

DASH Diet Cookbook for Beginners

*100+ Heart Healthy Low Sodium Recipes with
Easy-to-Find Ingredients to Lower Blood Pressure
& Support Longevity*

by Tess Holden

All rights reserved. No part of this publication may be reproduced, stored, or transmitted in any form or by any means—electronic, mechanical, photocopying, recording, or otherwise—without the prior written permission of the author, except for brief quotations used in reviews or critical articles. This publication is intended for personal and educational use only. It may not be resold, copied, or distributed without authorisation from the copyright holder.

Disclaimer

This material is provided for general information and educational purposes only. The author is not a medical professional, nutritionist, or registered dietitian, and nothing herein constitutes medical or individualised nutrition advice. The recipes and tips are derived from general culinary practices and publicly available food knowledge, and are offered as a starting point for home cooks. Please use your judgement and adjust ingredients, portions, seasonings, and techniques to suit your taste, nutritional requirements, cultural preferences, and ingredient availability. If you have food allergies, intolerances, medical conditions, are pregnant, or have other health concerns, consult a qualified healthcare provider or registered dietitian before making dietary changes or preparing any recipe. While care has been taken to present accurate information, cooking times, oven temperatures, ingredient amounts, and nutritional values are approximate and may vary by equipment, altitude, brands, and individual technique. The author expressly disclaims responsibility for any loss, injury, or adverse outcome resulting from the use or misuse of this information. Cook with curiosity, care, and joy—and enjoy creativity in your kitchen.

Table of Contents

Introduction	8
Breakfast.....	10
Lemon-Herb Tray-Bake Egg Scramble with Savoury Oats	11
Savoury Mushroom & Egg White Power Oat Bowls	11
Green Courgette Yoghurt Breakfast Salad & Toast	12
Spring Onion Cottage Cheese Frying Pan Wraps	12
Poached Ricotta Dumpling Soup & Avocado Muffin Toast	13
Pepper Sauté Toast with Savoury Milk-Oat Spread	13
Herbed Tofu & Tomato Breakfast Wraps.....	14
Breakfast Platter: Poached Whey, Oats & Roasted Kale	14
Toasted Tempeh Breakfast Bento with Quinoa & Dip	15
Lemon-Dill Edamame Scramble Parcels with Buckwheat	15
Savoury-Sweet Rocket Parfait, Baked Barley Crunch.....	16
Almond-Jalapeno Grits Breakfast Bake	16
Soups & Stews.....	17
Smoky White Bean & Pepper Pressure Cooker Soup	18
Savoury Onion Chicken and Brown Rice Soup.....	18
Garlic-Lemon Turkey Quinoa Soup	19
Creamy Kale & Barley Turkey Soup	19
Lemon-Poached Tofu & Pepper Soup with Farro	20
Rustic Tempeh, Mushroom & Pasta Soup.....	20
North Woods Chickpea-Wild Rice Chowder.....	21
Garlic-Lemon Lentil-Bulgur Soup with Tofu	21
Smoky Black Bean & Kale Noodle Soup.....	22
Creamy Mushroom & Cannellini Soup with Quinoa	22
Lemon-Thyme Cod & Barley Soup.....	23
Garlic-Lemon Prawn & Farro Soup	23
Sandwiches & Wraps	24
Black Bean & Rocket Patty Toasts & Lettuce Wraps	25
Mediterranean Bean-Carrot Baguette Platter	25
Tuna & Rocket Wrap Lunchbox, DASH Style	26

Griddled Chicken Club with Crisp Lettuce	26
Mediterranean Turkey Lettuce Wraps with Toasted Pitta	27
Lemon-dill Salmon Parcel Sandwiches, Carrot Crunch	27
Pressed Egg-Lettuce Rice Cakewich & Yoghurt Crunch	28
Baked Houmous Pepper Wraps with Yoghurt-Bean Drizzle	28
Herbed Tofu Roast Sandwich with Charred Lettuce	29
Shawarma-Style Tempeh Pitta Pockets	29
Rocket-Lentil Patty Wraps with Lemon Bean Vinaigrette	30
Citrus-Pressed Turkey Meatloaf Panini with Carrots	30
Sheet Pan & Skillet Dinners	31
Citrus-deglazed Tofu & Peppers on Wild Rice Toasts	32
Greek Lemon-Oregano Chicken & Potatoes	32
Seared Chicken, Carrot & Brown Rice Wraps	33
Mediterranean Turkey Box with Courgette & Farro Thins	33
Citrus Grilled Salmon, Sweet Potato Pasta & Grape Parfait	34
Smoky Citrus Prawn Parcels with Barley & Green Beans	34
Lemon-Oregano Cod with Cauliflower Bulgur (Frying Pan)	35
Lemon-Thyme Tempeh Platter with Roasted Squash	35
Lemon-Parsley Frying Pan with Crispy Chickpeas & Tomatoes	36
Smoky Black Bean & Potato Traybake Bowls	36
Citrus-Oregano Pork over Farro & Brussels Salad	37
Lemon-Grilled Turkey Meatballs, Barley & Onions	37
Seafood Mains	38
Charred Cauliflower Farro with Grilled Mahi-Mahi	39
Lemon-Dill Clam and Sugar Snap Pea Rice Bake	39
Frying-Pan Seared Salmon with Tray-Baked Courgette & Rice	40
Citrus Herb Cod Quinoa Bowls with Roasted Broccoli	40
Poached Halibut, Spinach-Farro Salad & Lemon Vinaigrette	41
Lemon-Dill Tilapia Parcels with Leek and Barley Pilaf	41
Citrus-Herb Mahi-Mahi en Papillote Platter	42
Roasted Tomato Tuna Wraps with Wild Rice & Dill Yoghurt	42
Spring Prawn Poach Box with Bulgur Thins	43
Lemon-Dill Crab on Quinoa Toasts	43

Herbed Scallops en Papillote with Kale & Wholemeal Pasta	44
Charred Cauliflower Farro with Grilled Mahi-Mahi	44
Poultry Dishes	45
Citrus-Herb Chicken Courgette Packets, Warm Tortillas	46
Citrus-Thyme Chicken with Roasted Broccoli & Brown Rice	46
Mediterranean Chicken Thigh Quinoa Bowl.....	47
Braised Turkey & Carrot Bulgur Salad with Lemon	47
Lemon-Garlic Turkey, Green Beans & Farro Frying Pan	48
Turkey Meatball Parfaits with Tomato-Mango & Millet	48
Roast Chicken & Sweet Potato Pasta Soup	49
Spring Braised Chicken Meatball Rice Bake	49
Zesty Turkey-Cauliflower Wraps with Barley Crunch	50
Slow-cooked Pepper Turkey on Wholemeal Tostadas	50
Market Lunchbox: Poached Chicken & Spinach	51
Kale-Roasted Chicken with Bulgur & Spring Onion Yoghurt	51
Lemon-Thyme Chicken Thighs with Mushroom Farro	52
Citrus-Poached Turkey Bowl with Brussels & Wholewheat Pasta	52
Plant-Based Mains	53
Spiced Aubergine-Chickpea Kale Wraps with Farro	54
Tuscan Bean on Wild Rice Toasts with Roasted Tomatoes	54
Lemon-Tahini Tofu Stir-fry with Farro and Carrots	55
Roasted Cabbage Bento with Lentil Dip & Barley Crisps	55
Pea Stir-fry Platter with Roasted Squash & Polenta.....	56
Citrus-Tahini Tofu Bowl with Roasted Broccoli.....	56
Gingery Cauliflower-Lentil Parcels with Millet	57
Charred Seitan & Spinach Traybake over Brown Rice.....	57
Lemon-tahini tempeh stir-fry with kale & quinoa	58
Parfait-Style Grilled Black Bean Pasta Jars	58
Roasted Pepper Quinoa Bowls with Lemon-Tahini	59
Smoky Edamame Lentil Soup with Bulgur Toast	59
Mushroom-Kidney Bean Kasha Bake with Lemon Yoghurt	60
Zesty Lemon-Oregano TVP over Bulgur & Courgette Salad.....	60
Salads & Grain Bowls	61

Sumac Chicken Cos Lettuce & Quinoa Salad	62
Mediterranean Turkey & Rocket Brown Rice Salad	62
Lemony Pickled Pepper Tofu Farro Salad	63
Lemon-Tahini Tempeh Salad with Bulgur & Charred Sweetcorn	63
Roasted Cauliflower Chickpea Barley Kale Salad	64
Charred Pepper, Lentil & Wild Rice Spinach Salad	64
Cucumber-Lime Black Bean Couscous Salad	65
Sumac-Lemon Salmon Freekeh Salad with Carrot Ribbons	65
Citrus-Tahini Tuna Pasta Salad with Roasted Beetroot	66
Citrus-Pickled Radish Prawn Quinoa Salad	66
Herby Yoghurt-Tahini Kale & Brown Rice Egg Bowl	67
Sumac Tomato-Kale Bowl with Cottage Cheese & Farro	67
Snacks	68
Carrot-Hummus Mini Wraps with Toasted Nut Crumbs	69
Grilled Yoghurt-Stuffed Tomatoes with Popcorn Crunch	69
Smoky Broccoli Pitta Dippers with Herbed Cottage Cheese	70
Crispy Kale & Sautéed Egg Snack Bowl	70
Grilled Tomato Bites Stuffed with Chickpea Crunch.....	71
Bean Dip with Charred Broccoli & Grilled Tortilla	71
Warm Tomato-Garlic Bean Dip Crunch Bowl	72
Carrot Crunch Peanut Yoghurt Wraps	72
Blistered Tomato-Almond Pitta Pockets	73
Grilled-Style Tuna & Charred Broccoli Rice Cakes.....	73
Desserts	74
Cinnamon-Maple Apple Crumble Yoghurt Bowls	75
Frozen Peach Yoghurt Bowls with Wholemeal Crunch	75
Whipped Ricotta Cherry Oat Bake.....	76
No-bake Banana Oat Cream Casserole.....	76
Stewed Berry and Ricotta-Stuffed Baked Apples	77
Poached Pear Yoghurt Wraps with Cornmeal Tortillas.....	77
Honey-Lemon Ricotta Stuffed Plums	78
Pineapple & Ginger Yoghurt Crunch Bowls	78
Citrus Stew Crisp Casserole with Vanilla Yoghurt	79

Cardamom Poached Pears Stuffed with Date Ricotta 79

Conclusion 80

Introduction

Welcome Aboard

Welcome—I'm Tess Holden, and I'm so glad you're here. If you've ever glanced at a blood pressure reading with a flutter of worry, juggled a busy day, and still wanted supper to feel good for your heart and satisfying for your taste buds, this book was written for you. The DASH way of eating is practical, flexible, and designed for real life in British kitchens. Think familiar flavours, common supermarket ingredients, and weeknight-friendly meals that come together in about 20–45 minutes.

My own path to DASH began around a noisy family table, where we learnt that food could help our loved ones feel better—without giving up joy. I fell in love with the small, smart shifts that make a big difference: choosing whole foods more often, leaning on vegetables and fruits, and seasoning boldly without relying on the salt cellar. As a cook, a nutrition nerd, and a cheerleader for every kind of body, I believe healthy eating should be weight-inclusive, affordable, and welcoming. Inside, you'll find a friendly guide to lower-sodium cooking, more plants on your plate, and the confidence to make it all work—no perfection required.

This isn't about chasing a number on the scales or eating a narrow list of “allowed” foods. It's about building habits that suit your routine, your culture, and your taste, then letting those habits do the heavy lifting. You'll discover simple methods to boost flavour, practical tips to save time, and sensible swaps that respect your budget. DASH thrives in the real world—packed lunches, busy evenings, and all.

Why DASH Works

DASH—short for Dietary Approaches to Stop Hypertension—was developed through NIH-funded research (the US National Institutes of Health) and has consistently shown it can lower blood pressure in as little as 2–4 weeks. At its heart, DASH emphasises fruits, vegetables, whole grains, legumes and other pulses, nuts, low-fat dairy, and lean proteins, while limiting sodium, saturated fat, and added sugars. It's not a fad; it's a flexible pattern that fits your life and your supermarket budget.

Here's the science in simple terms: potassium from produce helps counter sodium's effect on blood vessels; magnesium and calcium support healthy vascular tone; and fibre from plants boosts satiety and improves key cardiometabolic markers. Choosing mostly unsaturated fats—from foods like olive oil, nuts, seeds, and fish—supports heart health and better cholesterol profiles. Together, these habits can reduce systolic and diastolic blood pressure, help improve LDL and HDL cholesterol, support steadier blood glucose, and make weight maintenance more manageable when portions are mindful. You'll still enjoy the foods you love—just with balance, smarter seasoning, and a plate that naturally fills up on the good stuff.

DASH is wonderfully adaptable. You can fold it into your favourite family recipes, lean into regional traditions, and honour cultural flavours. It's a pattern you can keep for the long term because it celebrates variety, colour, and pleasure.

Everyday Flavour

Great flavour is the secret to sticking with DASH. We'll layer taste the way chefs do—starting with aromatics, building body with spices, and finishing with brightness from acid and herbs—so you never miss the extra salt. Salt-free blends, garlic, onions, citrus, vinegars, fresh herbs, smoked paprika, chillies, and ginger can turn simple ingredients into craveable meals. Think cosy, familiar British cooking with global inspiration: lively Latin notes from cumin and lime, sun-soaked Mediterranean touches with oregano and lemon, Asian-inspired sparks from ginger and rice vinegar, and comforting homely dishes brightened with smoked spices and a splash of cider vinegar. Keep a “spice road map” in mind, and you'll travel the world from your hob without complicating your routine.

DASH also fits the way we really eat. Fill half your plate with vegetables or fruit, add a hearty scoop of whole grains, and round it out with lean proteins or pulses. Use approachable, budget-friendly staples you can find in any UK supermarket, and cook once to eat twice with flexible leftovers. Batch a pot of grains on Sunday, roast extra veg, or grill a few chicken breasts to remix through the week—mix-and-match meals that taste new, not like reruns.

You'll find tips throughout for brightening dishes without the shake of salt: finish with lemon zest, a drizzle of extra-virgin olive oil, a spoon of plain yoghurt, a handful of chopped herbs, or toasted seeds for crunch. These final touches bring contrast and lift, making each bite satisfying.

Cook Smart

A few smart habits will make DASH feel effortless. Build a low-sodium store-cupboard with tinned beans and tomatoes with no added salt, reduced-salt stock, whole grains, and unsalted nuts. Read labels and aim for 140 mg sodium (about 0.14 g) or less per portion for everyday staples. Rinse tinned beans under cold running water for 30–60 seconds to wash away extra sodium. Measure oils instead of free-pouring, and taste before salting—then brighten with citrus or vinegar and finish with fresh herbs.



BREAKFAST





LEMON-HERB TRAY-BAKE EGG SCRAMBLE WITH SAVOURY OATS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 8 large eggs
- 660 ml rolled oats
- 1920 ml baby spinach
- 480 ml tomatoes, diced
- 2 cloves garlic
- 60 ml semi-skimmed milk
- 25 ml extra-virgin olive oil
- 1 tsp lemon zest
- 60 ml fresh parsley or dill
- 0.5 tsp black pepper



Directions:

1. Preheat oven to 220°C/gas mark 7. Line a rimmed baking tray. Bring 1440 ml water to the boil in a saucepan for the oats.
2. On the tray, toss the tomatoes and garlic with 15 ml oil and 1/4 tsp pepper. Spread out; roast for 10 min.
3. Whisk the eggs with the milk and remaining 1/4 tsp pepper. Add spinach to the tray, drizzle 10 ml oil; toss. Make a 23x30 cm well; pour in the eggs.
4. Roast for 3–4 min until the edges set. Pull out the tray; gently drag the eggs with a spatula into soft curds, folding in the veg. Return for 1–2 min to finish.
5. Meanwhile, stir the oats into the boiling water; reduce the heat. Simmer for 8–10 min, stirring, until creamy. Cover off the heat for 2 min.
6. Zest lemon over the tray-bake scramble; sprinkle parsley. Optional: a pinch of chilli flakes. Add only 1/16–1/8 tsp salt per serving, if needed.
7. Spoon 360 ml oats into 4 bowls; top with the roasted egg–spinach. Finish with extra zest/herbs and black pepper.



Nutritional Information:

Calories: 430, Protein: 22g, Carbs: 44g, Fat: 19g, Fibre: 8g, Sodium: 200mg, Sugar: 5g



SAVOURY MUSHROOM & EGG WHITE POWER OAT BOWLS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 160 g pinhead oats
- 600 ml water
- 480 ml egg whites
- 360 g mushrooms
- 1 large red pepper
- 120 g baby spinach
- 30 ml extra-virgin olive oil
- 120 ml fat-free Greek yoghurt
- 15 ml tahini
- 1 tsp lemon zest
- 30 ml fresh dill
- 0.5 tsp black pepper, optional kosher salt



Directions:

1. Soak the oats in water for 8–12 hours; drain. Heat the oven to 200°C/gas 6.
2. In a 20cm square dish, add soaked oats + 600 ml water. Cover; bake 20–25 min until tender.
3. On a baking tray, toss mushrooms, pepper, 25 ml oil, 1/4 tsp pepper. Roast 15–18 min; add spinach for last 3 min.
4. Lightly oil a baking tray (10 ml). Pour in the egg whites; add 1/4 tsp pepper. Bake 8–10 min; cut into 4 squares.
5. Whisk yoghurt, tahini, lemon zest, 15 ml dill + 10–15 ml water until of drizzling consistency.
6. Layer bowls: oats base; top with mushrooms/pepper/spinach; add an egg-white square. Drizzle sauce; sprinkle remaining dill; optional 1/16–1/8 tsp salt (adds sodium).



Nutritional Information:

Calories: 352, Protein: 25g, Carbs: 36g, Fat: 12g, Fibre: 6.7g, Sodium: 260mg, Sugar: 4g



GREEN COURGETTE YOGHURT BREAKFAST SALAD & TOAST



Servings:
4



Prep:
15 min



Cook:
5 min



Ingredients:

- 480 ml fat-free Greek yoghurt
- 8 slices wholemeal bread (low salt)
- 2 medium courgettes
- 1440 ml rocket or baby spinach
- 240 ml tomatoes, chopped
- 2 spring onions spring onions, thinly sliced
- 30 ml extra-virgin olive oil
- 1 medium orange
- 30 ml fresh dill, chopped
- 1 clove garlic
- 30 ml pumpkin seeds (unsalted)
- 1/2 tsp black pepper



Directions:

1. Make vinaigrette: Blend 1 chopped courgette, orange zest + 60 ml juice, oil, dill, garlic and pepper until smooth. Chill. Optional: 1/16–1/8 tsp salt (adds salt).
2. Dice remaining courgette; chop tomatoes; slice spring onions.
3. Toast the bread until crisp; cut into halves or sticks.
4. Divide greens on 4 plates. Scatter diced courgette, tomatoes and spring onions. Sprinkle pumpkin seeds.
5. Top each salad with 120 ml fat-free Greek yoghurt.
6. Drizzle each with 30–45 ml green courgette vinaigrette. Finish with pepper.
7. Serve with 2 slices of toast per plate for dipping.



