CLIT low and often stay Adults from cauliflower rice and pulse the rest in a food processor until the size of rice. Then, tip into a heatproof bowl, cover with cling film, and microwave for seven minutes on high (no need to add water) or spread the cauliflower rice on a tray and place in a medium oven for ten to fifteen minutes. Stir in chopped fresh coriander or toasted cumin seeds. Heat a drizzle of oil in a pan, add 100g cooked chicken pieces and 2 tbsp frozen peas. Cook until pasta softens, then mix in cauliflower rice.

SATURDAY

BRUNCH

NO-CARB WAFFLES NO CA 200G Serves 1

- 2 egg whites
- 2 tbsp coconut flour
- 1/2 tsp baking powder

W/P whisk to peaks. Stir in coconut flour, milk of choice, baking powder and a whole egg. Heat a non-stick pan (or frying pan) and grease or spray. Pour in batter and cook until browned, about 3-4 minutes. Serve with strawberries.

DINNER

SKINNY CHILLI

WGCALS: Serves 1

- 500g mushrooms
- 2 tbsp red wine
- 500g beef mince
- 2 red onions, finely chopped
- 3 garlic cloves, finely chopped
- 2 x 400g tin chopped tomatoes
- 400g tin black-eyed beans, drained and rinsed
- Salt and freshly ground black pepper
- Handful of coriander
- 1/2 tsp dried oregano
- 1/2 tsp dried dill
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- 1/2 tsp dried dill

PRE-HEAT oven to 180C/160C fan. Heat the oil in a large ovenproof dish. Add beef mince and fry. Remove from pan and set aside. Add remaining oil to pan and cook onions and celery for 3-4 minutes. Stir in mushrooms, chilli flakes, cumin and coriander. Cook for 3 minutes. Return mince to pan, stir in tomatoes, stock, kidney beans and black-eyed beans. Snap cinnamon stick in half and add. Bring to boil, then reduce the heat and cover. Cook in the oven for 2-3 hours. Stir in the chocolate pieces and scatter chopped coriander. Serve with yogurt.

SUNDAY

BRUNCH

VEGETABLE FRITTATA 250G

For recipe, see yesterday's pullout, or go to www.dailymail.co.uk.

DINNER

PORK WITH APPLES AND SHALLOTS

WGCALS: Serve 1

- 300g lean pork fillet
- 2 garlic cloves, crushed
- 1 tsp cumin seeds
- 1 tsp paprika
- Salt and freshly ground black pepper
- 1/2 tsp coriander
- 1/2 tsp cumin
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp onion powder
- 1/2 tsp caraway seeds
- 1/2 tsp dried thyme
- 1/2 tsp dried oregano
- 1/2 tsp dried oregano
- 1/2 tsp dried dill

HEAT oven to 200C/180C fan, 350F, gas 4. Unroll a large sheet of foil and put the pork in the middle. Season with salt, pepper and a drizzle of oil. Roll up the foil to enclose the meat. Roast for about 30 minutes, or until cooked through. Remove from oven and let rest for five minutes. Serve with fried potatoes, steamed vegetables and a dollop of cream.
MONDAY

BREAKFAST
AVOCADO WITH TUNA AND SPRING ONION
200 CALS Serves 1
SCOOP flesh from half an avocado and place in bowl. Add small tin of tuna, drained (from water, not oil), and a squeeze of lemon juice. Mash together and mix in a chopped spring onion. Serve on slices of beef tomato.

LUNCH
CHICKPEA AND HAZELNUT SALAD
270 CALS Serves 2
- 100g butternut squash, peeled and diced
- 1 tbsp olive oil
- 1/2 tsp allspice
- 50g green beans
- 400g tin chickpeas, drained and rinsed
- 1 tbsp hazelnuts
HEAT oven to 190c/gas 5. Place butternut squash in a saucepan, cover with boiling water and simmer for 5 minutes. Drain, then spread out on a baking sheet. Drizzle with half the oil, sprinkle on allspice and bake for 15 minutes. Steam green beans and set aside. Put butternut squash in a bowl and add chickpeas, hazelnuts, watercress, tomatoes, spring onions, cucumber and beans. Toss together and dress with remaining olive oil and balsamic vinegar.