Nutritional Information:

Calories: 395, Protein: 24g, Carbs: 48g, Fat: 13g, Fibre: 8g, Sodium: 260mg, Sugar: 9g



SPRING ONION COTTAGE CHEESE FRYING PAN WRAPS



Servings:
4



Prep:
15 min



Cook:
15 min



Ingredients:

- 480 ml low-fat cottage cheese (low salt)
- 180 ml egg whites
- 240 ml spring onions
- 240 ml pepper
- 240 g mushrooms
- 480 ml spinach
- 15 ml extra-virgin olive oil
- 1 ea orange
- 0.5 tsp black pepper
- 0.5 tsp smoked paprika
- 4 ea wholemeal tortillas
- 1 ea avocado



Directions:

1. Warm the tortillas in a dry frying pan over medium heat, 30 sec per side; wrap in a tea towel.
2. Add the oil to the same frying pan. Sauté the spring onions and pepper for 3–4 min until fragrant.
3. Add the mushrooms; cook for 3–4 min to brown. Stir in the spinach; wilt for 1 min.
4. Push the veg aside. Pour in the egg whites; scramble gently until just set, 1–2 min.
5. Fold in the cottage cheese, black pepper and smoked paprika; cook for 1 min to warm.
6. Off the heat, add orange zest and 30 ml juice; toss. Scatter over the avocado and orange segments.
7. Spoon the filling into the warm tortillas and serve immediately.



Nutritional Information:

Calories: 375, Protein: 25g, Carbs: 39g, Fat: 13g, Fibre: 8g, Sodium: 440mg, Sugar: 9g



POACHED RICOTTA DUMPLING SOUP & AVOCADO MUFFIN TOAST



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 320 ml light ricotta
- 4 large egg whites
- 60 ml porridge oats
- 2 tsp lemon zest
- 1/2 tsp black pepper
- 1 small onion
- 2 cloves garlic
- 240 ml sweet potato
- 960 ml baby spinach
- 4 wholemeal English muffins (low salt)
- 1 large avocado
- 120 ml fat-free Greek yoghurt



Directions:

1. In a bowl, mix ricotta, egg whites, oats, 1 tsp zest, 1/4 tsp pepper. Leave to stand 5 min to thicken.
2. In a large saucepan, cook onion and garlic with 120 ml water over medium heat 3 min until softened.
3. Add 1440 ml water and sweet potato; bring to a simmer and cook 10 min until tender.
4. Reduce to a bare simmer. Drop 2 tsp scoops of ricotta mix; poach 3–4 min until set. Stir in spinach to wilt 1 min.
5. Toast muffins. Mash avocado with yoghurt, 1 tsp zest, and 1/4 tsp pepper.
6. Spread avocado mash on muffin halves.
7. Ladle soup into bowls; finish with pepper to taste. Optional: 1/16–1/8 tsp salt per bowl (adds sodium).



Nutritional Information:

Calories: 430, Protein: 22g, Carbs: 50g, Fat: 16g, Fibre: 9g, Sodium: 340mg, Sugar: 7g



PEPPER SAUTÉ TOAST WITH SAVOURY MILK-OAT SPREAD



Servings:
4



Prep:
15 min



Cook:
25 min



Ingredients:

- 240 ml rolled oats
- 960 ml semi-skimmed milk
- 80 ml whey protein isolate
- 30 ml extra-virgin olive oil
- 480 ml peppers
- 240 ml onion
- 2 cloves garlic
- 1/2 tsp smoked paprika
- 1/2 tsp dried oregano
- 1/2 tsp black pepper
- 1 tsp lemon zest
- 4 slices wholemeal bread (low salt)



Directions:

1. In a saucepan, bring the milk to a bare simmer. Stir in the oats; cook on low heat, stirring often, for 10–12 min until thick.
2. Meanwhile, heat the oil in a frying pan over medium-high. Sauté the peppers and onion for 6–8 min until tender; add the garlic for 1 min.
3. Stir in the smoked paprika, oregano and black pepper; take off the heat. Zest the lemon over the veg.
4. Off the heat, whisk the whey isolate into the oats until smooth; thin with a splash of milk or water if too thick.
5. Toast 4 slices of wholemeal bread until crisp.
6. Spread about 180 ml milk-oat spread on each toast. Top with about 120 ml sautéed peppers/onions.
7. Finish with extra black pepper and lemon zest. Optional: 1/16–1/8 tsp salt per toast; adds sodium.



Nutritional Information:

Calories: 397, Protein: 24g, Carbs: 51g, Fat: 12g, Fibre: 6g, Sodium: 245mg, Sugar: 20g



HERBED TOFU & TOMATO BREAKFAST WRAPS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 565 g extra-firm tofu
- 65 g brown rice
- 4 wholemeal tortillas
- 480 ml tomatoes
- 480 ml spinach
- 120 ml fat-free Greek yoghurt
- 30 ml tahini
- 1 tsp lemon zest
- 15 ml fresh dill
- 1 clove garlic
- 1.75 tsp spice blend
- 10 ml extra-virgin olive oil



Directions:

1. Rinse the rice. Soak in 480 ml water in the fridge for 8–12 hrs; drain.
2. Simmer the soaked rice in 160 ml fresh water, covered, for 15–18 mins. Rest 5 mins, fluff, cool.
3. Stir yoghurt, tahini, lemon zest, dill and 15–30 ml water to make a spread.
4. Toss the tofu with the garlic and spice blend to coat evenly.
5. Sauté the tofu in the olive oil over medium–high heat until browned, 5–7 mins.
6. Warm the tortillas. Spread 30 ml sauce, add 60 ml rice, tofu, 120 ml tomatoes, 120 ml spinach.
7. Roll tightly; place seam side down. Finish with black pepper or dill instead of salt.



Nutritional Information:

Calories: 405, Protein: 24g, Carbs: 45g, Fat: 15g, Fibre: 6g, Sodium: 300mg, Sugar: 5g



BREAKFAST PLATTER: POACHED WHEY, OATS & ROASTED KALE



Servings:
4



Prep:
15 min



Cook:
35 min



Ingredients:

- 240 ml steel-cut oats
- 1440 ml kale, stemmed & torn
- 480 ml mixed veg (pepper, tomatoes, mushrooms), chopped
- 120 ml egg whites
- 2 scoops whey protein isolate (unsweetened)
- 180 ml fat-free Greek yoghurt
- 30 ml extra-virgin olive oil
- 2 cloves garlic
- 30 ml fresh dill
- 1 tsp lemon zest
- 1/2 tsp black pepper
- 1/4–1/2 tsp fine sea salt



Directions:

1. Heat oven to 220°C/gas mark 7. Toss kale and mixed veg with 25 ml oil, garlic, and 1/4 tsp pepper. Roast on a baking tray for 15–18 min, tossing once.
2. In a saucepan, bring 960 ml water to the boil. Stir in the oats; reduce the heat. Simmer 25–30 min, stirring, until tender and creamy.
3. Blend whey, egg whites, 240 ml water, and a pinch of pepper for 10 sec.
4. Lightly oil a heatproof loaf tin. Pour in the mixture. Set the tin in a saucepan with 2.5 cm simmering water; cover. Poach/steam 20–22 min until set; rest 3 min.
5. Rinse the blender. Blend yoghurt, dill, lemon zest, 10 ml oil, 15–30 ml water, and a pinch of pepper until smooth.
6. Spoon the oats onto a warm platter. Top with the roasted kale/veg. Turn out the protein, slice 1 cm thick; fan over the top. Drizzle the herb yoghurt.
7. Optional: 1/16–1/8 tsp fine sea salt per serving (adds sodium). Finish with extra pepper/zest.



Nutritional Information:

Calories: 370, Protein: 29g, Carbs: 40g, Fat: 10g, Fibre: 7g, Sodium: 155mg, Sugar: 4g



TOASTED TEMPEH BREAKFAST BENTO WITH QUINOA & DIP



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 240 g tempeh
- 120 ml quinoa
- 1 medium onion
- 1 large pepper
- 2 medium tomatoes
- 480 ml blueberries
- 240 ml fat-free Greek yoghurt
- 15 ml fresh dill
- 1 tsp lemon zest
- 2 20-cm wholemeal tortillas
- 60 ml almonds
- 10 ml extra-virgin olive oil



Directions:

1. Heat oven to 200°C/gas mark 6. Rinse quinoa; slice onion and pepper, cut tomatoes, cube tempeh. Line a baking tray.
2. Toast quinoa in a dry saucepan over medium heat 2 min until nutty; add 240 ml water and bring to the boil.
3. Cover, simmer 12–15 min; remove from the heat 5 min, then fluff.
4. Brush tortilla wedges with 5 ml oil. Spread tortillas and almonds on the tray; toast 6–8 min until crisp. Cool.
5. Heat 5 ml oil in a frying pan. Add tempeh and onions; toast over medium-high heat, stirring, 6–8 min until golden and tender.
6. Stir yoghurt, dill and lemon zest in a small bowl for a protein dip.
7. Divide 4 boxes: quinoa; tempeh-onion; pepper and tomatoes; 60 ml dip; tortilla crackers; 120 ml blueberries; 15 ml almonds. Optional 1/16–1/8 tsp salt/box adds sodium.



Nutritional Information:

Calories: 430, Protein: 23g, Carbs: 55g, Fat: 15g, Fibre: 9g, Sodium: 190mg, Sugar: 12g



LEMON-DILL EDAMAME SCRAMBLE PARCELS WITH BUCKWHEAT



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 240 ml buckwheat groats
- 480 ml edamame, shelled (unsalted)
- 8 large egg whites
- 450 g asparagus
- 2 cloves garlic
- 1 tsp lemon zest
- 30 ml fresh dill
- 30 ml extra-virgin olive oil
- 3/4 tsp black pepper
- 1/4 tsp chilli flakes
- 30 ml chives



Directions:

1. Heat oven to 200°C/gas mark 6. Cut 4 sheets baking paper (30x38 cm). Set on a baking tray.
2. Simmer buckwheat in 480 ml water for 12 min; drain if needed and fluff.
3. Whisk egg whites with lemon zest and 1/2 tsp pepper. Heat 10 ml oil in a frying pan; softly scramble 1–2 min. Slide to a plate.
4. In the same frying pan, heat 15 ml oil. Sauté asparagus 2–3 min; add garlic for 30 sec, then edamame to warm. Stir in 15 ml dill.
5. Divide buckwheat on the papers. Top with veg and eggs; drizzle the remaining 5 ml oil. Sprinkle chilli flakes and the remaining dill.
6. Fold into tight parcels, crimping the edges. Bake for 10–12 min until parcels puff and asparagus is tender.
7. Open carefully. Finish with chives, more lemon zest and black pepper. For DASH flavour, skip added salt.



Nutritional Information:

Calories: 350, Protein: 23g, Carbs: 39g, Fat: 12g, Fibre: 9g, Sodium: 180mg, Sugar: 4g



SAVOURY-SWEET ROCKET PARFAIT, BAKED BARLEY CRUNCH



Servings:
4



Prep:
15 min



Cook:
25 min



Ingredients:

- 720 ml fat-free Greek yoghurt
- 480 ml hulled barley, cooked
- 60 ml unsalted peanut butter
- 20 ml honey
- 1/2 tsp ground cinnamon
- 30 ml chia seeds
- 480 ml mixed berries
- 480 ml rocket
- 1 tsp lemon zest
- 5 ml pure vanilla extract
- 1/16–1/8 tsp fine sea salt (optional)



Directions:

1. Preheat oven to 190°C/gas mark 5. Line a baking tray with baking paper.
2. Whisk 30 ml peanut butter (reserve 30 ml), honey, cinnamon plus 15 ml hot water until smooth.
3. Toss in 480 ml cooked hulled barley plus 15 ml chia. Spread on tray; bake 20–25 min, stir once, until dry/crisp. Cool.
4. Toss rocket with lemon zest and 10 ml yoghurt; set aside.
5. Stir remaining 30 ml peanut butter plus vanilla with 60 ml yoghurt. Fold into remaining yoghurt to make ribbons.
6. Layer 4 jars: peanut-ribbon yoghurt, berries, rocket, barley crunch; repeat. Finish with crunch plus a pinch of salt (optional; adds sodium).
7. Chill 10 min to set or serve now. Keeps 3 days refrigerated.



Nutritional Information:

Calories: 380, Protein: 25g, Carbs: 48g, Fat: 11g, Fibre: 8g, Sodium: 70mg, Sugar: 18g



ALMOND-JALAPEÑO GRITS BREAKFAST BAKE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 240 ml stone-ground grits
- 1140 ml water
- 480 ml fat-free Greek yoghurt
- 80 ml unsalted almond butter
- 2 each jalapeño
- 960 ml spinach
- 120 ml onion
- 2 cloves garlic
- 1 tsp lemon zest
- 1 tsp ground cumin
- 0.5 tsp smoked paprika
- 0.5 tsp black pepper



Directions:

1. Heat the oven to 190°C/gas 5. Boil 960 ml water; whisk in grits. Simmer, stirring, 12–15 min until thick.
2. Blend yoghurt, almond butter, 180 ml warm water, garlic, cumin, paprika, pepper and lemon zest into a silky almond-yoghurt 'broth'.
3. Off the heat, stir spinach, jalapeño and onion into hot grits; cover 2 min to wilt.
4. Stir in the almond-yoghurt blend; adjust pepper/zest to taste.
5. Spread into a 20 x 20 cm dish; smooth the top. Bake 15–18 min until set at the edges.
6. Rest 5 min. Cut 4 squares. Serve warm.
7. Optional: tiny pinch of salt (1/16–1/8 tsp) per serving; adds ~140–280 mg sodium each.



Nutritional Information:

Calories: 345, Protein: 19g, Carbs: 43g, Fat: 11g, Fibre: 5g, Sodium: 90mg, Sugar: 7g



SOUPS & STEWS





SMOKY WHITE BEAN & PEPPER PRESSURE COOKER SOUP



Servings:
4



Prep:
15 min



Cook:
35 min



Ingredients:

- 30 ml extra-virgin olive oil
- 1 medium onion
- 720 ml peppers (red/yellow/green)
- 3 cloves garlic
- 65 g brown rice
- 1 435 g tin chopped tomatoes (no added salt)
- 960 ml water
- 3 450 g tins white beans (no added salt)
- 1 tsp smoked paprika
- 1/2 tsp black pepper
- 1 lemon
- 420 g firm tofu



Directions:

1. Rinse the beans for 30 secs in a colander. Cube the tofu. Chop the onion and peppers; finely chop the garlic. Rinse the brown rice.
2. Set the Instant Pot to Sauté. Heat the oil; cook the onion for 3 mins. Add the peppers for 3 mins. Stir in the garlic for 30 secs, smoked paprika and cumin.
3. Add the rice, tomatoes with their juices, and water; scrape up any bits. Lock the lid; set the valve to Sealing.
4. Pressure cook on High for 22 mins. Natural release for 5 mins, then quick release.
5. Open the lid; stir in the beans and tofu. Sauté for 3–5 mins to heat through. Add black pepper. Thin with hot water if needed.
6. Off the heat, stir in lemon zest and juice. Optional finish: 1/16–1/8 tsp salt; note this increases sodium.
7. Ladle into bowls and serve hot. Brighten with extra lemon or pepper to taste.



Nutritional Information:

Calories: 450, Protein: 25g, Carbs: 58g, Fat: 13g, Fibre: 14g, Sodium: 110mg, Sugar: 10g



SAVOURY ONION CHICKEN AND BROWN RICE SOUP



Servings:
4



Prep:
15 min



Cook:
50 min



Ingredients:

- 450 g chicken breast
- 240 ml brown rice
- 2 medium onion
- 480 ml carrots and celery
- 3 cloves garlic
- 1 435 g can no-added-salt tinned tomatoes
- 45 ml extra-virgin olive oil
- 1 tsp Italian seasoning (salt-free)
- 1 bay leaf
- 3/4 tsp black pepper
- 1 lemon
- 1440 ml water



Directions:

1. Heat 30 ml oil in a large pot over medium. Sauté onions and carrots and celery 7–8 min until soft.
2. Add garlic and Italian seasoning; cook 1 min until fragrant.
3. Push veg aside; add 15 ml oil. Add chicken; sauté 3–4 min until opaque.
4. Stir in rice; toast 1 min. Add tomatoes with juices, 1440 ml water, bay, 1/2 tsp pepper.
5. Bring to the boil; reduce to low, cover, and simmer 40–45 min, stirring once or twice, until rice is tender.
6. Discard bay. Stir in lemon zest and 30 ml juice; add hot water to desired soupiness.
7. Taste; add remaining pepper. Optional: 1/16–1/8 tsp salt to finish (raises sodium). Rest 5 min; ladle.



Nutritional Information:

Calories: 460, Protein: 32g, Carbs: 50g, Fat: 15g, Fibre: 5.5g, Sodium: 150mg, Sugar: 6.5g



GARLIC-LEMON TURKEY QUINOA SOUP



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 450 g turkey breast
- 240 ml quinoa
- 435 g chopped tomatoes, no added salt
- 6 cloves garlic
- 720 ml onion, carrot and celery
- 960 ml kale or spinach
- 40 ml extra-virgin olive oil
- 1 tsp & 1 Italian seasoning (no added salt) and bay leaf
- 3/4 tsp, 1 tsp, 1/4 tsp black pepper, smoked paprika, chilli flakes
- 1440 ml water
- 1 lemon
- 60 ml pumpkin seeds, unsalted



Directions:

1. Rinse quinoa 30 sec. Cube turkey; dice onion, carrot and celery; finely chop garlic. Zest and juice the lemon.
2. Set Instant Pot to Sauté. Add oil; cook onion, carrot and celery 4 min. Add garlic, Italian seasoning and bay; cook 1 min.
3. Add turkey; sauté 2 min to lightly colour.
4. Stir in quinoa, tomatoes with juices, water, pepper, paprika and chilli flakes.
5. Lock lid. Cook on High Pressure 10 min.
6. Quick release. Stir in greens; discard bay. Sauté 2–3 min to wilt. Stir in lemon zest and juice.
7. Taste; add more pepper. Optional: 1/16–1/8 tsp fine salt. Ladle; top each bowl with 1 tbsp pumpkin seeds.



Nutritional Information:

Calories: 500, Protein: 38g, Carbs: 52g, Fat: 15g, Fibre: 9g, Sodium: 230mg, Sugar: 7g



CREAMY KALE & BARLEY TURKEY SOUP



Servings:
4



Prep:
15 min



Cook:
50 min



Ingredients:

- 565 g turkey mince
- 240 ml hulled barley
- 1440 ml kale
- 1 can no added salt chopped tomatoes
- 1 medium brown onion
- 480 ml carrots and celery
- 4 cloves garlic
- 15 ml extra-virgin olive oil
- 3 fresh thyme sprigs
- 1 bay leaf
- 1 tsp smoked paprika
- 1 lemon



Directions:

1. Heat oil in a large pan over medium heat. Sauté onion, carrots and celery 3–4 min. Add turkey mince; cook, breaking up, until lightly browned, 6–8 min. Add garlic 1 min.
2. Stir in smoked paprika, thyme and tomatoes. Add barley, bay leaf and 1680 ml water; scrape up any browned bits.
3. Bring to the boil; reduce to low heat, cover, and simmer until barley is tender, 40–50 min.
4. Stir in kale; simmer uncovered 5–7 min until wilted and tender. Remove bay leaf and thyme stems.
5. Ladle 720 ml soup (solids + liquid) into a blender; vent lid. Blend until silky; return purée to pan and stir to thicken.
6. Zest lemon into pan; add 30–45 ml juice. If too thick, thin with hot water. Taste and add more lemon for freshness.



Nutritional Information:

Calories: 490, Protein: 34g, Carbs: 53g, Fat: 14g, Fibre: 12g, Sodium: 220mg, Sugar: 6g



LEMON-POACHED TOFU & PEPPER SOUP WITH FARRO



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 30 ml extra-virgin olive oil
- 1 medium onion
- 2 medium peppers
- 3 cloves garlic
- 435 g chopped tomatoes
- 1440 ml water
- 1 bay + 2 sprigs bay leaf & thyme sprigs
- 1 tsp each smoked paprika & cumin
- 160 ml farro
- 600 g firm tofu
- 2 450 g tins cannellini beans
- 1 lemon



Directions:

1. Heat the oil in a large pot over a medium heat. Add the onion, peppers and garlic; sauté 5 min until softened.
2. Stir in the tomatoes, water, bay + thyme, smoked paprika & cumin; bring to a gentle simmer.
3. Add the farro; simmer uncovered for 15–20 min until al dente.
4. Rinse the beans under running water for 30 sec; drain. Stir into the pot; return to a bare simmer.
5. Lower the heat; add the tofu cubes. Poach for 8–10 min at a gentle simmer—do not boil.
6. Remove the bay/thyme. Stir in lemon zest and juice and 1/4 tsp black pepper.
7. Taste; brighten with more lemon if needed. Optional: 1/16–1/8 tsp fine salt (increases sodium). Ladle and serve.



Nutritional Information:

Calories: 480, Protein: 28g, Carbs: 59g, Fat: 16g, Fibre: 13g, Sodium: 420mg, Sugar: 8g



RUSTIC TEMPEH, MUSHROOM & PASTA SOUP



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 30 ml extra-virgin olive oil
- 450 g tempeh
- 360 g mushrooms
- 480 ml onion, carrot & celery
- 4 cloves garlic
- 435 g tin no-salt-added diced tomatoes
- 1440 ml water
- 2 & 2 ea bay leaves & thyme sprigs
- 1/2 tsp black pepper
- 180 g wholewheat small pasta
- 450 g tin no-salt-added white beans
- 960 ml baby spinach



Directions:

1. Heat the oil in a large pan over medium heat. Add the tempeh; cook 4–5 min, stirring, until lightly browned.
2. Add the mushrooms; cook 4 min until they release their juices. Stir in the onion, carrot and celery; cook 2 min.
3. Add the garlic; cook 30 sec. Stir in the tomatoes; scrape up any browned bits.
4. Pour in 1,440 ml water, the bay and thyme; bring to the boil, then add the pasta.
5. Reduce the heat; simmer 8–10 min until the pasta is al dente. Add the beans (rinse 30 sec first); simmer 3 min.
6. Stir in the spinach; simmer 1–2 min to wilt. Remove the bay and thyme. Stir in the black pepper.
7. Leave to stand 5 min. Brighten with lemon, if desired. Optional 1/16–1/8 tsp salt increases sodium. Ladle into bowls.



Nutritional Information:

Calories: 560, Protein: 34g, Carbs: 62g, Fat: 20g, Fibre: 13g, Sodium: 200mg, Sugar: 9g



NORTH WOODS CHICKPEA-WILD RICE CHOWDER



Servings:
4



Prep:
20 min



Cook:
30 min



Ingredients:

- 3 x 450 g tins No-added-salt chickpeas, tinned
- 80 ml Wild rice, dry
- 480 ml Brown onions, thinly sliced
- 720 ml Mushrooms, sliced
- 3 cloves Garlic, finely chopped
- 4 Fresh thyme sprigs
- 30 ml Extra-virgin olive oil
- 840 ml 1% fat milk
- 30 ml Lemon juice
- 3/4 tsp Black pepper
- 1 Bay leaf
- 1200 ml Water



Directions:

1. Heat oil in a frying pan (medium). Sauté onions 6–8 min; add mushrooms 4 min. Stir in garlic 1 min. Transfer to slow cooker.
2. Add wild rice, thyme, bay leaf, water and pepper; stir.
3. Cook on LOW 5–6 hrs or HIGH 3–4 hrs, until wild rice is tender.
4. Add chickpeas (drain and rinse 30 seconds to cut sodium 30–40%); cook 15–20 min.
5. Stir in milk; heat 10 min on HIGH without boiling. Remove thyme and bay.
6. Finish with lemon juice; adjust pepper. Optional 1/16–1/8 tsp salt; this increases sodium.
7. Rest 5 min; ladle into bowls and serve hot.



Nutritional Information:

Calories: 460, Protein: 23g, Carbs: 62g, Fat: 13g, Fibre: 12g, Sodium: 240mg, Sugar: 14g



GARLIC-LEMON LENTIL-BULGUR SOUP WITH TOFU



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 40 ml extra-virgin olive oil
- 840 ml mirepoix (onion, carrot and celery)
- 6 cloves garlic
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp dried oregano
- 435 g no-added-salt chopped tomatoes
- 360 ml brown lentils
- 80 ml fine bulgur
- 240 g firm tofu
- 1 ea lemon
- 1440 ml water



Directions:

1. Heat the oil in a large pan over a medium heat. Sauté the mirepoix for 7–8 min until golden. Add the garlic; cook for 1 min.
2. Stir in the cumin, smoked paprika and oregano; toast for 30 sec until aromatic.
3. Deglaze with the no-added-salt tomatoes and their juices; scrape up browned bits. Simmer for 2 min to reduce.
4. Add the water and lentils; bring to the boil. Reduce the heat; simmer for 18 min, partially covered.
5. Stir in the bulgur and tofu. Simmer for 8–10 min, until the lentils and bulgur are tender.
6. Off the heat, add lemon zest and 30 ml juice. Thin with hot water if needed.
7. Taste; add more lemon if desired. Optional: 1/16–1/8 tsp salt (raises sodium). Ladle into bowls.



Nutritional Information:

Calories: 510, Protein: 26g, Carbs: 72g, Fat: 13g, Fibre: 16g, Sodium: 120mg, Sugar: 9g



SMOKY BLACK BEAN & KALE NOODLE SOUP



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 45 ml extra-virgin olive oil
- 1 medium onion, chopped
- 360 ml carrot and celery, diced
- 4 cloves garlic, finely chopped
- 2.75 tsp spices (cumin, smoked paprika, oregano, black pepper)
- 1 tin chopped tomatoes, no added salt
- 3 tins black beans, no added salt
- 240 g firm tofu, diced
- 1440 ml water
- 1440 ml kale, stalks removed and chopped
- 60 g wholegrain noodles
- 30 ml lime juice



Directions:

1. Heat the oil in a large saucepan over a medium heat. Fry the onion and the carrot and celery for 6–8 min until soft.
2. Add the garlic and spices; cook for 1 min until fragrant.
3. Stir in the tomatoes. Drain and rinse the beans for 30 sec to cut salt by 30–40%; add the beans and water; bring to the boil.
4. Reduce the heat; simmer for 10 min. Lightly mash some beans with a spoon to thicken.
5. Add the noodles; cook for 6–8 min, stirring so they don't stick.
6. Gently stir in the tofu and kale; simmer for 3–4 min until the kale is tender.
7. Off the heat, stir in the lime juice. Optional: 1/16–1/8 tsp fine salt; this will raise sodium. Rest for 2 min and serve.



Nutritional Information:

Calories: 530, Protein: 27g, Carbs: 75g, Fat: 14g, Fibre: 22g, Sodium: 150mg, Sugar: 8g



CREAMY MUSHROOM & CANNELLINI SOUP WITH QUINOA



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 30 ml extra-virgin olive oil
- 1 medium onion
- 480 g mushrooms
- 3 cloves garlic
- 4 sprigs fresh thyme
- 160 ml quinoa
- 2 tins (450 g) cannellini beans
- 60 ml cashews
- 1200 ml water
- 240 ml evaporated skimmed milk
- 1/2 tsp black pepper
- 15 ml lemon juice



Directions:

1. Heat the oil in a large pan over medium-high heat. Sauté the onion for 3 min. Add the mushrooms; cook until browned, 8–10 min. Stir in the garlic and thyme; cook for 30 sec.
2. Add the water and quinoa; bring to the boil. Reduce to low, cover and simmer for 15 min, stirring once.
3. Stir in the cannellini beans (no-added-salt, drained and rinsed for 30+ sec to reduce salt). Simmer for 5 min.
4. Remove the thyme. Ladle about 2/3 of the soup into a blender with the cashews; vent the lid. Blend until silky; return the purée to the pan.
5. Stir in the evaporated skimmed milk, black pepper and lemon juice. Warm for 2–3 min—do not boil.
6. Taste; add more lemon or a tiny pinch of salt (1/16–1/8 tsp, optional; increases salt). Thin with hot water to your preferred consistency.
7. Ladle into bowls and serve hot.



Nutritional Information:

Calories: 475, Protein: 25g, Carbs: 62g, Fat: 14g, Fibre: 13g, Sodium: 180mg, Sugar: 10g



LEMON-THYME COD & BARLEY SOUP



Servings:
4



Prep:
15 min



Cook:
40 min



Ingredients:

- 60 ml extra-virgin olive oil
- 480 ml brown onion, chopped
- 240 ml carrots, diced
- 3 cloves garlic, finely chopped
- 240 ml hulled barley, soaked 4–8 hours, drained
- 435 g chopped tomatoes, no added salt (tin)
- 1440 ml water
- 720 ml kale, chopped
- 565 g cod fillets, skinless, cut into 5 cm pieces
- 1 each lemon
- 1 + 3 + 1/2 leaf + sprigs + tsp bay leaf + thyme sprigs + black pepper
- 1/16–1/8 tsp kosher salt



Directions:

1. Heat 30 ml oil in a saucepan over a medium heat. Sauté the onion and carrots for 6–7 min until soft; add the garlic for 30 sec.
2. Stir in the barley. Add the tomatoes with their juice, water, bay, thyme, pepper; bring to the boil.
3. Reduce the heat; cover and simmer for 30–35 min, until the barley is just tender.
4. Stir in the kale; cook for 3–4 min to wilt. Remove the thyme stems; keep the bay.
5. Add the lemon zest and 15 ml juice; taste the stock.
6. Slide in the cod; submerge. Poach at a bare simmer for 5–7 min, until just opaque and it flakes.
7. Off the heat, stir in 30 ml oil and 15 ml juice. Optional 1/16–1/8 tsp salt; adds 35–70 mg sodium per serving. Discard the bay; serve hot.



Nutritional Information:

Calories: 520, Protein: 38g, Carbs: 58g, Fat: 15g, Fibre: 13g, Sodium: 320mg, Sugar: 7g



GARLIC-LEMON PRAWN & FARRO SOUP



Servings:
4



Prep:
15 min



Cook:
35 min



Ingredients:

- 40 ml extra-virgin olive oil
- 480 ml onion, carrot & celery, diced
- 6 cloves garlic
- 435 g tin no-added-salt chopped tomatoes
- 180 ml farro
- 1440 ml water
- 1 + 2 ea bay leaf & fresh thyme sprigs
- 1/2 + 1/4 + 1/2 tsp smoked paprika, chilli flakes & black pepper
- 450 g prawns
- 960 ml baby spinach
- 1 + 120 ea + ml lemon & reduced-fat Parmesan
- 450 g tin no-added-salt cannellini beans



Directions:

1. Heat the oil in a large saucepan over a medium heat. Sauté the onion, carrot and celery for 5 min. Add the garlic; cook for 1 min until fragrant.
2. Stir in the tomatoes, beans (drain and rinse 30 sec), water, farro, bay, thyme and spices.
3. Bring to the boil; reduce to a lively simmer. Partially cover; cook for 22–25 min, stirring occasionally.
4. Add the prawns; simmer for 3–4 min until pink and opaque.
5. Stir in the spinach; simmer for 1 min to wilt. Remove the bay and thyme stems.
6. Off the heat, add the lemon zest and juice. Stir in the Parmesan until just melted.
7. Taste; add black pepper and an optional pinch of salt (1/16–1/8 tsp). Ladle and serve.

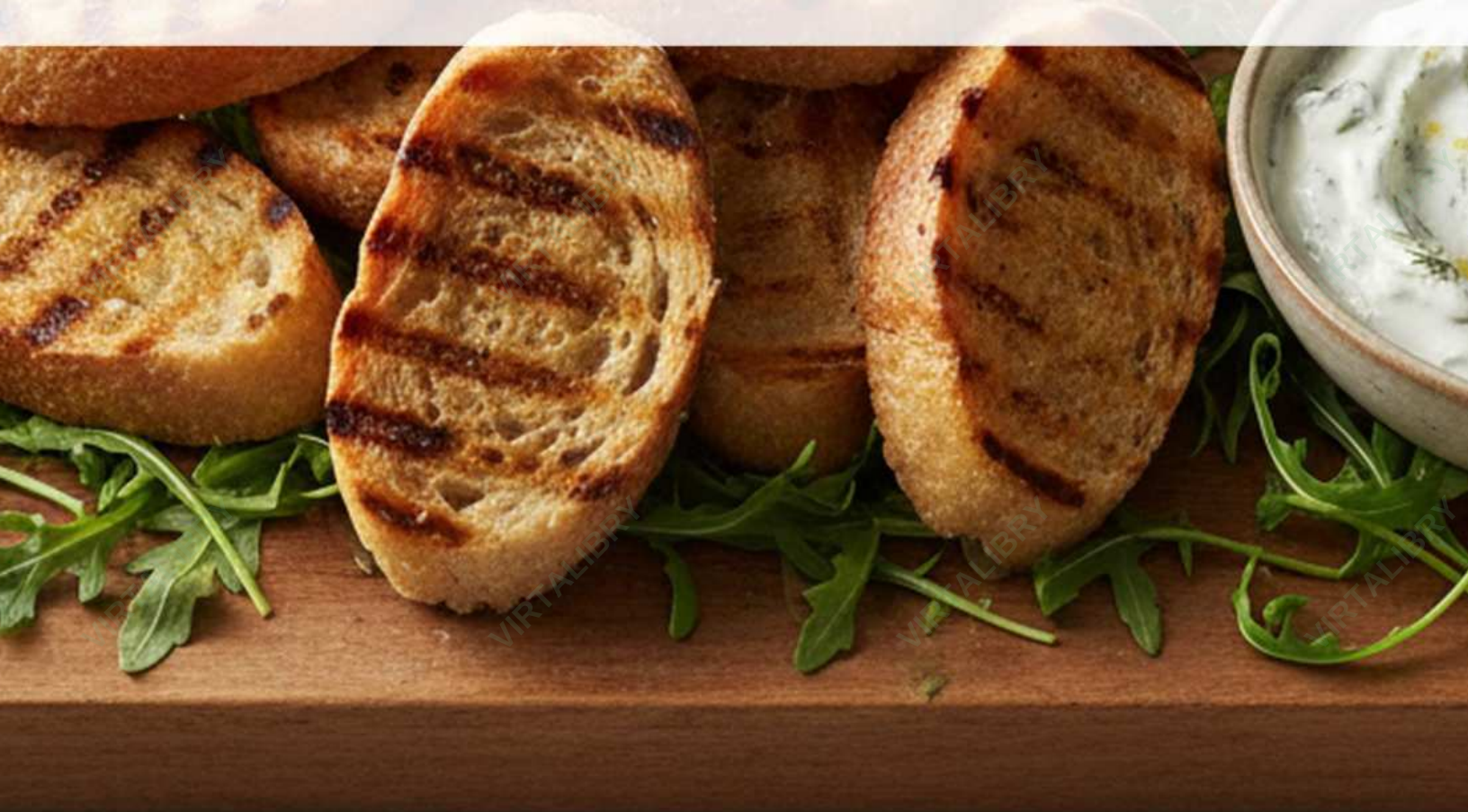


Nutritional Information:

Calories: 520, Protein: 39g, Carbs: 55g, Fat: 15g, Fibre: 10g, Sodium: 560mg, Sugar: 8g



SANDWICHES & WRAPS





BLACK BEAN & ROCKET PATTY TOASTS & LETTUCE WRAPS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 900 g Black beans, no added salt, drained/rinsed 30 secs
- 450 g White beans, no added salt, drained/rinsed 30 secs
- 1 large Egg
- 120 ml Red onion, finely chopped
- 2 cloves Garlic, finely chopped
- 2.5 tsp Salt-free spice blend
- 40 ml Extra-virgin olive oil
- 960 ml Rocket
- 8 large Lettuce leaves (for wraps)
- 4 slices Wholemeal bread (low salt)
- 240 ml Fat-free Greek yoghurt
- 1 batch Tahini + lemon



Directions:

1. Heat oven to 220°C/gas mark 7. Line a baking tray with baking paper; brush with 15 ml oil.
2. In a bowl, mash beans. Mix in onion, garlic, spice blend, egg, and 480 ml chopped rocket (rinsing beans 30 secs cuts salt by ~30–40%).
3. Form 8 compact patties (~80 ml). Set on tray; brush tops with 15 ml oil.
4. Bake 14 mins. Flip with a spatula; bake 8–10 mins more until edges crisp; grill 1–2 mins if needed.
5. Whisk yoghurt with tahini, lemon juice and zest; thin with 5–10 ml water until spoonable.
6. Toast bread (toaster or frying pan with 10 ml oil). Spread each slice with 15 ml sauce.
7. Serve 2 patties per serving: 1 on toast with rocket, 1 in 2 lettuce leaves with rocket + sauce. Finish with lemon; optional 1/16 tsp salt per serving (increases salt).



Nutritional Information:

Calories: 530, Protein: 29g, Carbs: 67g, Fat: 16g, Fibre: 18g, Sodium: 350mg, Sugar: 6g



MEDITERRANEAN BEAN-CARROT BAGUETTE PLATTER



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 2 tins white beans
- 565 g carrots
- 30 ml extra-virgin olive oil
- 1 lemon
- 2 cloves garlic
- 120 ml fresh herbs (parsley and dill)
- 180 ml Greek yoghurt
- 180 g wholegrain baguette
- 180 g turkey breast
- 2 tsp cumin, paprika and black pepper
- 960 ml rocket
- 30 ml tahini



Directions:

1. Heat oven to 220°C/gas 7. Toss carrots with 15 ml oil, 1 tsp spice blend, and pepper. Roast on a baking tray for 18–20 min, until tender and browned.
2. Drain and rinse beans for 30–40 sec (reduces salt by about 30–40%). Mash with tahini, 1 garlic clove, 1 tsp spice blend, 1 tsp zest, 15 ml lemon juice, pepper.
3. Whisk yoghurt with 30 ml herbs, 1 tsp zest, 15 ml juice, 1 minced garlic clove, pepper; reserve any extra lemon for serving. Chill.
4. Heat a griddle pan over medium-high heat. Brush the baguette with 15 ml oil. Griddle 2–3 min per side until crisp marks form.
5. Warm the turkey briefly on the griddle, if desired. Pile the rocket on a large platter.
6. Set out griddled baguette, roasted carrots, and sliced turkey. Spoon bean spread and yoghurt-herb sauce into small bowls.
7. To eat: spread bean mash on bread; add carrots, turkey, rocket. Finish with reserved lemon instead of extra salt. Optional pinch of salt 1/16–1/8 tsp.