DINNER
COURGETTI PRAWNS
390 CALS Serves 2
- 1 leek (or 2 baby leeks), thinly sliced
- 2 courgettes, spiralised or shaved into ribbons with a peeler
- 1-inch piece fresh ginger, peeled and grated
- 1/2 red chilli, finely chopped
- 1 clove garlic
- Juice 1 lemon
- 1 tbsp olive oil
- 1/2 x 400g tin cannellini beans
- 200g raw prawns
- 2 handfuls of fresh coriander, roughly chopped
- Salt and freshly ground black pepper

STEAM leeks for 4-5 minutes until tender, add courgettes for the final 2 minutes. Set aside. Using small grinder, processor or pestle and mortar, make a paste with the ginger, chilli, garlic and lemon juice. Heat oil in pan over medium heat, tip in paste and sauté for a couple of minutes. Add prawns and beans. Cook for 10 minutes until prawns are pink and cooked through. Add the leeks and courgettes to pan and toss together. Add salt and pepper to taste. Scatter with chopped coriander before serving.

TUESDAY

BREAKFAST
SCRAMBLED EGGS WITH TOMATO AND OLIVE
300 CALS Serves 2
HEAT 2 eggs with a pinch salt and 2 tbsp of olive oil until firm set. Heat fried butter in a pan and add tomatoes. Pour eggs and olive oil over, stirring until cooked. Serve hot. Mix in a sprinkle of chopped basil. Some extra crumbled feta cheese on top.

LUNCH
SPANISH CHICKPEA AND SPINACH SOUP
ZINCILS Serves 2
- 1 Spanish onion, peeled
- 1 garlic clove, peeled
- 2 tbsp olive oil
- 1 red pepper, sliced
- 1 green pepper, sliced
- 1 red capsicum, sliced
- 1 tsp paprika
- 400g tin spinach, drained and washed
- 400g tin chickpeas
- 400g tin chopped tomatoes
- 1 litre vegetable stock
- 1/2 cup grated cheddar cheese
HEAT oil in pot, add red pepper, garlic, onion, olive oil and sauté until soft. Add stock, spinach, tomatoes, peppers and salt. Bring to the boil, reduce heat to low and simmer for 10 minutes. Add chickpeas and simmer for a further 2 minutes. Add cheese and stir until melted. Serve with crusty bread.

DINNER
STIR-FRY CHICKEN WITH LIME AND COCONUT MILK
VEGETARIAN
- 2 chicken breasts
- 2 tbsp peanut oil
- 2 garlic cloves, chopped
- 1 tbsp grated ginger
- 1 tbsp soy sauce
- 1 tbsp lime juice
- 1 tsp sugar
- 1/2 cup coconut milk
- 1 red capsicum, sliced
- 1 onion, chopped
- 2 shallots, chopped
- 1 cup cooked rice

WEDNESDAY

BREAKFAST
MELON, SPINACH AND BLUEBERRY SHAKE
ZINCILS Serves 1
- 1 seedless melon, chopped
- 1 banana, sliced
- 1/2 cup blueberries
- 1 cup water
- 1/2 cup ice
- 1 tbsp honey
- 1 tbsp lemon juice
- 1 tbsp sunflower seeds

MELON, SPINACH AND BLUEBERRY SHAKE:
HEAT 2 tbsp oil in pan. Add onions, garlic and ginger. Cook for 3 minutes. Add courgettes and cook for a further 2 minutes. Add red pepper and cook for a further 2 minutes. Add tomatoes and cook for a further 2 minutes. Add remaining ingredients and stir to combine. Serve with crusty bread.
THURSDAY
BREAKFAST
COTTAGE CHEESE WITH PEAR AND WALNUTS
590 CALS / Serve 1
SPREAD 10g cottage cheese into a bowl. Core and dice a small pear. Stir into cheese and scatter over a handful of chopped walnuts.

LUNCH
LETTUCE CUP WITH CRAB AND MUSTARD
270 CALS / Serve 1
- 1 tbsp mustard
- 1 tsp Dijon mustard
- 1 tsp white wine
- 1 tbsp crabmeat
- 1 tsp avo

MIX crabmeat with cream, feta, mustard, lemon juice, dill and capers. Separate the leaves of the lettuce and add a dollop of filling to each leaf.

DINNER
HARISSA CHICKEN
420 CALS / Serve 2
- 3 skewers chicken breast
- 4 handfuls baby spinach
- 1 tbsp tomato
- 1 tbsp olive oil

PREHEAT oven to 180C/350F/Gas 4. Prepare 6 skewers with chicken, cherry tomatoes, onions, olives, raisins and herbs. Place chicken on top and sprinkle on the pita nuts.

FRIDAY
BREAKFAST
NO-CARB BIRCHER
180 CALS / Serve 1
- 50ml almond milk
- 3 tbsp ground flaxseeds
- 2 tbsp yoghurt

POUR apple juice into a bowl and add raisins. Chill in the fridge for at least 1 hour or overnight. When ready to eat, mix with the ground flaxseeds and yoghurt and sprinkle the cinnamon and walnut pieces over the top.

LUNCH
GRAPEFRUIT AND MANCHEGO SALAD
280 CALS / Serve 2
- 1 pink grapefruit
- 100g manchego cheese (or Cheddar, sliced)
- 1 avocado
- 1 tomato
- 1 tbsp olive oil

PLACE peaches in a pan of boiling water. Cook for 5 minutes. Add salt and pepper for another 2 minutes. Drain well and place on a platter. Place the peach on an empty pan and return to heat for 1 minute. Allow the peaches to steam, removing excess water. Heat the oil in a pan and add the garlic, onion, tomatoes, almonds, and thyme. Pour over the salad and sprinkle on the cheese.

DINNER
BRAISED COD WITH LETTUCE AND PEAS
440 CALS / Serve 1
- 10g frozen peas
- 1 small gem lettuce, shredded
- 1 tbsp olive oil
- 100g boneless cod
- 1 lemon

PLACE screws in a pan of boiling water. Cook for 3 minutes. Add salt and pepper and a further 2 minutes. Drain well and season with a pinch of salt and freshly ground black pepper and place in a bowl with the spring onions, coat with olive and vinegar. Place the lettuce and cod on top and cook together for another 2 minutes. Stir well and heat through.

SATURDAY
BRUNCH
BAKED EGGS WITH MINTED PEA AND FETA SALAD
340 CALS / Serve 4
- 3 tbsp butter
- 3 large eggs
- 2 tsp mint
- 1 avocado
- 1 tsp ground cumin
- 4 tsp feta
- 300g peas

PREHEAT oven to 180C/350F/Gas 4 and grease 4 holes of a 12-hole muffin tray with butter. While the eggs bake, combine the peas and mint in a bowl and season with salt and black pepper. Divide the mixture among the muffin holes and bake in the oven for 10–12 minutes until the eggs are just set. Meanwhile, mix the peas, mint, avocado, lemon juice and olive oil in a bowl. Serve the baked egg in a bowl with the dressings. Sprinkle the cheese over the eggs and serve with the muffins.

DINNER
LAMB AND PINE NUT MEATBALLS WITH MOROCCAN SALAD
440 CALS / Serve 2
- 4 tbsp olive oil
- 1 tsp cumin
- 1 tsp ground coriander
- Salt and freshly ground black pepper

FOR the meatballs:
- 2 tbsp vegetable oil
- 2 tbsp onions, roughly chopped
- 2 spring onions, roughly chopped
- 2 cloves garlic, crushed
- 10g pine nuts, lightly toasted and chopped
- 4 tbsp parsley

FOR the salad:
- 2 tbsp coriander
- 1 tsp cumin
- 1 tbsp olive oil

TO MAKE lamb meatballs, mix minced lamb, onion, garlic, pine nuts, coriander, cumin, salt and pepper. Shape the mixture into 6 evenly sized balls. Heat vegetable oil in a frying pan and fry the meatballs over a medium heat, turning occasionally, for 10 minutes until golden brown on all sides and completely cooked through. Place the meatballs in a bowl. Add the toasted almonds, cucumber, pine nuts, onion, feta, mint and parsley. Serve with the sauce.