Nutritional Information:

Calories: 520, Protein: 32g, Carbs: 66g, Fat: 14g, Fibre: 13g, Sodium: 650mg, Sugar: 11g



TUNA & ROCKET WRAP LUNCHBOX, DASH STYLE



Servings:
4



Prep:
15 min



Cook:
0 min



Ingredients:

- 3 tins tuna, no added salt
- 120 ml fat-free Greek yoghurt
- 1 large lemon
- 30 ml fresh dill, chopped
- 1/2 tsp black pepper
- 4 20cm wholemeal tortillas
- 960 ml rocket
- 120 ml hummus
- 480 ml carrot sticks
- 480 ml apple slices
- 4 cakes brown rice cakes, unsalted
- 120 ml almonds, unsalted



Directions:

1. In a bowl, mix drained tuna, yoghurt, lemon zest/juice, dill and pepper until creamy.
2. Lay tortillas flat. Add 240ml rocket and 1/4 of tuna mix to each. Roll tightly; halve.
3. Place wrap halves in the large compartment of 4 meal prep containers.
4. Portion hummus (30ml each) and carrot sticks (120ml each) into a compartment.
5. Add apple slices (120ml each) with almonds (30ml each) in another compartment.
6. Add 1 rice cake per box (keeps crisp). Seal and chill up to 2 days. Optional: 1/16–1/8 tsp salt to taste; lemon boosts flavour.



Nutritional Information:

Calories: 515, Protein: 35g, Carbs: 56g, Fat: 19g, Fibre: 11g, Sodium: 500mg, Sugar: 12g



GRIDDLED CHICKEN CLUB WITH CRISP LETTUCE



Servings:
4



Prep:
15 min



Cook:
20 min



Ingredients:

- 450 g chicken breast fillets (sliced)
- 12 slices wholemeal bread (reduced salt)
- 960 ml lettuce
- 2 tomatoes
- 1 avocado
- 60 ml hummus
- 60 ml fat-free Greek yoghurt
- 5 ml + 10 ml lemon zest + juice
- 30 ml fresh herbs (dill/parsley/chives)
- 1 small clove garlic
- 1/2 tsp black pepper
- 20 ml extra-virgin olive oil



Directions:

1. Mix yoghurt, lemon zest/juice, herbs, garlic, and 1/4 tsp pepper. Set aside.
2. Heat a griddle pan/frying pan on medium; brush with 10 ml oil.
3. Season chicken with 1/4 tsp pepper. Griddle 3–4 min each side until 74°C; remove.
4. Brush bread with remaining oil. Griddle 1–2 min each side until toasted.
5. Spread hummus on 4 slices. Top with lettuce, chicken, and tomato; cap with 4 slices.
6. Spread yoghurt sauce on second layer; add lettuce, avocado, and chicken. Top with bread.
7. Press gently, slice diagonally. Serve warm; add extra pepper to taste.



Nutritional Information:

Calories: 520, Protein: 40g, Carbs: 52g, Fat: 16g, Fibre: 12g, Sodium: 380mg, Sugar: 6g



MEDITERRANEAN TURKEY LETTUCE WRAPS WITH TOASTED PITTA



Servings:
4



Prep:
15 min



Cook:
10 min



Ingredients:

- 360 g turkey breast (home-roasted, unsalted), sliced
- 8 leaves lettuce leaves (for wraps)
- 3 pittas wholegrain pittas
- 240 ml peppers, thinly sliced
- 240 ml cucumber, thinly sliced
- 240 ml tomatoes, diced
- 1 small avocado, sliced
- 180 ml fat-free Greek yoghurt
- 120 ml white beans, no added salt, rinsed and mashed
- 30 ml tahini
- 1 medium lemon, zested and juiced
- 30 ml fresh parsley and dill, chopped



Directions:

1. In a bowl, rinse beans for 30 seconds, drain; mash. Stir in yoghurt, tahini, lemon zest and juice, and herbs until smooth.
2. Split pittas; toast in a dry frying pan or toaster oven until crisp and golden, 3–4 mins. Cut into wedges.
3. Slice pepper, cucumber, tomatoes and avocado. Pat turkey slices dry.
4. Lay 8 lettuce leaves. Spread 15 ml sauce on each; layer turkey, peppers, cucumber, tomatoes and avocado. Roll tightly.
5. Serve 2 wraps per plate with warm toasted pitta wedges and the remaining sauce for dipping.
6. Finish with extra lemon and black pepper if desired. Optional tiny pinch of salt (1/16–1/8 tsp total); adds sodium.



Nutritional Information:

Calories: 430, Protein: 38g, Carbs: 43g, Fat: 12g, Fibre: 9g, Sodium: 420mg, Sugar: 7g



LEMON-DILL SALMON PARCEL SANDWICHES, CARROT CRUNCH



Servings:
4



Prep:
15 min



Cook:
20 min



Ingredients:

- 4 x 120 g salmon fillets, skinless
- 960 ml carrots, julienned
- 120 ml roasted red peppers (unsalted), sliced
- 30 ml fresh dill, chopped
- 1 small clove garlic, minced
- 1 lemon, zest and juice
- 10 ml extra-virgin olive oil
- 0.5 tsp black pepper
- 120 ml fat-free Greek yoghurt
- 8 wholegrain sandwich thins
- 480 ml rocket



Directions:

1. Heat oven to 200°C/gas 6. Cut 4 sheets baking paper (about 30x40cm).
2. Stir yoghurt, 1 tsp lemon zest, 10 ml juice, garlic, 15 ml dill, 1/8 tsp pepper. Chill.
3. On each sheet, mound 240 ml carrots + 30 ml peppers; top with salmon. Drizzle 1/2 tsp oil, 5 ml juice; pepper; dill. Seal.
4. Bake parcels on a baking tray for 14–16 min until the salmon flakes. Rest 5 min; open carefully.
5. Meal prep: Cool. Divide salmon, veg and juices into 4 containers. Refrigerate for up to 3 days.
6. When eating: Toast 2 sandwich thins per serving. Spread 30 ml yoghurt sauce on the cut sides.
7. Assemble: Add rocket, parcel carrots/peppers and salmon. Finish with a squeeze of lemon and pepper. Serve 2 per person.



Nutritional Information:

Calories: 580, Protein: 36g, Carbs: 68g, Fat: 15g, Fibre: 12g, Sodium: 480mg, Sugar: 11g



PRESSED EGG-LETTUCE RICE CAKEWICH & YOGHURT CRUNCH



Servings:
4



Prep:
15 min



Cook:
15 min



Ingredients:

- 8 large eggs
- 12 each brown rice cakes (unsalted)
- 480 ml shredded lettuce
- 320 ml fat-free Greek yoghurt
- 2 each apples, thinly sliced
- 60 ml walnuts, chopped (unsalted)
- 30 ml chives, chopped
- 1 tsp lemon zest
- 1/2 tsp black pepper
- 10 ml extra-virgin olive oil



Directions:

1. Whisk eggs with chives and black pepper in a bowl.
2. Heat a griddle pan; brush with 5 ml oil. Cook 4 thin omelettes (a quarter of the mix each), folding to fit the rice cakes.
3. Build 4 sandwiches: rice cake + 120 ml lettuce + 1 omelette + rice cake. Brush the outsides with 5 ml oil.
4. Press on the griddle pan for 1–2 min each side with a panini press or a heavy frying pan until crisp and warm.
5. On 4 rice cakes, layer 80 ml yoghurt, apple slices, walnuts and lemon zest for a grab-and-go sweet stack.
6. Serve each pressed sandwich with one layered yoghurt-apple rice cake. Chill components for up to 1 day.



Nutritional Information:

Calories: 415, Protein: 25g, Carbs: 40g, Fat: 17g, Fibre: 5g, Sodium: 220mg, Sugar: 13g



BAKED HOUMOUS PEPPER WRAPS WITH YOGHURT-BEAN DRIZZLE



Servings:
4



Prep:
15 min



Cook:
25 min



Ingredients:

- 8 ea corn tortillas (low salt)
- 120 ml houmous
- 480 ml peppers
- 120 ml red onion
- 480 ml spinach
- 720 ml fat-free Greek yoghurt
- 320 ml white beans (mashed)
- 20 ml extra-virgin olive oil
- 1 clove garlic
- 1 ea lemon
- 1 1/2 tsp cumin and paprika
- 1/4 tsp black pepper



Directions:

1. Heat oven to 200°C/gas mark 6. Lightly oil a 23x33cm baking dish.
2. Sauté peppers and onion in 10 ml oil with cumin and paprika for 6–8 min until tender; cool slightly.
3. Blend yoghurt, mashed white beans (rinsed 30 sec), lemon zest/juice, garlic and 30–60 ml water; season with pepper.
4. Warm tortillas 1–2 min until pliable. Spread 15 ml houmous on each; add peppers and spinach. Roll tightly.
5. Nestle rolls seam-side down in the dish. Spoon about 30 ml yoghurt-bean sauce over each; brush tops with 10 ml oil.
6. Bake 12–15 min until edges crisp and sauce sets. Rest 5 min.
7. Serve 2 wraps per person with extra sauce and lemon for brightness.



Nutritional Information:

Calories: 430, Protein: 30g, Carbs: 52g, Fat: 12g, Fibre: 12g, Sodium: 360mg, Sugar: 9g



HERBED TOFU ROAST SANDWICH WITH CHARRED LETTUCE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 565 g tofu (baked), extra-firm
- 8 leaves lettuce (cos)
- 480 ml peppers, sliced
- 240 ml red onion, sliced
- 25 ml extra-virgin olive oil
- 1 large lemon
- 60 ml fresh parsley & dill, chopped
- 1 clove garlic, finely chopped
- 1 tsp Italian seasoning (salt-free)
- 160 ml fat-free Greek yoghurt
- 240 ml white beans (no added salt)
- 8 slices wholemeal bread (low salt)



Directions:

1. Heat the oven to 220°C/gas mark 7. Line a baking tray. Pat the tofu dry; slice into 1.5 cm pieces.
2. On the tray, toss tofu, peppers and onion with 15 ml oil and Italian seasoning. Spread in a single layer.
3. Roast for 15 min. Brush the lettuce with 10 ml oil; add to the tray. Roast 5–7 min until the edges char and the tofu browns.
4. Rinse the beans for 30 seconds. Mash with yoghurt, garlic, lemon zest, 5–10 ml lemon juice, and half the herbs.
5. Toast 8 slices of bread until golden.
6. Toss the hot tofu/veg with 15 ml lemon juice and the remaining herbs for a bright finish.
7. Spread 30 ml bean–yoghurt on 4 slices; pile on tofu and roasted lettuce/veg; top with the rest. Optional 1/16–1/8 tsp salt adds sodium.



Nutritional Information:

Calories: 450, Protein: 28g, Carbs: 50g, Fat: 15g, Fibre: 10g, Sodium: 220mg, Sugar: 6g



SHAWARMA-STYLE TEMPEH PITTA POCKETS



Servings:
4



Prep:
15 min



Cook:
10 min



Ingredients:

- 360 g tempeh, marinated and baked
- 4 wholemeal pittas (15 cm)
- 480 ml peppers, thinly sliced
- 480 ml diced tomato and cucumber
- 480 ml baby spinach
- 120 ml red onion, very thinly sliced
- 120 ml fat-free Greek yoghurt
- 30 ml tahini (unsalted)
- 1 lemon
- 1 small clove garlic, finely chopped
- 1 tsp ground cumin
- 1/2 tsp paprika



Directions:

1. Whisk yoghurt, tahini, lemon zest and juice, and garlic. Thin with 15–30 ml water to a drizzle; chill.
2. In a bowl, toss peppers, tomato and cucumber, onion, and spinach with cumin and paprika.
3. Warm tempeh in a dry frying pan over a medium heat, 2–3 min per side, until heated through.
4. Warm pittas in a frying pan or toaster for 1–2 min until pliable; cut each in half to make 8 pockets.
5. Assemble: open each pocket; layer 120 ml veg and 45 g tempeh inside.
6. Drizzle about 15 ml sauce per pocket. Add extra lemon if you like.
7. Serve immediately. Optional: a tiny pinch of salt (1/16–1/8 tsp) per pitta; increases sodium.



Nutritional Information:

Calories: 480, Protein: 28g, Carbs: 58g, Fat: 15g, Fibre: 11g, Sodium: 380mg, Sugar: 8g



ROCKET-LENTIL PATTY WRAPS WITH LEMON BEAN VINAIGRETTE



Servings:
4



Prep:
15 min



Cook:
10 min



Ingredients:

- 4 each wholemeal tortillas (low salt)
- 4 each lentil patties
- 960 ml rocket
- 480 ml mixed chopped vegetables
- 80 ml fat-free Greek yoghurt
- 120 ml white beans (mashed)
- 1 lemon
- 1 clove garlic
- 30 ml fresh parsley
- 1/2 tsp black pepper
- 1 medium avocado
- 120 g low-fat Swiss cheese (reduced salt)



Directions:

1. Rinse beans for 30 secs; mash. Whisk in yoghurt, lemon zest and juice, garlic, parsley and pepper. Thin with 15–30 ml water. Optional: 1/16–1/8 tsp salt; increases salt content.
2. Heat a frying pan on medium. Warm patties 2–3 mins per side until hot. Warm tortillas 10–15 secs per side.
3. Chop cucumbers, tomatoes, pepper and red onion. Slice avocado. Keep rocket dry.
4. Meal prep: Divide rocket (240 ml) and veg (120 ml) into 4 containers; add avocado. Add 1 tortilla and 1 patty each. Pack 30 ml vinaigrette in a small pot.
5. To serve: Reheat patty, slice. Lay tortilla; top with rocket, veg, Swiss cheese and patty. Drizzle 30 ml vinaigrette, add pepper. Roll tightly.
6. For days 2–3, keep leaves and dressing separate until eating to prevent soggy wraps.
7. Brighten with extra lemon instead of more salt.



Nutritional Information:

Calories: 505, Protein: 30g, Carbs: 68g, Fat: 14g, Fibre: 13g, Sodium: 480mg, Sugar: 5g



CITRUS-PRESSED TURKEY MEATLOAF PANINI WITH CARROTS



Servings:
4



Prep:
15 min



Cook:
20 min



Ingredients:

- 4 each sandwich thins (wholemeal)
- 360 g turkey meatloaf slices (unsalted)
- 720 ml carrots, julienned
- 240 ml red onion, thinly sliced
- 2 cloves garlic, finely chopped
- 30 ml extra-virgin olive oil
- 1 each lemon
- 30 ml fresh parsley, chopped
- 1/2 tsp black pepper
- 1/2 tsp ground cumin
- 320 ml white beans, mashed
- 1 small avocado, thinly sliced



Directions:

1. Mash beans (rinsed 30 sec) with 5 ml oil, 1 tsp lemon zest, 15 ml lemon juice, parsley and 1/4 tsp pepper; set aside.
2. Heat remaining oil in a 30 cm frying pan on medium-high. Fry onion, carrots, garlic, cumin and 1/4 tsp pepper until crisp-tender, 6–8 min.
3. Push veg to the sides; add turkey slices to the centre. Sear 1–2 min per side to warm and lightly brown.
4. Off the heat, toss veg with 15 ml lemon juice to brighten. Adjust lemon to taste.
5. Split thins. Spread 80 ml bean mash on each bottom; layer turkey, citrus carrots/onion and avocado. Cap with tops.
6. Return 2 sandwiches to the frying pan; press with a second heavy pan (or a panini press) 2–3 min per side until crisp. Repeat with the rest.
7. Serve hot with extra parsley and pepper. Rest 1 min before cutting.



Nutritional Information:

Calories: 475, Protein: 31g, Carbs: 50g, Fat: 18g, Fibre: 12g, Sodium: 370mg, Sugar: 7g

A collage of two food images. The top image shows a burrito on a grey plate, cut open to reveal a filling of rice, chicken, tomatoes, and cheese, garnished with fresh thyme. A small bowl of white sauce is in the background. The bottom image shows a similar burrito on a grey plate, also cut open, with a lemon wedge and fresh thyme and tomatoes scattered around it.

SHEET PAN & SKILLET DINNERS



CITRUS-DEGLAZED TOFU & PEPPERS ON WILD RICE TOASTS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 480 g extra-firm tofu
- 720 ml wild rice, cooked
- 360 ml chickpeas, no added salt
- 960 ml peppers
- 0.5 medium red onion
- 2 cloves garlic
- 30 ml extra-virgin olive oil
- 1 each lemon
- 1 tsp fresh thyme
- 1 + 0.75 tsp smoked paprika + black pepper
- 180 ml fat-free Greek yoghurt
- 120 ml pumpkin seeds, unsalted



Directions:

1. Heat oven to 220°C/gas 7. Oil a baking tray with 5 ml oil. Mash chickpeas; mix with rice, 5 ml oil, lemon zest, 1/4 tsp pepper, 1/4 tsp thyme. Shape 4 rectangles; bake 12 min, flip; bake 8–10 min.
2. Heat 15 ml oil in a frying pan (medium-high). Season tofu with 1/2 tsp paprika + 1/4 tsp pepper. Sear 3–4 min each side until golden; transfer to a plate.
3. Add remaining 5 ml oil; fry peppers, onion and garlic 5–6 min until tender and browned.
4. Deglaze with 45 ml lemon juice + 30 ml water; scrape bits 30–60 sec. Return tofu; add remaining paprika + thyme; toss 1 min.
5. Off the heat, whisk yoghurt with 30 ml hot pan juices for a creamy sauce; add lemon to taste.
6. Toast pumpkin seeds on the baking tray for the last 2–3 min with the rice toasts.
7. Top each rice toast with peppers and tofu; spoon over yoghurt sauce; sprinkle seeds. Optional: 1/16 tsp salt per toast adds ~95 mg sodium.



Nutritional Information:

Calories: 545, Protein: 31g, Carbs: 59g, Fat: 22g, Fibre: 11g, Sodium: 170mg, Sugar: 10g



GREEK LEMON-OREGANO CHICKEN & POTATOES



Servings:
4



Prep:
15 min



Cook:
45 min



Ingredients:

- 900 g chicken thighs
- 675 g Yukon gold potatoes
- 1 ea red onion
- 6 ea garlic cloves
- 2 ea lemons
- 60 ml extra-virgin olive oil
- 2 tsp dried oregano
- 1.25 tsp coarse sea salt
- 0.5 tsp black pepper
- 120 ml chicken stock or water
- 30 ml fresh parsley



Directions:

1. Heat oven to 220°C/gas mark 7. Line a rimmed baking tray.
2. Cut potatoes into wedges; slice onion into thick wedges. Mince 2 garlic, crush 4.
3. On the tray, toss potatoes, onion and all garlic with 30 ml oil, 1 tsp oregano, 3/4 tsp salt and pepper.
4. Pat chicken dry; rub with 30 ml oil, 1 tsp oregano, 1/2 tsp salt. Nestle skin-side up among the veg.
5. Juice 1 lemon; mix with stock. Pour around (not over the skin). Roast 25 min.
6. Baste; roast 15–20 min more until thighs reach 80°C and potatoes are tender. Optional: grill 2–3 min to crisp.
7. Rest 5 min. Squeeze the 2nd lemon over; scatter parsley. Spoon over the pan juices to serve.