SUNDAY
BRUNCH
SKINNY KEDGEREE
340 CALS / Serve 2
- 2 tbsp rice
- 1 cup cooked rice
- 1 tsp cumin

PREHEAT oven to 180C/350F/Gas 4 and strike 4 holes of a 12-hole muffin tray with butter. While the eggs bake, combine the peas and mint in a bowl and season with salt and black pepper. Divide the mixture among the muffin holes and bake in the oven for 10–12 minutes until the eggs are just set. Meanwhile, mix the peas, mint, avocado, lemon juice and olive oil in a bowl. Serve the baked egg in a bowl with the dressings. Sprinkle the cheese over the eggs and serve with the muffins.

DINNER
SPICY TURKEY AND APRICOT BURGERS WITH SALAD
420 CALS / Serve 2
- 2 tbsp olive oil
- 1 tsp cumin
- 1 tsp ground coriander
- 1 tsp ground coriander
- Salt and freshly ground black pepper

FOR the salad:
- 2 tbsp olive oil
- 1 tsp cumin
- 1 tsp ground coriander
- 1 tsp ground coriander
- Salt and freshly ground black pepper

TO MAKE apricots, simply wash and chop them. Place them in a bowl with the apricots and season with salt and pepper. Place the salad in a bowl and mix to combine. Serve with the apricots and bread.
**MONDAY**

**BREAKFAST**
**YOGHURT WITH RHUBARB COMPOTE**

160 CALS Serves 1
- 500g rhubarb, trimmed and cut into small chunks
- Zest and juice 1 orange
- Zest and juice 1 lemon
- Knob fresh ginger, peeled and finely chopped
- 150g plain yoghurt

PREHEAT oven to 180c/gas 4. Put the rhubarb, orange and lemon zest, and juice, and ginger in a dish. Cook in the oven, uncovered, for 30 to 40 minutes. Allow to cool and then transfer to an airtight container. It will keep in the fridge for up to two days. Swirl 2 tbsp of the rhubarb mixture through the yoghurt to serve.

**LUNCH**
**MEDITERRANEAN PLATTER**

220 CALS Serves 1

ON A plate, put 2 tbsp of hummus, a matchbox-sized piece of feta, a small handful of olives, 2-3 anchovies, 1 thinly sliced red pepper, a 3 in piece of cucumber cut into sticks and a handful of cherry tomatoes.

**DINNER**
**BRAISED COD WITH LETTUCE AND PEAS**

440 CALS See yesterday’s pullout or go to www.dailymail.co.uk/diabetesdietweek3

**TUESDAY**

**BREAKFAST**
**SCRAMBLED EGG WITH TOMATO AND CHIVE**

200 CALS Serves 1

CRACK 2 small eggs into a bowl and whisk together with a pinch of salt and plenty of black pepper. Heat a knob of butter in a pan and add the eggs. Use a spatula to push the eggs around the pan for 30 seconds to 1 minute until cooked to your liking. Stir in a sprinkle of snipped chives and serve on a couple of thick slices of beef tomato.

**LUNCH**
**PRAWN PHO**

170 CALS Makes 2 portions
- 1 litre vegetable stock
- 50g baby sweetcorn
- Handful beansprouts
- 50g mangetout
- 50g sugar snap peas
- Knob ginger, peeled and grated
- 1 tbsp fish sauce
- Juice from half a lime
- 12 large prawns, shelled and deveined
- Handful each of basil leaves, mint, coriander
- ½ red chilli, finely sliced

POUR the stock into a large saucepan and bring to the boil. Add the sweetcorn, beansprouts, mangetout, peas and ginger and cook for 3-4 minutes. Add the fish sauce and lime juice, and season. Cook prawns in the broth until pink, it should take about 2-3 minutes. Serve topped with the herbs and red chilli.

**DINNER**
**SMOKED MACKEREL AND ORANGE SALAD**

460 CALS Serves 2
- 200g small beetroot
- 2 tbsp red wine vinegar
- 1 tbsp olive oil
- 1 head chicory
HEAT the oven to 200c/gas 6. Put the beetroot in a roasting tin with a couple of centimetres of water in the bottom. Cover with foil and roast in the oven for 30 minutes. Meanwhile, put the vinegar, juice, zest and oil into a screw-top jar, season with salt and pepper and shake until well combined. When they are done, remove the beetroot from the oven — they should be tender when pierced with a knife. When they are cool enough to handle, peel off the skins, top and tail them and slice into rounds. Toss them in a little of the dressing in the jar. Peel the oranges, following the contour of the fruit, then cut each one into thin slices. Trim the head of the chicory and separate the leaves, discarding the outer ones. Arrange the leaves in a salad bowl and then add the cooked, sliced beetroot, orange rounds and chopped spring onion. Flake the smoked mackerel fillets on top, add the walnut halves and drizzle with the remaining dressing.
**WEDNESDAY**

**BREAKFAST**
YOGHURT WITH PASSION FRUIT AND ALMONDS

170 CALS Serves 1
- 150g pot plain yoghurt of your choice
- 1 tbsp flaked almonds
- 1 passion fruit

TOAST the flaked almonds in a dry frying pan over a low heat for a few minutes until they turn golden. Remove from the pan and allow to cool. Tip the yoghurt into a bowl and stir in the almonds. Cut the passion fruit in half, scoop out the seeds and stir them into the yoghurt.

**LUNCH**
CHICKPEA AND HAZELNUT SALAD

270 CALS Serves 2
- 100g butternut squash, peeled and diced
- 1 tbsp olive oil
- ½ tsp allspice
- 80g green beans
- 200g tin chickpeas, drained and rinsed
- 1 tbsp hazelnuts
- 2 handfuls watercress leaves
- 8 cherry tomatoes, halved
- 2 spring onions, roughly chopped
- ½ cucumber, chopped into small chunks
- 1 tbsp balsamic vinegar

PREHEAT the oven to 190°C/gas 5. Place the butternut squash in a pan, cover with boiling water and simmer for five minutes, drain well and spread out on a baking sheet. Drizzle with half the olive oil, sprinkle on the allspice and bake in the oven for 15 minutes until golden. Steam green beans and set aside. Transfer the baked butternut squash into a bowl and add the remaining ingredients. Toss together and dress with the leftover olive oil and balsamic vinegar.

**DINNER**
COURGETTI PRAWNS

390 CALS Serves 2
- 1 leek (or 2 baby leeks), thinly sliced
- 1 courgette, spiralised or shaved into ribbons with a peeler
- ½ x 400g tin cannellini beans, drained and rinsed
- 2 handfuls of fresh coriander, chopped
- Salt and freshly ground black pepper

STEAM the leeks for five minutes until tender, adding the courgette ribbons for final two minutes. Set aside. Using a small griddle, food processor or pestle and mortar, make a paste with the ginger, chilli, garlic and lemon juice. Heat the olive oil in a pan over a medium heat, tip in the paste and sauté for a couple of minutes. Add the prawns and beans and cook for ten minutes until the prawns are cooked through. Add the leeks and courgette to the pan and toss together. Season and scatter with the chopped coriander.

**THURSDAY**

**BREAKFAST**
SCRAMBLED EGG WITH CHILLI CHEESE

230 CALS See Tuesday’s pullout or go to www.dailymail.co.uk/dailythinewk2

**LUNCH**
MINTED PEA HUMMUS SALAD

250 CALS Serves 2
- 200g cooked peas
- Garlic clove, crushed
- 1 tbsp lemon juice
- 100g fresh coriander
- 1 tbsp olive oil
- Handful of mint leaves

PLACE everything in a food processor and blitz to form a thick paste. Add 1-2 tbsp water, then blitz again. Serve with veg sticks.