Nutritional Information:

Calories: 620, Protein: 32g, Carbs: 41g, Fat: 35g, Fibre: 5g, Sodium: 700mg, Sugar: 4g



SEARED CHICKEN, CARROT & BROWN RICE WRAPS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 675 g boneless, skinless chicken thighs
- 240 ml brown rice, uncooked
- 4 ea wholemeal tortillas (20 cm)
- 3 ea carrots, cut into matchsticks
- 1 ea pepper, sliced
- 120 ml fat-free Greek yoghurt
- 1 ea lemon
- 2 cloves garlic, finely chopped
- 15 ml fresh thyme, chopped
- 1.5 tsp smoked paprika
- 0.5 tsp black pepper
- 30 ml extra-virgin olive oil



Directions:

1. Cook rice: Rinse. Simmer in 480 ml water, covered, 30–35 min until tender; rest 5 min, fluff.
2. Make spread: Mix yoghurt, lemon zest, 15 ml juice, garlic, thyme, and 1/4 tsp pepper; set aside.
3. Heat 15 ml oil in a frying pan (medium-high). Toss carrots and pepper with 1/2 tsp paprika; sear 4–5 min; remove.
4. Pat thighs dry; season with 1 tsp paprika plus 1/4 tsp pepper. Add 15 ml oil; sear 4–5 min per side to 74°C. Rest; slice.
5. Warm tortillas in a dry frying pan 30–60 sec per side (or microwave 20–30 sec wrapped in a damp towel).
6. Assemble: Spread 30 ml yoghurt mix on each. Add 180 ml rice, seared veg, and sliced chicken. Squeeze over remaining lemon.
7. Roll tightly, tucking in the sides. Serve with extra thyme and lemon instead of salt.



Nutritional Information:

Calories: 610, Protein: 42g, Carbs: 65g, Fat: 20g, Fibre: 8g, Sodium: 460mg, Sugar: 7g



MEDITERRANEAN TURKEY BOX WITH COURGETTE & FARRO THINS



Servings:
4



Prep:
15 min



Cook:
40 min



Ingredients:

- 450 g turkey mince
- 960 ml courgette
- 180 ml farro
- 160 ml fat-free Greek yoghurt
- 480 ml grapes
- 120 ml almonds
- 10 ml extra-virgin olive oil
- olive oil spray
- 2 cloves garlic
- 1 lemon
- 2 tsp Italian seasoning (salt-free)
- 60 ml Parmesan



Directions:

1. Heat oven to 220°C/gas 7. Line a baking tray. Seal farro + 360 ml hot water + 5 ml oil + 1/2 tsp Italian seasoning in an aluminium foil packet; set on tray.
2. Mix turkey mince, 1 clove garlic, 1 tsp Italian seasoning, 1 tsp lemon zest, 5 ml oil. Form 16 meatballs; arrange on tray.
3. Mist courgette with oil spray, sprinkle 1/2 tsp Italian seasoning. Add grapes to a corner. Leave space for almonds.
4. Bake 15 min. Stir courgette, turn meatballs. Add almonds to tray. Bake 8–10 min more, to 74°C; set meat/veg/fruit/nuts aside.
5. Set aside 30 ml yoghurt. Stir remaining with garlic, 1 tsp lemon zest + 5 ml juice, a pinch of Italian seasoning. Chill.
6. Open farro; drain if needed. Mix with Parmesan + 30 ml yoghurt. Spoon 8–12 thin 7.5 cm rounds on tray; bake 12–15 min, flipping once, until crisp.
7. Portion 4 boxes: meatballs (4), courgette (~240 ml), grapes (120 ml), farro thins (2–3), almonds (30 ml), yoghurt dip. Finish with lemon; optional 1/16–1/8 tsp salt.



Nutritional Information:

Calories: 530, Protein: 36g, Carbs: 48g, Fat: 21g, Fibre: 8g, Sodium: 220mg, Sugar: 15g



CITRUS GRILLED SALMON, SWEET POTATO PASTA & GRAPE PARFAIT



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 450 g salmon fillets
- 360 g sweet potatoes
- 360 g green beans
- 240 g wholewheat pasta
- 25 ml extra-virgin olive oil
- 1 lemon
- 2 cloves garlic
- 1 tsp black pepper
- 15 ml fresh thyme leaves
- 240 ml fat-free Greek yoghurt
- 240 ml seedless grapes
- 60 ml unsalted pistachios



Directions:

1. Preheat grill to high. Boil water; cook pasta until al dente; drain, reserving 60 ml cooking water.
2. On a baking tray, toss sweet potatoes + green beans with 15 ml oil, garlic, thyme, pepper. Grill 8–10 min, stirring once.
3. Push veg aside; add salmon. Brush with 5 ml oil, lemon zest + 5 ml juice, and pepper. Grill 6–8 min to 52–54°C.
4. In a bowl, toss pasta with 5 ml oil, remaining lemon juice, splash pasta water; fold in half the veg.
5. Add grapes to tray; grill 2–3 min to blister. Layer 60 ml yoghurt + warm grapes + 15 ml chopped nuts in 4 small jars.
6. Plate pasta and remaining veg; top with salmon. Finish with a squeeze of lemon. Optional: tiny pinch of salt per plate (1/16–1/8 tsp).
7. Cool parfaits; cover for on-the-go. Refrigerate up to 3 days. Serve alongside dinner or save for breakfast.



Nutritional Information:

Calories: 700, Protein: 41g, Carbs: 77g, Fat: 24g, Fibre: 12g, Sodium: 180mg, Sugar: 15g



SMOKY CITRUS PRAWN PARCELS WITH BARLEY & GREEN BEANS



Servings:
4



Prep:
15 min



Cook:
45 min



Ingredients:

- 200 g hulled barley (wholegrain)
- 450 g prawns, peeled and deveined
- 360 g green beans, trimmed
- 240 ml cherry tomatoes, halved
- 45 ml extra-virgin olive oil
- 1 each lemon
- 3 cloves garlic, finely chopped
- 15 ml fresh thyme, chopped
- 1 tsp smoked paprika
- 1/2 tsp black pepper
- 1/4 tsp chilli flakes
- 85 g unsalted flaked almonds



Directions:

1. Rinse barley. Boil 780 ml water; add barley. Simmer covered 40–45 min until tender; rest 5 min off the heat.
2. Heat oven to 220°C/gas mark 7. Cut four 30 x 40 cm sheets of baking paper; place on a baking tray.
3. Whisk oil, lemon zest/juice, garlic, thyme, paprika, pepper, chilli flakes. Toss prawns; marinate 10 min.
4. Divide green beans and tomatoes on the baking paper. Top with prawns; spoon marinade over each.
5. Fold and crimp to seal tightly. Bake 12–14 min until prawns are opaque and beans are crisp-tender.
6. Fluff barley; divide among 4 bowls.
7. Open parcels over the barley; pour over the juices. Top with almonds and a squeeze of lemon. Optional tiny pinch salt (1/16–1/8 tsp).



Nutritional Information:

Calories: 465, Protein: 32g, Carbs: 49g, Fat: 16g, Fibre: 12g, Sodium: 300mg, Sugar: 5g



LEMON-OREGANO COD WITH CAULIFLOWER BULGUR (FRYING PAN)



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 565 g cod fillets, skinless
- 240 ml bulgur (dry)
- 960 ml cauliflower florets
- 1 (450 g) can chickpeas, no added salt
- 600 ml low-salt stock (veg or chicken)
- 120 ml fat-free Greek yoghurt
- 1 medium + 3 each/cloves onion & garlic
- 40 ml extra-virgin olive oil
- 1 each lemon
- 1.5 tsp dried oregano (salt-free)
- 0.75 tsp black pepper
- 80 ml unsalted almonds, chopped



Directions:

1. Pat cod dry; toss with lemon zest, 1/2 tsp oregano, 1/4 tsp pepper, and 5 ml oil. Set aside.
2. Heat 25 ml oil in a 30 cm frying pan on medium-high. Stir-fry onion 1 min, add cauliflower; cook 5–6 min until edges brown.
3. Add garlic; stir-fry for 30 seconds. Stir in remaining oregano and pepper.
4. Stir in bulgur; cook 1 min. Add stock and rinsed chickpeas; bring to a lively simmer.
5. Nest cod over grains; cover. Reduce heat; cook 6–8 min until cod flakes and bulgur is tender. Remove from the heat.
6. Whisk yoghurt with 30 ml lemon juice and 60 ml hot pan liquid; fold into the frying pan to coat. Do not boil.
7. Top with almonds; add more lemon and pepper instead of salt. Rest 2 min, then serve.



Nutritional Information:

Calories: 530, Protein: 41g, Carbs: 58g, Fat: 16g, Fibre: 12g, Sodium: 250mg, Sugar: 6g



LEMON-THYME TEMPEH PLATTER WITH ROASTED SQUASH



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 600 g tempeh
- 450 g yellow squash
- 720 ml mixed vegetables
- 180 ml wholegrain polenta (unsalted)
- 30 ml extra-virgin olive oil
- 3 cloves garlic
- 1 lemon
- 2 tsp fresh thyme
- 1 tsp smoked paprika
- 0.75 tsp black pepper
- 180 ml fat-free Greek yoghurt



Directions:

1. Preheat oven to 220°C/gas mark 7. On a baking tray, toss tempeh, squash and mixed veg with 25 ml oil, paprika, 2 minced garlic cloves, lemon zest and 1/2 tsp pepper.
2. Spread in a single layer. Roast 15 min; turn tempeh/veg. Roast 8–10 min more until browned and squash tender.
3. While roasting, bring 720 ml water to the boil. Whisk in 180 ml wholegrain polenta; reduce the heat; simmer 12–15 min, stirring, until creamy. Cover to keep warm.
4. Stir yoghurt, 15 ml lemon juice, 1 minced garlic clove, 1 tsp thyme and 1/4 tsp pepper. Loosen with 5–10 ml water if needed.
5. Spread hot polenta on a warm platter. Top with roasted squash and tempeh; arrange the remaining veg around.
6. Drizzle lemon-thyme yoghurt. Finish with extra thyme and lemon wedges. Optional: a tiny pinch of salt (1/16–1/8 tsp) to taste; increases salt content.



Nutritional Information:

Calories: 560, Protein: 36g, Carbs: 54g, Fat: 22g, Fibre: 12g, Sodium: 150mg, Sugar: 7g



LEMON-PARSLEY FRYING PAN WITH CRISPY CHICKPEAS & TOMATOES



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 2 450g tins chickpeas, no added salt
- 450 g tofu, extra-firm
- 600 ml cherry tomatoes
- 3 cloves garlic
- 30 ml extra-virgin olive oil
- 1 tsp smoked paprika
- 1 tsp cumin
- 1/2 tsp black pepper
- 240 ml quinoa
- 1 lemon
- 80 ml fresh parsley



Directions:

1. Heat oven to 220°C/gas mark 7. Rinse quinoa. Drain chickpeas; rinse for 30 sec to cut sodium 30–40%. Pat dry. Press tofu dry; cut into 2.5cm cubes.
2. Cook the quinoa: Boil 480 ml water. Stir in quinoa; cover and simmer for 15 min. Off the heat for 5 min, then fluff.
3. Heat 15 ml oil in a 30cm ovenproof frying pan over medium-high heat. Add tofu and chickpeas; season with paprika, cumin and pepper. Sear for 5–6 min until crisp.
4. Add tomatoes and garlic; drizzle 15 ml oil and toss. Transfer the pan to the oven; roast for 12–15 min until the tomatoes blister.
5. Off the heat, add lemon juice and parsley; toss. Optional: 1/16–1/8 tsp kosher salt per serving at the table (raises sodium).
6. Spoon the quinoa into 4 bowls. Top with the chickpea–tomato mix and pan juices. Serve with lemon wedges.



Nutritional Information:

Calories: 545, Protein: 29g, Carbs: 68g, Fat: 18g, Fibre: 14g, Sodium: 160mg, Sugar: 10g



SMOKY BLACK BEAN & POTATO TRAYBAKE BOWLS



Servings:
4



Prep:
15 min



Cook:
40 min



Ingredients:

- 160 ml brown rice
- 900 g black beans, no added salt
- 360 g extra-firm tofu
- 360 g potatoes
- 960 ml mixed peppers and red onion
- 3 cloves garlic
- 45 ml extra-virgin olive oil
- 1.5 tsp cumin
- 1 tsp smoked paprika
- 1/2 tsp black pepper
- 240 ml fat-free Greek yoghurt
- 1 ea lemon



Directions:

1. Heat oven to 220°C/gas 7. In a saucepan, combine 160 ml rice and 320 ml water; bring to the boil, cover, then simmer for 35–40 min.
2. On a baking tray, toss potatoes with 15 ml oil, 1/2 tsp cumin, 1/4 tsp smoked paprika and 1/4 tsp pepper. Roast for 15 min.
3. Meanwhile, cube the tofu; drain and pat dry. Rinse and drain the beans for 30 sec.
4. Add peppers, onion, beans, tofu, 30 ml oil, remaining cumin, paprika, 1/4 tsp pepper and 2 finely chopped garlic cloves; toss to coat.
5. Roast for 12–15 min more until potatoes are tender and edges are lightly charred. Rest for 3 min.
6. Whisk the yoghurt with lemon zest, 30 ml juice and 1 finely chopped garlic clove; thin with 5–15 ml water to drizzle.
7. Build bowls: 120 ml rice, pile on roasted potatoes, veg, beans and tofu. Drizzle with sauce, squeeze lemon. Optional 1/16–1/8 tsp salt per bowl increases salt.



Nutritional Information:

Calories: 580, Protein: 27g, Carbs: 78g, Fat: 16g, Fibre: 15g, Sodium: 360mg, Sugar: 7g



CITRUS-OREGANO PORK OVER FARRO & BRUSSELS SALAD



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 450 g pork fillet
- 240 ml farro
- 450 g Brussels sprouts
- 1 medium red pepper
- 240 ml cherry tomatoes
- 3 cloves garlic
- 1 lemon
- 60 ml extra-virgin olive oil
- 1 tsp smoked paprika
- 1 tsp oregano
- 1 tsp black pepper
- 1/4 tsp chilli flakes



Directions:

1. Heat oven to 220°C/gas mark 7. Boil farro in 720 ml unsalted water until tender, 20–25 min; drain.
2. In a bowl, mix 15 ml oil, lemon zest + 15 ml juice, 2 minced garlic cloves, paprika, oregano, pepper, flakes. Coat pork; marinate 15 min.
3. Halve most sprouts (reserve 240 ml thinly sliced), dice pepper, halve tomatoes.
4. On a baking tray, toss halved sprouts + pepper with 15 ml oil and 1 minced garlic clove. Roast 10 min.
5. Sear pork in a hot frying pan for 2–3 min per side. Move to the baking tray, pushing veg aside; roast 10–12 min more to 63°C. Rest 5 min.
6. Whisk 30 ml oil with 30 ml lemon juice + a pinch of pepper. Toss warm farro, thinly sliced sprouts, tomatoes with half the vinaigrette.
7. Slice pork. Mound farro salad on plates; top with roasted veg and pork. Drizzle remaining vinaigrette. Optional: 1/16–1/8 tsp salt per serving.



Nutritional Information:

Calories: 480, Protein: 32g, Carbs: 48g, Fat: 18g, Fibre: 11g, Sodium: 260mg, Sugar: 5g



LEMON-GRILLED TURKEY MEATBALLS, BARLEY & ONIONS



Servings:
4



Prep:
15 min



Cook:
45 min



Ingredients:

- 565 g turkey meatballs
- 240 ml hulled barley
- 2 medium brown onions
- 960 ml broccoli florets
- 3 cloves garlic
- 45 ml extra-virgin olive oil
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1/2 tsp black pepper
- 1 large lemon
- 15 ml fresh thyme



Directions:

1. Cook barley: Boil 720 ml water. Add barley; simmer covered 40–45 min until chewy. Drain; keep warm.
2. Position rack 15 cm from the grill; heat the grill. In a grill-safe 30 cm frying pan, toss onions & broccoli with 30 ml oil, paprika, cumin, pepper.
3. Nestle meatballs among the veg; grill 6 min. Turn meatballs, toss veg; grill 5–6 min more, to 74°C.
4. Move frying pan to the hob (medium heat). Add 15 ml oil & garlic; sauté 1 min until fragrant.
5. Add lemon zest & 45 ml juice and thyme; toss. Optional: 1/16–1/8 tsp salt to taste (adds sodium).
6. Spoon barley into bowls; top with meatballs, onions & broccoli. Drizzle pan juices; add extra lemon if desired.
7. Serve hot; grind more pepper to finish.



Nutritional Information:

Calories: 520, Protein: 36g, Carbs: 47g, Fat: 20g, Fibre: 11g, Sodium: 200mg, Sugar: 5g



SEAFOOD MAINS





CHARRED CAULIFLOWER FARRO WITH GRILLED MAHI-MAHI



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 565 g mahi-mahi fillets
- 1440 ml cauliflower florets
- 960 ml cooked farro
- 3 cloves garlic
- 1 large lemon
- 45 ml extra-virgin olive oil
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 3/4 tsp black pepper
- 60 ml fresh parsley
- 80 ml unsalted almonds



Directions:

1. Cook farro: Boil 300 ml dry farro in 960 ml water (no salt) 20–25 min; drain. Keep warm.
2. Heat grill to High, shelf 15 cm from heat. Line a rimmed baking tray; lightly brush with oil (from the 45 ml).
3. On tray, toss cauliflower with 15 ml oil, half the garlic, paprika, cumin, and 1/4 tsp pepper. Grill 8–10 min, tossing once.
4. Push veg to sides. Pat mahi-mahi dry; rub with 15 ml oil and 1/4 tsp pepper plus a pinch paprika. Grill 5–7 min, to 60°C and flaky.
5. Add cooked farro to tray with remaining garlic, 15 ml oil, and 30–45 ml lemon juice; toss with cauliflower. Grill 1–2 min to warm.
6. Off heat, fold in parsley, almonds, and lemon zest. Serve fish over the farro–cauliflower.
7. Optional: finish each plate with 1/16–1/8 tsp kosher salt or extra lemon. 1/8 tsp adds ~290 mg sodium.



Nutritional Information:

Calories: 560, Protein: 37g, Carbs: 56g, Fat: 18g, Fibre: 9g, Sodium: 270mg, Sugar: 3g



LEMON-DILL CLAM AND SUGAR SNAP PEA RICE BAKE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1.8 kg littleneck clams, scrubbed
- 960 ml brown rice, cooked
- 960 ml sugar snap peas & kale
- 240 ml low-salt vegetable stock
- 180 ml low-fat plain yoghurt
- 40 ml extra-virgin olive oil
- 1 medium shallot, thinly sliced
- 2 cloves garlic, finely chopped
- 1 lemon (zest and juice)
- 60 ml fresh dill, chopped
- 3/4 tsp black pepper
- 30 ml pine nuts, toasted (optional)



Directions:

1. Preheat the oven to 200°C/gas mark 6. Lightly oil a 33 x 23 cm baking dish.
2. In the dish, toss the rice, kale, shallot, garlic, 15 ml oil, and 120 ml stock. Spread evenly.
3. Nest the clams over the rice. Drizzle over 20 ml oil. Cover tightly with aluminium foil; bake for 18–20 min until most open.
4. Whisk the yoghurt, remaining 120 ml warm stock, lemon zest and 30 ml juice, dill, and pepper in a bowl.
5. Discard any unopened clams. Add the sugar snap peas; pour the yoghurt sauce over the rice. Gently fold to coat.
6. Bake uncovered for 5–6 min until the peas are bright and the sauce steams (do not boil).
7. Top with pine nuts; rest 5 min. Squeeze lemon. Taste; add 1/16–1/8 tsp salt if needed (raises sodium).