**DINNER**
SPICY CHICKEN & LENTILS

290 CALS Serves 2
- ½ x fillet, thinly sliced
- ½ red onion, thinly sliced
- 1 red pepper, thinly sliced
- 1 tsp hot chilli flakes
- 2 tbsp cumin seeds
- 1 tsp chilli powder
- 1 tsp dried oregano
- 200ml vegetable stock
- 200ml water
- 150g green lentils
- 90g sun-dried tomatoes in brine

PREHEAT the oven to 200°C/gas 6. Place the chicken, onion wedges, garlic and thyme in a roasting tin. Drizzle with a little oil and sprinkle over the chilli flakes. Place the chicken breast on top. Roast for 30 minutes, then remove from the oven and pare down the temperature to 180°C/gas 4. Add the stack and lentils to the roasting tin, stir around the chicken, season well and return to the oven for another 20 minutes. Meanwhile, steam the lentils. Serve the chicken and lentils with the lentil stack.

**FRIDAY**

**BREAKFAST**
PORTOBELLO TOAST WITH GOAT’S CHEESE AND PINE NUTS

105 CALS See Tuesday’s pullout or go to www.dailymail.co.uk/dailythinewk2

**LUNCH**
CHICKEN AND ASPARAGUS SALAD

150 CALS See Tuesday’s pullout or website

**DINNER**
MUSHROOM ‘RISOTTO’ WITH CAULIFLOWER RICE

240 CALS See Tuesday’s pullout or website

- 1 cauliflower
- 1 handful fresh oregano, chopped
- 1 tbsp olive oil
- 200g mushrooms, sliced
- 1 whole garlic clove
- 1 tsp dried rosemary
- 35g parmesan cheese

CUT hard end and tips from cauliflower and pulse the rice in a food processor to make the rice look like risotto. Cook in a large non-stick pan over a medium heat with olive oil. Add onions to the pan and cover with lid.
SATURDAY

BRUNCH
MEXICAN HASH
340 CALS  Serves 2
- 1 red chilli
- 1 tbsp rapeseed oil
- 200g baby mushrooms, halved
- 1 clove garlic
- 1 tsp Cajun seasoning
- 2 eggs
- 200g black beans
- Salt and pepper
- 1 chopped avocado
- Lime wedges
SLICE half the chilli into strips and set aside; finely chop the other half. Heat rapeseed oil over medium heat and fry mushrooms for 5 minutes. Add finely chopped chilli, chopped garlic, Cajun seasoning and rinsed beans and heat for 5 minutes. Season to taste and keep warm. Use the same pan to fry the eggs. Divide the mushroom mix between two bowls and top each one with a fried egg, chopped avocado and the sliced chilli. Serve with lime wedges.

DINNER
TROUT ON LIME AND CORIANDER-CRUSHED PEAS
480 CALS  Serves 2
- Drizzle olive oil
- 100g frozen peas
- 1 tsp cumin powder
- 2 limes, 1 peeled and sliced and the other juiced
- Salt and pepper
PREHEAT oven to 180°C/gas 4. Lay the trout fillets in an ovenproof dish and drizzle with olive oil. Place the lime slices on the fish, sprinkle with cumin, season and place in the oven for 8 minutes or until cooked through. Meanwhile, cook peas in boiling water for 3 minutes. Drain and place in bowl. Add the yoghurt and lime juice and use a masher to crush the peas. Stir through most of the ciliantro and season. Serve trout on top of the mashed peas and sprinkle with coriander.

SUNDAY

BRUNCH
POACHED EGG AND SALMON STACK
320 CALS  Serves 2
- 4 portobello mushrooms
- Drizzle olive oil
- 2 slices (50g) smoked salmon
- 1 tbsp half-fat creme fraiche
- 1 tsp wholegrain mustard
- Lemon juice
- 2 handfuls watercress
- 2 eggs, poached
- 1 tbsp pine nuts
TURN grill to high. Place mushrooms on baking tray, drizzle with oil and season. Grill for 3 minutes. Put a slice of smoked salmon on each mushroom. Mix the creme fraiche, mustard and lemon juice and spread over salmon. Top with watercress, poached egg and toasted pine nuts.

DINNER
CHICKEN BREAST WITH SPINACH AND RICOTTA
230 CALS  Serves 1
FINELY chop a handful of spinach and place in bowl. Add 2 tbsp ricotta and 1 tbsp pine nuts. Cut lengthways along the chicken and spoon mixture into the middle. Drizzle with oil and season, then bake at 180°C/gas 4 until golden.