Nutritional Information:

Calories: 520, Protein: 33g, Carbs: 60g, Fat: 15g, Fibre: 8g, Sodium: 360mg, Sugar: 7g



FRYING-PAN SEARED SALMON WITH TRAY-BAKED COURGETTE & RICE



Servings:
4



Prep:
15 min



Cook:
40 min



Ingredients:

- 565 g salmon fillets, skin-on
- 320 ml brown rice
- 2 medium courgettes
- 960 ml broccoli florets
- 240 ml cherry tomatoes
- 3 cloves garlic
- 1 lemon
- 25 ml extra-virgin olive oil
- 60 ml fresh dill and parsley
- 1.5 tsp smoked paprika and black pepper



Directions:

1. Rinse the rice. Boil 640 ml water; add rice, cover, reduce the heat; simmer 40–45 min. Off the heat 5 min; fluff.
2. Heat oven to 220°C/gas mark 7. On a baking tray, toss broccoli, courgettes, tomatoes with 15 ml oil, garlic, half the paprika and pepper. Roast 12 min.
3. Pat salmon dry; rub with 10 ml oil and remaining paprika and pepper. Heat a frying pan over medium-high; sear skin-side down 3–4 min, then 1–2 min flesh-side.
4. Nest the salmon among the veg on the tray; roast 6–8 min, until the fish flakes (52–54°C) and the veg are browned.
5. Mix lemon zest and juice with chopped dill and parsley. Spoon over the hot salmon and vegetables.
6. Serve about 240 ml cooked brown rice per plate; top with salmon and roasted vegetables. Drizzle over the pan juices and lemon-herb mix.



Nutritional Information:

Calories: 600, Protein: 37g, Carbs: 55g, Fat: 25g, Fibre: 7g, Sodium: 190mg, Sugar: 5g



CITRUS HERB COD QUINOA BOWLS WITH ROASTED BROCCOLI



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 565 g cod fillets, skinless
- 320 ml quinoa, dry
- 1200 ml broccoli florets
- 480 ml cherry tomatoes
- 160 ml low-fat natural yoghurt
- 40 ml extra-virgin olive oil
- 1 lemon
- 3 cloves garlic
- 120 ml fresh dill and parsley
- paprika, cumin and black pepper
- 120 ml almonds, flaked, unsalted



Directions:

1. Heat oven to 220°C/gas 7. Rinse quinoa. Boil 640 ml water; add quinoa, cover, simmer 15 mins. Off the heat 5 mins; fluff.
2. On a baking tray, toss broccoli+tomatoes with 15 ml oil, half the garlic and half the spice mix. Spread out.
3. Pat the cod dry. Rub with 15 ml oil, remaining garlic, remaining spices and lemon zest. Nestle on the tray with veg. Bake 12–15 mins to 63°C; add almonds for last 3 mins to toast.
4. Sauce: whisk yoghurt, 10 ml oil, 30 ml lemon juice and half the herbs. Thin with 5–10 ml water if needed; black pepper to taste.
5. Fluff the quinoa; fold in the remaining herbs and a squeeze of lemon.
6. Build bowls: 240 ml quinoa each; add roasted veg and flaked cod. Drizzle over sauce; top with almonds. Optional tiny pinch of salt for the batch (+~70 mg per serving if 1/8 tsp total).



Nutritional Information:

Calories: 555, Protein: 41g, Carbs: 54g, Fat: 20g, Fibre: 10g, Sodium: 230mg, Sugar: 8g



POACHED HALIBUT, SPINACH-FARRO SALAD & LEMON VINAIGRETTE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 565 g halibut fillets
- 240 ml farro
- 1440 ml baby spinach
- 240 ml cherry tomatoes
- 1 medium pepper
- 1 small bulb fennel
- 2 each spring onions
- 1 large lemon
- 60 ml extra-virgin olive oil
- 1 clove garlic
- 60 ml fresh dill & parsley
- 1/2 tsp black pepper



Directions:

1. Simmer the farro in 720 ml water until tender, 20–25 mins; drain well and cool 5 mins.
2. Whisk lemon zest/45 ml juice, 60 ml oil, 1/2 minced garlic, 30 ml herbs, 1/4 tsp pepper.
3. In a wide frying pan, add 2.5 cm water, 4 lemon slices, smashed garlic and fennel fronds; bring to a bare simmer.
4. Slide in the halibut; cover, barely simmer 7–10 mins to 54–57°C. Lift out; rest 2 mins.
5. Combine spinach, warm farro, tomatoes, pepper, fennel and spring onions; toss with half the vinaigrette.
6. Divide the salad; top with halibut. Spoon over the remaining vinaigrette; finish with herbs and pepper; serve with extra lemon.



Nutritional Information:

Calories: 500, Protein: 38g, Carbs: 50g, Fat: 17g, Fibre: 9g, Sodium: 230mg, Sugar: 6g



LEMON-DILL TILAPIA PARCELS WITH LEEK AND BARLEY PILAF



Servings:
4



Prep:
15 min



Cook:
40 min



Ingredients:

- 565 g tilapia fillets
- 2 large leeks
- 240 ml cherry tomatoes
- 2 cloves garlic
- 1 lemon
- 30 ml fresh dill
- 30 ml fresh parsley
- 40 ml extra-virgin olive oil
- 120 ml barley
- 120 ml quinoa
- 80 ml unsalted almonds
- 3/4 tsp black pepper



Directions:

1. Heat oven to 200°C/gas mark 6. In a saucepan, boil 600 ml water. Add barley; simmer 10 min. Stir in quinoa, cover; simmer 15 min. Off the heat 5 min.
2. In a frying pan, toast almonds 2 min; set aside. Add 10 ml oil; sauté leeks and garlic 4–5 min. Add tomatoes, 5 ml oil and 1/4 tsp pepper; cook 2 min.
3. Cut 4 sheets baking paper (30 x 40 cm). Mound leek-tomato mix in centres. Top with tilapia. Add half the dill, 1/2 tsp pepper, 5 ml oil per fillet, and lemon slices.
4. Fold into tight parcels. Set on a baking tray; bake 12–14 min until the fish flakes easily.
5. Fluff grains; stir in 5 ml oil, lemon zest, half the parsley and remaining dill, plus 1/4 tsp pepper.
6. Open parcels carefully. Squeeze lemon over the fish; sprinkle remaining parsley.
7. Spoon barley-quinoa onto plates. Top with the fish and vegetables; scatter almonds.



Nutritional Information:

Calories: 520, Protein: 37g, Carbs: 52g, Fat: 19g, Fibre: 7.5g, Sodium: 230mg, Sugar: 5g



CITRUS-HERB MAHI-MAHI EN PAPILOTE PLATTER



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 565 g mahi-mahi fillets
- 360 g green beans
- 240 ml cherry tomatoes
- 300 ml farro
- 1 ea lemon
- 2 cloves garlic
- 60 ml fresh parsley
- 30 ml fresh dill
- 120 ml low-fat plain yoghurt
- 45 ml olive oil
- 1 tsp each black pepper + smoked paprika
- 60 ml sliced almonds



Directions:

1. Heat oven to 200°C/gas mark 6. Toast almonds on a baking tray for 4–5 min; set aside. Cook farro in unsalted water until tender, 20–25 min; drain.
2. In a small bowl, mix yoghurt, half the lemon zest and juice, half the garlic, 15 ml parsley, 15 ml dill. Chill.
3. Cut 4 sheets of baking paper. Toss beans and tomatoes with 15 ml oil, 1/2 tsp pepper, 1/2 tsp paprika, remaining garlic. Divide among the papers.
4. Top each with mahi-mahi; season with remaining pepper and paprika. Add a squeeze of lemon and a scatter of herbs; drizzle 15 ml oil total.
5. Fold packets to seal (en papillote). Bake on a baking tray for 12–15 min, until the fish flakes (57–60°C). Rest 2 min; open and reserve juices.
6. Toss farro with remaining zest and juice, remaining herbs, 15 ml oil, and the packet juices. Spread on a large platter.
7. Thick-slice the fish; arrange over the farro with the vegetables. Drizzle the yoghurt sauce; sprinkle almonds. Optional 1/16–1/8 tsp salt to finish (raises sodium).



Nutritional Information:

Calories: 507, Protein: 38g, Carbs: 52g, Fat: 16g, Fibre: 10g, Sodium: 260mg, Sugar: 6g



ROASTED TOMATO TUNA WRAPS WITH WILD RICE & DILL YOGHURT



Servings:
4



Prep:
15 min



Cook:
35 min



Ingredients:

- 450 g fresh tuna steaks
- 480 ml cherry tomatoes
- 240 ml wild rice
- 120 ml low-fat plain yoghurt
- 1 ea lemon
- 1 clove garlic
- 30 ml fresh dill
- 10 ml extra-virgin olive oil
- 1 tsp black pepper
- 4 ea wholemeal tortillas
- 1 ea avocado
- 960 ml baby spinach



Directions:

1. Cook rice: Rinse 240 ml wild rice; simmer in 720 ml water, covered, 35–45 min until tender; drain well.
2. Heat oven to 220°C/gas mark 7. Toss tomatoes with 5 ml oil, 1/8 tsp pepper; spread on a baking tray; bake 12–15 min until blistered.
3. Push tomatoes aside. Brush tuna with 5 ml oil; season with 1/4 tsp pepper. Bake 8–12 min to 52–54°C; rest 5 min; slice or flake.
4. Stir yoghurt, lemon zest (1 tsp) and 10 ml juice, grated garlic, dill, a pinch of pepper; optional 1/16–1/8 tsp salt.
5. Warm tortillas on the oven shelf 2–3 min.
6. Assemble each: spread 30 ml yoghurt; layer 240 ml spinach, 180 ml cooked rice, tuna and roasted tomatoes; add avocado.
7. Roll snugly; halve. Finish with a squeeze of lemon and pepper; skip extra salt.



Nutritional Information:

Calories: 490, Protein: 34g, Carbs: 56g, Fat: 13g, Fibre: 9g, Sodium: 360mg, Sugar: 5g



SPRING PRAWN POACH BOX WITH BULGUR THINS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 450 g prawns, raw, peeled and deveined
- 240 ml bulgur wheat, dry
- 450 g asparagus
- 180 ml low-fat plain yoghurt
- 1 lemon
- 2 cloves garlic
- 60 ml fresh dill
- 10 ml extra-virgin olive oil
- 1/2 tsp black pepper
- 2 oranges
- 120 ml unsalted almonds



Directions:

1. Preheat oven to 200°C/gas mark 6. In a large saucepan, simmer 1,920 ml water with 3–4 lemon slices and 1 crushed garlic clove.
2. Add prawns; poach 2–3 min until pink. Lift out with a slotted spoon; chill.
3. Poach asparagus 2–3 min until crisp-tender; lift out. Reserve 480 ml hot liquid.
4. In a bowl, add bulgur; pour in 480 ml hot liquid. Cover 10 min; fluff with 5 ml oil, lemon zest, 30 ml dill, 1/4 tsp pepper.
5. Brush a baking tray with 5 ml oil. Spread 240 ml cooked bulgur thinly; score into squares. Bake 14–16 min until golden and crisp; cool, break.
6. Stir yoghurt with 15 ml lemon juice, 1 minced garlic clove, 15 ml dill, 1/4 tsp pepper.
7. Assemble 4 boxes: 120 g prawns, asparagus, orange segments, bulgur thins, 30 ml almonds, 30 ml dip. Finish with lemon; tiny salt pinch optional.



Nutritional Information:

Calories: 455, Protein: 37g, Carbs: 47g, Fat: 13g, Fibre: 13g, Sodium: 240mg, Sugar: 11g



LEMON-DILL CRAB ON QUINOA TOASTS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 320 ml quinoa, dry
- 960 ml peppers, diced
- 450 g white crab meat
- 45 ml low-fat plain yoghurt
- 60 ml reduced-fat Parmesan, grated
- 1 each lemon
- 2 cloves garlic
- 60 ml fresh dill and parsley
- 45 ml olive oil
- to taste black pepper + chilli flakes
- 1 each bay leaf
- 30 ml sesame seeds



Directions:

1. Rinse quinoa. Simmer with 640 ml water, covered, 15 min; rest 5. Fluff. Reserve 240 ml for peppers; 720 ml for toasts. Heat oven to 220°C/gas 7.
2. Mix 720 ml quinoa with yoghurt, Parmesan, 15 ml oil, 15 ml herbs, and black pepper. Press 8 thin ovals (~8x10 cm) on an oiled baking tray. Bake 10 min, turn, bake 4–6 min more to crisp.
3. Heat 15 ml oil in a frying pan. Fry peppers 8–10 min until tender; add minced garlic 1 min. Stir in reserved 240 ml quinoa, sesame, lemon zest, chilli flakes, and 15 ml herbs. Keep warm.
4. For poaching: In a wide pan, simmer 720 ml water with bay, lemon slices (from 1/2 lemon) and smashed garlic 5 min. Add crab; poach 2–3 min just to warm. Drain well.
5. Toss warm crab with 5 ml oil and 15 ml lemon juice. Season with pepper (optional fine salt 1/8 tsp total; raises sodium).
6. Set 2 quinoa toasts per plate. Spoon pepper-quinoa over toasts, top with crab. Drizzle remaining 10 ml oil and a squeeze of lemon. Finish with herbs and pepper.



Nutritional Information:

Calories: 505, Protein: 33g, Carbs: 51g, Fat: 19g, Fibre: 8g, Sodium: 540mg, Sugar: 8g



HERBED SCALLOPS EN PAPILOTE WITH KALE & WHOLEMEAL PASTA



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 565 g dry sea scallops
- 240 g wholemeal pasta
- 960 ml kale
- 480 ml cherry tomatoes
- 80 ml shallot
- 3 cloves garlic
- 1 whole lemon
- 60 ml fresh parsley
- 45 ml extra-virgin olive oil
- 3/4 tsp black pepper
- 1/4 tsp chilli flakes
- 60 ml unsalted almonds



Directions:

1. Heat the oven to 220°C/gas mark 7. Bring a saucepan of unsalted water to the boil. Cut 4 sheets of baking paper (30x40 cm).
2. Cook the pasta 2 min shy of al dente; drain. Toss with 15 ml oil, half the lemon zest and the tomatoes.
3. Toss the kale with 15 ml oil and black pepper; massage 30 secs. Pat the scallops dry; toss with garlic, shallot, remaining zest and the chilli flakes.
4. Assemble 4 packets: centre 240 ml kale and 240 ml pasta on each sheet. Top with about 150 g scallops and juices; add a lemon wedge.
5. Fold and crimp the edges to seal tightly. Place the packets on a baking tray.
6. Bake for 12–14 mins until the scallops are opaque and springy. Rest 2 mins. Open carefully; toss; sprinkle over the parsley and almonds.
7. Finish with lemon. Optional: 1/16–1/8 tsp fine salt per serving (increases sodium); prefer lemon over salt for DASH.



Nutritional Information:

Calories: 520, Protein: 35g, Carbs: 55g, Fat: 17g, Fibre: 10g, Sodium: 280mg, Sugar: 6g



CHARRED CAULIFLOWER FARRO WITH GRILLED MAHI-MAHI



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 565 g mahi-mahi fillets
- 1440 ml cauliflower florets
- 960 ml cooked farro
- 3 cloves garlic
- 1 large lemon
- 45 ml extra-virgin olive oil
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 3/4 tsp black pepper
- 60 ml fresh parsley
- 80 ml unsalted almonds



Directions:

1. Cook farro: Boil 300 ml dry farro in 960 ml water (no salt) 20–25 min; drain. Keep warm.
2. Heat the grill to high, shelf 15 cm from the heat. Line a rimmed baking tray; lightly brush with oil (from the 45 ml).
3. On the tray, toss cauliflower with 15 ml oil, half the garlic, paprika, cumin, and 1/4 tsp pepper. Grill 8–10 min, tossing once.
4. Push veg to the sides. Pat mahi-mahi dry; rub with 15 ml oil and 1/4 tsp pepper plus a pinch paprika. Grill 5–7 min, to 60°C and flaky.
5. Add cooked farro to the tray with remaining garlic, 15 ml oil, and 30–45 ml lemon juice; toss with cauliflower. Grill 1–2 min to warm.
6. Off the heat, fold in parsley, almonds, and lemon zest. Serve fish over the farro–cauliflower.
7. Optional: finish each plate with 1/16–1/8 tsp kosher salt or extra lemon. 1/8 tsp adds ~290 mg sodium.



Nutritional Information:

Calories: 560, Protein: 37g, Carbs: 56g, Fat: 18g, Fibre: 9g, Sodium: 270mg, Sugar: 3g

A close-up photograph of a bowl filled with a healthy meal. The dish features several pieces of roasted chicken with a golden-brown, slightly charred skin. The chicken is served over a bed of cooked quinoa and fresh green spinach leaves. Sliced orange and red bell peppers are scattered throughout the dish. A thick, white, creamy sauce is drizzled over the chicken and vegetables in a zig-zag pattern. The bowl itself is a light-colored, textured ceramic or stone bowl.

POULTRY DISHES



CITRUS-HERB CHICKEN COURGETTE PACKETS, WARM TORTILLAS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 450 g chicken mince
- 2 medium courgette, thinly sliced
- 1 small onion, thinly sliced
- 2 cloves garlic, finely chopped
- 1 lemon
- 30 ml extra-virgin olive oil
- 1 tsp cumin
- 1 tsp smoked paprika
- 1 tsp oregano, dried
- 1/2 tsp black pepper
- 120 ml low-fat natural yoghurt
- 8 wholemeal tortillas (15 cm)



Directions:

1. Heat the grill or a griddle pan to medium-high; preheat the oven to 200°C/gas 6. Cut 4 sheets of baking paper (30x40 cm).
2. In a bowl, mix the chicken, 15 ml oil, garlic, cumin, paprika, oregano, pepper and lemon zest.
3. Form 4 thin patties. Grill 2–3 min per side to sear. Warm tortillas on the grill 30 sec per side; wrap to keep soft.
4. On each sheet of baking paper, mound the courgette and onion; top with a patty. Drizzle with 15 ml oil and divide the lemon juice.
5. Fold packets tightly to seal. Set on a baking tray; bake 12–14 min, until the chicken reaches 74°C and veg are tender.
6. Stir the yoghurt with 5 ml lemon juice and a pinch of pepper; thin with 5–10 ml water if needed.
7. Serve packets with 2 tortillas each. Open, spoon over the yoghurt sauce, add extra lemon; optional 1/16–1/8 tsp salt increases sodium.



Nutritional Information:

Calories: 540, Protein: 33g, Carbs: 55g, Fat: 22g, Fibre: 8g, Sodium: 560mg, Sugar: 7g



CITRUS-THYME CHICKEN WITH ROASTED BROCCOLI & BROWN RICE



Servings:
4



Prep:
15 min



Cook:
40 min



Ingredients:

- 565 g chicken breast
- 1440 ml broccoli florets
- 300 ml brown rice
- 60 ml extra-virgin olive oil
- 3 cloves garlic
- 1 lemon
- 1 tsp black pepper
- 1 tsp smoked paprika
- 1 tsp dried oregano
- 30 ml fresh thyme leaves



Directions:

1. Rinse the rice. Boil 600ml water; add rice, simmer covered 35–40 min until tender. Keep warm.
2. Put a baking tray in the oven; heat to 220°C/gas mark 7. Heat the grill or a griddle pan to medium-high.
3. Whisk the oil, garlic, lemon zest and juice, pepper, paprika and oregano. Toss chicken with half; toss broccoli with the rest.
4. Grill the chicken 2–3 min per side for a good char (not cooked through).
5. Spread broccoli on the hot tray; nestle chicken on top. Roast 10–12 min, to 74°C internal temperature and crisp-tender.
6. Rest 5 min. Finish with extra lemon and sprinkle fresh thyme. Optional: 1/16–1/8 tsp sea salt; sodium increases.
7. Fluff the rice. Serve bowls with about 240ml rice, chicken, broccoli and the pan juices.



Nutritional Information:

Calories: 540, Protein: 40g, Carbs: 52g, Fat: 19g, Fibre: 7g, Sodium: 200mg, Sugar: 3g



MEDITERRANEAN CHICKEN THIGH QUINOA BOWL



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 450 g skinless chicken thighs
- 240 ml quinoa
- 2 medium onions
- 2 medium peppers
- 960 ml baby spinach
- 3 cloves garlic
- 30 ml extra-virgin olive oil
- 1 each lemon
- 120 ml low-fat plain yoghurt
- 1 tsp each smoked paprika & cumin
- 1 tsp dried oregano
- 1/2 tsp black pepper



Directions:

1. Rinse quinoa; simmer in 480 ml water until tender, 15 min. Cover 5 min, fluff.
2. Heat 15 ml oil in a frying pan (medium-high). Sauté onions & peppers until softened and browned, 6–8 min. Transfer to a bowl.
3. Toss chicken with 15 ml oil, paprika, cumin, oregano, garlic, lemon zest, black pepper.
4. Sauté chicken in the same frying pan until browned and cooked through (74°C), 6–8 min.
5. Return onions & peppers; add spinach; toss to wilt, 1–2 min. Squeeze in 15 ml lemon juice.
6. Whisk yoghurt with 15 ml lemon juice + 15–30 ml water to drizzle; pepper to taste.
7. Layer bowls: 180 ml quinoa, top chicken and veg (onions on top), drizzle 30 ml sauce. Finish with lemon. Optional 1/16–1/8 tsp salt; adds sodium.



Nutritional Information:

Calories: 480, Protein: 33g, Carbs: 48g, Fat: 17g, Fibre: 8g, Sodium: 260mg, Sugar: 8g



BRAISED TURKEY & CARROT BULGUR SALAD WITH LEMON



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 450 g turkey mince (lean, 93%+)
- 480 ml bulgur
- 480 ml carrots
- 240 ml onion
- 3 cloves garlic
- 480 ml tomatoes
- 30 ml olive oil
- 1 tsp black pepper
- 1 1/2 tsp ground cumin and smoked paprika
- 1 tsp dried oregano
- 1440 ml spinach and kale
- 1 lemon



Directions:

1. Whisk 30 ml lemon juice and zest, 15 ml oil, 1 minced garlic clove, 1/4 tsp pepper, 1/2 tsp oregano. Set the vinaigrette aside.
2. Toss the spinach and kale with 1 tsp vinaigrette; divide between 4 plates as a base. Reserve the rest of the vinaigrette.
3. Heat 15 ml oil in a lidded frying pan or Dutch oven over medium-high heat. Add the turkey; cook 3–4 min, breaking it up, until lightly browned.
4. Add the carrots, onion, 2 minced garlic cloves, cumin, smoked paprika, 3/4 tsp pepper and 1/2 tsp oregano. Cook 2 min to bloom the spices.
5. Stir in 360 ml tomatoes and 960 ml water. Bring to the boil. Add the bulgur; submerge. Reduce the heat, cover and braise for 12 min.
6. Off the heat, keep covered for 5 min. Fluff. Stir in 15 ml lemon juice; loosen with a splash of water if needed.
7. Spoon the hot turkey–carrot bulgur over the greens; top with the remaining 120 ml tomatoes; drizzle with vinaigrette. Brighten with lemon; optional tiny pinch of salt (1/16 tsp per serving).



Nutritional Information:

Calories: 550, Protein: 33g, Carbs: 72g, Fat: 15g, Fibre: 18g, Sodium: 300mg, Sugar: 9g



LEMON-GARLIC TURKEY, GREEN BEANS & FARRO FRYING PAN



Servings:
4



Prep:
15 min



Cook:
40 min



Ingredients:

- 565 g turkey breast, boneless/skinless
- 450 g green beans, trimmed
- 270 g farro, dry, rinsed
- 1 medium onion, sliced
- 4 cloves garlic, finely chopped
- 1 lemon (zest and juice)
- 45 ml extra-virgin olive oil
- 1 tsp black pepper
- 1 tsp smoked paprika
- 1 tsp thyme, dried
- 30 g walnuts, chopped (unsalted)
- 2 each spring onions, sliced (whites/greens separated)



Directions:

1. In a slow cooker, add turkey, onion, 2 garlic cloves, lemon zest, paprika, thyme, pepper, 15 ml oil and 60 ml water. Cook on LOW 3–4 hrs (or HIGH 1.5–2 hrs) until shred-tender.
2. Cook the farro in 960 ml water until tender, 20–25 min; drain well.
3. Shred the turkey in the cooker with two forks; toss back with its juices.
4. Heat 30 ml oil in a large frying pan (medium-high). Add green beans, spring onion whites, remaining garlic; fry 5–6 min, add a splash of water to steam until crisp-tender.
5. Add shredded turkey and cooked farro; stir-fry 2–3 min to heat and combine.
6. Off the heat, add lemon juice, spring onion greens and walnuts. Finish with fresh pepper. Optional: 1/16–1/8 tsp coarse sea salt; raises sodium—use sparingly.
7. Serve hot; extra lemon brightens without more salt.



Nutritional Information:

Calories: 610, Protein: 47g, Carbs: 65g, Fat: 19g, Fibre: 12g, Sodium: 120mg, Sugar: 6g



TURKEY MEATBALL PARFAITS WITH TOMATO-MANGO & MILLET



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 450 g turkey meatballs (homemade, unsalted)
- 240 ml millet (dry)
- 480 ml low-fat natural yoghurt
- 480 ml tomatoes, diced
- 240 ml mango, diced
- 1 small brown onion, finely chopped
- 2 cloves garlic, finely chopped
- 720 ml broccoli, small florets
- 10 ml extra-virgin olive oil
- 1 tsp ea ground cumin & smoked paprika
- 60 ml walnuts, chopped (unsalted)
- 1 ea lemon



Directions:

1. Rinse millet; simmer 240 ml millet in 480 ml water, covered 15–18 min. Rest 5 min; fluff.
2. Heat oil in frying pan. Sauté onion 3 min; add garlic 30 sec. Stir in tomatoes, mango, cumin & paprika; cook 6–8 min until jammy.
3. Push sauce to sides; add meatballs. Sauté 5–7 min to brown and heat through. Add 120 ml water if pan dries.
4. Stir in broccoli; cover 3–4 min until crisp-tender. Squeeze 1/2 lemon into sauce; toss.
5. Assemble 4 jars: layer 60 ml yoghurt, then 180 ml cooked millet.
6. Top with 120 ml tomato-mango-broccoli and 3–4 meatball halves. Add 60 ml yoghurt; sprinkle 15 ml walnuts.
7. Serve with lemon wedges. Optional: tiny pinch salt (1/16–1/8 tsp total) if needed—note it increases sodium.



Nutritional Information:

Calories: 580, Protein: 38g, Carbs: 62g, Fat: 20g, Fibre: 9g, Sodium: 280mg, Sugar: 17g



ROAST CHICKEN & SWEET POTATO PASTA SOUP



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 450 g chicken mini fillets
- 450 g sweet potatoes
- 1 medium onion
- 2 medium carrots
- 2 sticks celery
- 3 cloves garlic
- 30 ml extra-virgin olive oil
- 1 tsp dried thyme
- 1 tsp smoked paprika
- 180 g wholewheat pasta
- 1440 ml water
- 1 lemon



Directions:

1. Heat oven to 220°C/gas mark 7. Toss sweet potatoes with 15 ml oil, paprika, 1/2 the thyme; spread on a baking tray; roast for 10 min.
2. Push potatoes aside; add chicken coated with 5 ml oil and the remaining thyme. Roast 10-12 min to 74°C. Rest 5 min; slice into bite-size pieces.
3. In a large saucepan, warm 5 ml oil. Saute onion, carrot and celery for 5 min; add garlic for 30 sec until fragrant.
4. Add 1440 ml water; bring to the boil. Stir in pasta; simmer until al dente, 8-10 min.
5. Add roasted sweet potatoes, sliced chicken and any tray juices; simmer for 2-3 min.
6. Off the heat, stir in lemon zest and 30 ml juice. Adjust with more lemon to taste.
7. Ladle into bowls. Serve with 1 slice of wholemeal toast per person (optional; not in nutrition).



Nutritional Information:

Calories: 470, Protein: 35g, Carbs: 61g, Fat: 10g, Fibre: 10g, Sodium: 220mg, Sugar: 9g



SPRING BRAISED CHICKEN MEATBALL RICE BAKE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 450 g chicken meatballs (homemade, unsalted)
- 450 g asparagus
- 240 g mushrooms
- 240 ml onion
- 3 cloves garlic
- 720 ml cooked brown rice
- 360 ml reduced-salt chicken stock
- 120 ml low-fat natural yoghurt
- 1 each lemon
- 30 ml extra-virgin olive oil
- 2 tsp thyme, black pepper, smoked paprika



Directions:

1. Preheat oven to 190°C/gas mark 5. Heat oil in an oven-safe casserole dish over medium heat.
2. Sauté onion and mushrooms for 5-6 min until browned; add garlic for 30 sec.
3. Add meatballs, asparagus, thyme, pepper, paprika; stir. Pour in stock; bring to a simmer.
4. Cover and braise in the oven for 15 min, until the meatballs reach 74°C and the asparagus is just tender.
5. In a bowl, whisk yoghurt with lemon zest and 30 ml hot braising liquid; whisk in 10 ml lemon juice.
6. Stir cooked brown rice and yoghurt mixture into the pot. Return to the oven, uncovered, for 5 min to thicken.
7. Rest 5 min. Finish with more pepper and 1/16-1/8 tsp salt if needed (optional; raises sodium). Serve hot.



Nutritional Information:

Calories: 470, Protein: 30g, Carbs: 49g, Fat: 18g, Fibre: 7g, Sodium: 300mg, Sugar: 7g



ZESTY TURKEY-CAULIFLOWER WRAPS WITH BARLEY CRUNCH



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 450 g turkey breast steaks
- 100 g pearl barley
- 400 g cauliflower florets
- 1 medium onion
- 1 large pepper
- 3 cloves garlic
- 30 ml extra-virgin olive oil
- 180 ml low-fat plain yoghurt
- 1 lemon
- cumin, smoked paprika, black pepper
- 50 g spring onions
- 8 wholemeal tortillas or cos lettuce leaves



Directions:

1. Simmer barley in 360 ml water, covered, 20–25 mins until tender; drain and fluff.
2. Mix yoghurt, lemon zest, 5 ml juice, 1/2 minced garlic, and a pinch of pepper; chill.
3. Slice turkey thin; cut cauliflower small; slice onion and pepper. Toss turkey with 1/2 tsp cumin and 1/4 tsp paprika.
4. Heat 15 ml oil in a wok on high heat. Stir-fry turkey with 1 minced garlic clove 3–4 mins until just cooked; transfer to a bowl.
5. Add 15 ml oil; stir-fry onion and cauliflower 4–5 mins. Add pepper, remaining cumin, paprika, black pepper, and 30 ml lemon juice; return turkey; toss 1 min.
6. Warm tortillas 30 sec/side. Spread 25 ml yoghurt, add 45 ml barley + 180 ml turkey-veg; sprinkle spring onions; roll. For lettuce wraps, fill leaves.
7. Finish with a lemon squeeze. Optional: season batch with 1/16–1/8 tsp salt; sodium will rise. Serve 2 wraps per person.



Nutritional Information:

Calories: 620, Protein: 43g, Carbs: 80g, Fat: 17g, Fibre: 14g, Sodium: 620mg, Sugar: 11g



SLOW-COOKED PEPPER TURKEY ON WHOLEMEAL TOSTADAS



Servings:
4



Prep:
15 min



Cook:
240 min



Ingredients:

- 450 g turkey burger patties (homemade, unsalted)
- 720 ml peppers
- 1 medium onion
- 480 ml tomatoes
- 3 cloves garlic
- 1 tsp chilli powder
- 1 tsp cumin
- 1 tsp oregano
- 15 ml extra-virgin olive oil
- 180 ml quinoa
- 4 15-cm wholemeal tortillas
- 1 medium lime



Directions:

1. Add peppers, onion, tomatoes, garlic, oil, chilli powder, cumin, and oregano to slow cooker; nestle turkey patties on top.
2. Cover and cook on LOW 3.5–4 hrs, until patties reach 74°C. Break into large chunks; stir in half the lime juice.
3. Rinse quinoa. In a saucepan, combine quinoa with 360 ml water; boil, cover, simmer 15 min. Off the heat 5 min; fluff with lime zest.
4. Heat oven to 200°C/gas mark 6. Bake tortillas on a baking tray 6–8 min; flip and bake 3–5 min more until crisp.
5. Spread ~120 ml quinoa on each tortilla. Top evenly with the turkey-pepper mixture.
6. Squeeze remaining lime juice over toasts. Optional: tiny pinch of salt at the table (raises sodium).



Nutritional Information:

Calories: 480, Protein: 33g, Carbs: 54g, Fat: 15g, Fibre: 9g, Sodium: 350mg, Sugar: 11g



MARKET LUNCHBOX: POACHED CHICKEN & SPINACH



Servings:
4



Prep:
15 min



Cook:
45 min



Ingredients:

- 360 g shredded chicken (unsalted, homemade)
- 240 ml wild rice
- 1920 ml baby spinach
- 120 ml low-fat natural yoghurt
- 1 lemon
- 2 cloves garlic
- 1 tsp dried thyme
- 1/2 tsp black pepper
- 4 15-cm wholemeal tortillas
- 480 ml seedless grapes
- 960 ml pepper & carrot sticks
- 60 g unsalted almonds



Directions:

1. Rinse 240 ml wild rice; simmer in 840 ml water, covered, 40–45 min until tender; drain excess.
2. Zest 1 tsp lemon; squeeze 30 ml juice. Simmer 960 ml water with 2 lemon peel strips, 15 ml juice, crushed garlic, thyme, pepper.
3. Add 360 g shredded chicken; poach at a bare simmer 5–7 min to heat/infuse. Lift; toss with 15 ml lemon juice.
4. In same liquid, submerge spinach in batches 30–60 sec to wilt. Drain well; press out liquid.
5. Heat oven to 200°C/gas mark 6. Cut 4 15-cm wholemeal tortillas into triangles; bake on a baking tray 6–8 min until crisp.
6. Stir yoghurt with reserved 1 tsp lemon zest plus a pinch of pepper; add 5 ml lemon juice for tang, if you like.
7. Divide rice, chicken, spinach, veg sticks, grapes, almonds, crisps, and a ramekin of dip among 4-compartment containers.



Nutritional Information:

Calories: 640, Protein: 44g, Carbs: 84g, Fat: 14g, Fibre: 13g, Sodium: 420mg, Sugar: 22g



KALE-ROASTED CHICKEN WITH BULGUR & SPRING ONION YOGHURT



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 450 g chicken breast
- 300 ml bulgur
- 1440 ml kale
- 720 ml mixed vegetables (pepper, onion, courgette)
- 120 ml low-fat plain yoghurt
- 1 ea lemon
- 3 cloves garlic
- 3 ea spring onions
- 45 ml extra-virgin olive oil
- 60 ml walnuts
- 1 tsp black pepper
- 1 tsp oregano



Directions:

1. Heat oven to 220°C/gas mark 7; line a baking tray. Bring 540 ml water to the boil in a saucepan for the bulgur.
2. Toss chicken with 15 ml oil, lemon zest, 1 grated garlic clove, 1/2 tsp oregano, 1/4 tsp pepper.
3. On the tray, toss mixed veg with 15 ml oil and 1/4 tsp pepper; push to the sides. Set chicken in the centre; roast 12 min.
4. Add kale (tossed with 5 ml oil) to the tray; roast 8–10 min more until chicken reaches 74°C. Rest 5 min; slice.
5. Stir bulgur into the boiling water with 1/2 tsp oregano; simmer 12 min, cover 5. Fluff with 5 ml oil, half the spring onions, 15 ml lemon juice.
6. Whisk yoghurt, remaining spring onions, remaining garlic, 15 ml lemon juice, 1/4 tsp pepper; thin with 5–10 ml water.
7. Plate up bulgur, veg and sliced chicken. Drizzle sauce, sprinkle walnuts. Optional: 1/16–1/8 tsp salt per serving (raises sodium).



Nutritional Information:

Calories: 560, Protein: 41g, Carbs: 53g, Fat: 20g, Fibre: 11g, Sodium: 310mg, Sugar: 7g



LEMON-THYME CHICKEN THIGHS WITH MUSHROOM FARRO



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 565 g skinless chicken thighs
- 600 g mushrooms
- 720 ml broccoli florets
- 300 ml farro
- 30 ml extra-virgin olive oil
- 3 cloves garlic
- 1 each lemon
- 2 tsp thyme
- 1 tsp black pepper
- 1 tsp smoked paprika
- 2 each spring onions
- 60 ml almonds



Directions:

1. Heat oven to 220°C/gas mark 7. Rinse farro; simmer 300ml farro in 900ml water 20–25 min until tender. Drain; cover 5 min.
2. Cut thighs into 2.5cm pieces; slice mushrooms; chop broccoli. Mix garlic, lemon zest, thyme, paprika, pepper with 15ml oil.
3. Toss chicken, mushrooms, broccoli with the mix. Heat 10ml oil in a frying pan; stir-fry on high heat 4–5 min to brown (work in 2 batches).
4. Spread on a baking tray; roast 8–10 min until chicken is 74°C. Add almonds for the last 3 min to toast.
5. Fluff farro with 5ml oil, half the lemon juice, and half the spring onions; optional 1/16–1/8 tsp salt (raises sodium).
6. Toss roast with remaining juice and spring onions; rest 2 min. Sprinkle thyme leaves, more pepper to taste.
7. Serve chicken-mushrooms over farro. Finish with a final squeeze of lemon.



Nutritional Information:

Calories: 580, Protein: 38g, Carbs: 55g, Fat: 23g, Fibre: 9g, Sodium: 330mg, Sugar: 6g



CITRUS-POACHED TURKEY BOWL WITH BRUSSELS & WHOLEWHEAT PASTA



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 450 g turkey mince
- 240 g wholewheat pasta
- 450 g Brussels sprouts
- 135 ml low-fat natural yoghurt
- 1 each lemon
- 4 cloves garlic
- 1 small onion
- 4 sprigs thyme
- 25 ml extra-virgin olive oil
- 1 tsp smoked paprika
- 3/4 tsp black pepper
- 2 each spring onions



Directions:

1. Whisk 120 ml yoghurt, 15 ml lemon juice, 1 tsp zest, 5 ml oil, 1 grated garlic clove, and 1/8 tsp pepper. Chill.
2. Boil pasta in unsalted water until al dente (8–10 min). Drain; toss with 2 tsp oil and 1/2 tsp zest. Keep warm.
3. In same saucepan, add 1440 ml water, 1/2 sliced onion, 2 smashed garlic, thyme, 2 lemon slices, 1/4 tsp pepper; simmer gently.
4. Mix turkey, 15 ml yoghurt, 1/2 minced onion, 1 minced garlic, paprika, 1/8 tsp pepper. Form 2.5 cm balls.
5. Slide meatballs into barely simmering saucepan; poach 6–8 min to 74°C. Lift out with a slotted spoon.
6. Add sliced Brussels sprouts to saucepan; poach 2–3 min until crisp-tender. Drain well.
7. Layer bowls: pasta, sprouts, turkey. Drizzle sauce; top with spring onions and remaining pepper. Optional: 1/16–1/8 tsp salt per bowl (adds Na).



Nutritional Information:

Calories: 480, Protein: 33g, Carbs: 54g, Fat: 15g, Fibre: 8g, Sodium: 280mg, Sugar: 6g

A wooden bowl filled with a variety of plant-based dishes. On the left, there are several pieces of roasted cabbage, showing a golden-brown char. In the center, a small ceramic bowl contains a thick, light-brown hummus, topped with a drizzle of olive oil and a dusting of black pepper. To the right of the hummus, two triangular pieces of pita bread are propped up. In the bottom left corner, a wedge of fresh lemon is visible. The entire dish is presented in a rustic wooden bowl.

PLANT-BASED MAINS



SPICED AUBERGINE-CHICKPEA KALE WRAPS WITH FARRO



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 450 g aubergine
- 720 ml chickpeas, no added salt
- 240 ml edamame, shelled
- 180 ml farro, dry
- 8 large kale leaves
- 300 ml plain low-fat yoghurt
- 30 ml tahini
- 30 ml lemon juice
- 3 cloves garlic
- 30 ml extra-virgin olive oil
- 2 tsp spices: cumin, coriander, smoked paprika, black pepper
- 1/16–1/8 tsp fine salt (optional)



Directions:

1. Cook farro in 2 litres of boiling water until tender, 18–20 mins; drain well and cool slightly.
2. Heat oven to 220°C/gas 7. Toss aubergine, chickpeas (rinsed 30 secs) and edamame with oil and spices. Spread on a baking tray; bake 20–22 mins, stirring once.
3. Stir yoghurt, tahini, lemon juice and garlic; thin with 15–30 ml water. Season; add the optional 1/16–1/8 tsp salt if desired.
4. Blanch kale leaves for 30 secs in boiling water; drain and pat dry until pliable.
5. Combine the roasted aubergine–legume mix with the cooked farro in a bowl; toss to combine.
6. Spread 15–30 ml sauce on each leaf. Top with about 120 ml filling; roll up tightly, tucking in the sides.
7. Serve 2 wraps per person with extra sauce. Brighten with a lemony tang—no extra salt needed.



Nutritional Information:

Calories: 540, Protein: 26g, Carbs: 70g, Fat: 17g, Fibre: 18g, Sodium: 200mg, Sugar: 12g



TUSCAN BEAN ON WILD RICE TOASTS WITH ROASTED TOMATOES



Servings:
4



Prep:
20 min



Cook:
45 min



Ingredients:

- 240 ml wild rice, dry
- 30 ml chia seeds
- 45 ml olive oil
- 2 cans cannellini beans, no added salt
- 480 ml edamame
- 960 ml tomatoes
- 2 cloves garlic
- 1 ea lemon
- 1 tsp dried oregano
- 3/4 tsp black pepper
- 1 ea red chilli



Directions:

1. Start the rice: In a saucepan, combine 240 ml wild rice + 720 ml water. Bring to the boil, then simmer covered for 40–45 min. Or Instant Pot: 300 ml water, High pressure 22 min, quick release.
2. Heat oven to 220°C/gas 7. Stir chia with 90 ml warm water; leave to thicken 5 min.
3. Drain cannellini; rinse 30+ sec to reduce salt. Mash beans and edamame with 15 ml oil, lemon zest and 30 ml juice, garlic, oregano, 1/2 tsp pepper.
4. Mix hot rice with chia gel and 15 ml oil; cool 3 min. On a baking tray, press into 8 thin 7.5x5 cm rectangles.
5. Toss tomatoes with 15 ml oil and 1/4 tsp pepper (add chilli if using). Arrange beside the toasts on the same tray.
6. Roast 10–12 min; flip toasts. Roast 8–10 min more until toasts are crisp at the edges and tomatoes blister.
7. Spread bean mixture on the toasts; top with roasted tomatoes, pepper and a squeeze of lemon. Optional: 1/16–1/8 tsp salt per serving (increases sodium).



Nutritional Information:

Calories: 550, Protein: 27g, Carbs: 72g, Fat: 18g, Fibre: 17g, Sodium: 150mg, Sugar: 6g



LEMON-TAHINI TOFU STIR-FRY WITH FARRO AND CARROTS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 840 g extra-firm tofu
- 240 ml farro
- 480 ml carrots
- 720 ml broccoli florets
- 480 ml shelled edamame
- 3 cloves garlic
- 15 ml fresh ginger
- 4 spring onions
- 1 lemon
- 30 ml tahini
- 25 ml avocado oil
- 1 red chilli



Directions:

1. Cook farro in a saucepan of boiling unsalted water until tender, 25–30 min; drain well and keep warm.
2. Whisk lemon juice, zest, tahini, and 30–60 ml water until smooth; set aside.
3. Heat 15 ml oil in a large frying pan over medium-high. Add tofu; stir-fry until golden on the edges, 6–8 min. Transfer to a bowl.
4. Add the remaining 10 ml oil. Stir-fry carrots and broccoli 4–5 min. Add garlic, ginger and chilli; cook 1 min until fragrant.
5. Return tofu; add edamame. Pour in the lemon-tahini sauce; toss and cook 1–2 min until glossy.
6. Fold in drained farro and most spring onions; stir-fry 1–2 min to heat through.
7. Off the heat, add 15–30 ml water to loosen if needed. Optional pinch salt (1/16–1/8 tsp; raises sodium). Top with remaining spring onions.



Nutritional Information:

Calories: 610, Protein: 38g, Carbs: 60g, Fat: 24g, Fibre: 12g, Sodium: 220mg, Sugar: 8g



ROASTED CABBAGE BENTO WITH LENTIL DIP & BARLEY CRISPS



Servings:
4



Prep:
15 min



Cook:
40 min



Ingredients:

- 240 ml dried green lentils
- 480 ml rehydrated TVP (low salt)
- 120 ml hulled barley
- 450 g green cabbage
- 15 ml extra-virgin olive oil
- 2 cloves garlic
- 1 each lemon
- 30 ml tahini
- 1 tsp smoked paprika
- 0.5 tsp ground cumin
- 120 g unsalted almonds
- 2 each oranges



Directions:

1. Heat oven to 220°C/gas 7. Toss cabbage with 10 ml oil and smoked paprika on a baking tray. Roast 20–25 min, flipping once, until edges char and cores are tender.
2. Simmer lentils in 720 ml water until just tender, 20–25 min; drain well.
3. In another saucepan, simmer barley in 360 ml water until tender, 25–30 min; drain and cool slightly.
4. Blend dip: In a food processor, purée lentils, rehydrated TVP, 15 ml tahini, lemon zest and juice, garlic, cumin, and 30–45 ml water until smooth. Brighten with extra lemon, not salt.
5. Reduce oven to 200°C/gas 6. Mash 240 ml cooked barley with 15 ml tahini and 5 ml oil. Spread very thinly into 8 squares on a lined tray. Bake 10–12 min, flip, then bake 5–8 min to crisp.
6. Portion 4 boxes: about a heaped 240 ml roasted cabbage, 120 ml dip, 2 barley crisps, 30 g almonds, and orange wedges.
7. Serve with a squeeze of lemon for extra zing. Keep crisps dry until eating for best crunch.



Nutritional Information:

Calories: 610, Protein: 36g, Carbs: 70g, Fat: 24g, Fibre: 27g, Sodium: 200mg, Sugar: 10g



PEA STIR-FRY PLATTER WITH ROASTED SQUASH & POLENTA



Servings:
4



Prep:
15 min



Cook:
35 min



Ingredients:

- 450 g butternut squash, peeled, 2 cm cubes
- 960 ml peas (fresh or frozen, unsalted)
- 240 g seitan (homemade, unsalted)
- 960 ml kale
- 180 ml polenta (unsalted, dry)
- 1020 ml water, divided
- 75 ml olive oil, divided
- 4 cloves garlic, finely chopped, divided
- 1 lemon, zest and juice
- 240 ml parsley, finely chopped
- 1 tsp smoked paprika
- 1/2 tsp black pepper



Directions:

1. Heat the oven to 220°C/gas 7. Toss squash with 1 tbsp oil, smoked paprika and pepper. Spread on a baking tray; roast 20–25 mins, turning once.
2. Boil 960 ml water in a saucepan. Whisk in 180 ml polenta. Reduce heat; simmer 15–20 mins, whisking, until creamy. Stir in lemon zest; cover to keep warm.
3. Heat 1 tbsp oil in a large frying pan over a high heat. Add seitan and half the garlic; stir-fry 2 mins until edges brown.
4. Add peas, kale and 1 tbsp oil; stir-fry 3–4 mins until the peas are hot and the greens are tender.
5. Stir parsley, remaining garlic, 2 tbsp oil, 2–3 tbsp lemon juice and 1–2 tbsp water; season with pepper.
6. Spread the polenta on a warm platter. Top with roasted squash and the sliced seitan–pea–kale stir-fry. Spoon over the herb sauce.
7. Finish with any leftover lemon juice. Optional pinch of salt (1/16–1/8 tsp) at the table; increases sodium.



Nutritional Information:

Calories: 590, Protein: 29g, Carbs: 74g, Fat: 20g, Fibre: 16g, Sodium: 180mg, Sugar: 14g



CITRUS-TAHINI TOFU BOWL WITH ROASTED BROCCOLI



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 840 g tofu
- 1440 ml broccoli florets
- 360 ml shelled edamame
- 720 ml brown rice (cooked)
- 960 ml baby spinach
- 1 red pepper
- 1 carrot
- 15 ml extra-virgin olive oil
- 30 ml tahini
- 1 lemon
- 1 clove garlic
- 1.75 tsp cumin, smoked paprika, black pepper



Directions:

1. Heat oven to 220°C/gas mark 7. Line a baking tray.
2. Pat tofu dry; cut into 2.5cm cubes. Toss with 10 ml oil and the spice mix. Spread over half the tray.
3. Toss broccoli with 5 ml oil and a little pepper; add to the other half. Roast for 15 min.
4. Add edamame to the tray; roast for 5–7 min until the tofu edges are crisp and the broccoli is browned.
5. Whisk tahini, lemon zest/juice, garlic and 30–60 ml water to a pourable dressing.
6. Assemble 4 bowls: spinach and warm rice. Top with roasted tofu, broccoli and edamame.
7. Add pepper and carrot. Drizzle with dressing; finish with extra lemon and black pepper.



Nutritional Information:

Calories: 600, Protein: 36g, Carbs: 60g, Fat: 24g, Fibre: 11g, Sodium: 130mg, Sugar: 7g



GINGERY CAULIFLOWER-LENTIL PARCELS WITH MILLET



Servings:
4



Prep:
15 min



Cook:
35 min



Ingredients:

- 380 g red lentils, dry
- 65 g millet, dry
- 400 g cauliflower florets
- 1 medium brown onion
- 3 clove garlic
- 15 ml ginger
- 30 ml extra-virgin olive oil
- 2 tsp curry powder (no added salt)
- 1/4 tsp black pepper
- 1 lemon
- 60 ml tahini
- 120 ml spring onions



Directions:

1. Heat oven to 200°C/gas mark 6. Cut 4 baking paper sheets (30x40 cm). Prep veg; zest and juice lemon.
2. Rinse lentils. Simmer in 720 ml water 6–8 min until just tender; drain well.
3. Cook millet: boil 160 ml water; add millet, cover, simmer 15 min; off the heat 5 min, fluff up.
4. Stir-fry: heat oil in a wok on medium-high. Add onion & cauliflower 5–6 min. Add garlic, ginger, curry, pepper; 1 min.
5. Add lentils, lemon zest, 30 ml water; stir-fry 2 min to coat. Fold in half the spring onions.
6. Build 4 parcels: divide stir-fry on sheets; drizzle each 15 ml tahini + 5 ml lemon juice; seal tightly.
7. Bake on a baking tray 10–12 min. Serve each parcel over millet; top with remaining spring onions & extra lemon.



Nutritional Information:

Calories: 600, Protein: 31g, Carbs: 82g, Fat: 18g, Fibre: 16g, Sodium: 190mg, Sugar: 6g



CHARRED SEITAN & SPINACH TRAYBAKE OVER BROWN RICE



Servings:
4



Prep:
15 min



Cook:
45 min



Ingredients:

- 450 g seitan, homemade unsalted
- 360 ml brown rice
- 240 g baby spinach
- 1 large red pepper
- 1 small red onion
- 30 ml extra-virgin olive oil
- 3 cloves garlic
- 1 lemon
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 30 ml fresh oregano
- 60 ml unsalted almonds



Directions:

1. Rinse the rice. Boil 720ml water; add 360ml rice. Cover, simmer 40–45 min; rest 5 min, fluff.
2. Heat the grill or a grill pan to high. Toss the seitan with 15ml oil, garlic, paprika and cumin.
3. Grill the seitan 2–3 min each side for a deep char. Transfer the pieces to a rimmed baking tray.
4. On the same tray, toss the pepper and onion with 15ml oil. Spread around the seitan; roast at 220°C/gas mark 7 for 12–15 min.
5. Add the spinach to the tray; roast 3–4 min until just wilted.
6. Zest and juice the lemon over the tray; add oregano, toss. Optional: 1/16–1/8 tsp salt to taste (raises sodium).
7. Spoon the rice into bowls; top with the seitan and veg. Sprinkle over the almonds; serve with extra lemon if desired.



Nutritional Information:

Calories: 575, Protein: 38g, Carbs: 70g, Fat: 16g, Fibre: 7.5g, Sodium: 180mg, Sugar: 5g



LEMON-TAHINI TEMPEH STIR-FRY WITH KALE & QUINOA



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 450 g tempeh
- 240 ml quinoa (dry)
- 1920 ml kale
- 1 large pepper
- 240 g mushrooms
- 1 medium onion
- 3 cloves garlic
- 15 ml ginger
- 30 ml extra-virgin olive oil
- 30 ml tahini
- 1 lemon
- 2 tsp curry powder (salt-free)



Directions:

1. Rinse quinoa. In a saucepan, bring 480 ml water to the boil. Add quinoa, cover, reduce heat; simmer 15 min. Off the heat, rest 5 min.
2. In a measuring jug, whisk tahini, the zest and juice of 1/2 lemon, curry powder, and 80 ml water until smooth.
3. Cut tempeh into 1.5cm cubes. Heat 15 ml oil in a wok or large frying pan over medium-high heat until shimmering.
4. Stir-fry tempeh 4–5 min until golden on edges. Transfer to a plate.
5. Add remaining 15 ml oil. Stir-fry onion, mushrooms and pepper 3–4 min. Add garlic and ginger; cook 30 seconds.
6. Add kale; toss until wilted, 2–3 min. Return tempeh; pour in the tahini–lemon sauce; stir 1–2 min to coat.
7. Fluff quinoa. Divide into bowls, top with stir-fry. Finish with the remaining lemon juice.



Nutritional Information:

Calories: 616, Protein: 37g, Carbs: 54g, Fat: 28g, Fibre: 18g, Sodium: 180mg, Sugar: 7g



PARFAIT-STYLE GRILLED BLACK BEAN PASTA JARS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 840 ml black beans (no added salt)
- 180 g wholewheat pasta (short)
- 300 g Swiss chard
- 480 ml tomatoes
- 3 cloves garlic
- 15 ml extra-virgin olive oil
- 90 ml tahini (unsalted)
- 1 each lemon
- 2 tsp cumin + smoked paprika + black pepper
- 80 ml pumpkin seeds (unsalted)
- 0.25 tsp fine sea salt (optional)
- 45 ml water



Directions:

1. Heat grill/grill pan to medium-high. Boil pasta in unsalted water until al dente; drain, rinse cool, set aside.
2. Toss chard stems/leaves and tomatoes with oil, garlic, and 1.5 tsp spice blend. Halve the lemon.
3. Grill tomatoes (cut-side down), chard stems 3–4 min, leaves 1–2 min, and lemon (cut-side down) until lightly charred; chop the chard.
4. On a grill pan, heat beans + 0.5 tsp spice blend + 2 tbsp water for 5–6 min, stirring. (Rinsing for 30 sec cuts sodium by ~30–40%.)
5. Whisk tahini, zest, and 2 tbsp lemon juice with 1 tbsp water to a creamy sauce. Add pepper to taste; a tiny pinch of salt only if needed.
6. Layer (parfait-style) in 4 jars/bowls: 2 tbsp sauce, pasta, grilled chard, warm beans, grilled tomatoes; repeat; top with more sauce.
7. Finish with pumpkin seeds and a squeeze of grilled lemon. Serve warm, or fit a lid for grab-and-go.



Nutritional Information:

Calories: 610, Protein: 28g, Carbs: 78g, Fat: 24g, Fibre: 22g, Sodium: 170mg, Sugar: 6g



ROASTED PEPPER QUINOA BOWLS WITH LEMON-TAHINI



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 480 ml quinoa
- 2 large peppers
- 1 medium red onion
- 1 medium courgette
- 480 ml edamame, shelled
- 240 ml textured vegetable protein (TVP)
- 25 ml extra-virgin olive oil
- 3 cloves garlic
- 1 lemon
- 45 ml tahini
- 2 tsp salt-free spice blend
- 1/16–1/8 tsp fine sea salt (optional)



Directions:

1. Heat oven to 220°C/gas mark 7. Rinse quinoa; simmer 480 ml quinoa in 840 ml water 15 min. Off the heat, cover 5 min; fluff.
2. On a baking tray, toss peppers, onion, courgette, edamame and garlic with oil and spice blend; spread in one layer.
3. Bake 20–22 min, stirring once, until tender with browned edges.
4. Whisk tahini, lemon juice, and 30–60 ml water to a pourable sauce; stir in lemon zest.
5. Stir rehydrated TVP into hot quinoa; add 15–30 ml water if needed to moisten.
6. Build bowls: quinoa-TVP base; mound roasted veg/edamame; drizzle lemon-tahini.
7. Finish with extra lemon. Optional: 1/16–1/8 tsp salt per bowl (adds sodium). For DASH, favour lemon over salt.



Nutritional Information:

Calories: 660, Protein: 35g, Carbs: 85g, Fat: 21g, Fibre: 18g, Sodium: 120mg, Sugar: 7g



SMOKY EDAMAME LENTIL SOUP WITH BULGUR TOAST



Servings:
4



Prep:
15 min



Cook:
40 min



Ingredients:

- 960 ml edamame, shelled, unsalted
- 2 medium onions
- 3 medium tomatoes
- 3 cloves garlic
- 180 ml green lentils, dry
- 180 ml bulgur (whole grain)
- 30 ml extra-virgin olive oil
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp black pepper
- 1 lemon
- 1440 ml water



Directions:

1. Boil 1440 ml water in a large pot. Pour 240 ml into a bowl with the bulgur and 5 ml oil; cover for 10 min to hydrate.
2. Heat a griddle pan over medium-high heat. Toss onions, tomatoes and edamame with 15 ml oil and smoked paprika. Grill 8–10 min, turning, until charred.
3. Chop the grilled onions and tomatoes. Add 1200 ml water, lentils, garlic, cumin and the chopped veg to the pot; bring to the boil, then simmer 20–25 min. Stir in 600 ml grilled edamame.
4. For the toast: Mash 120 ml grilled edamame into the hydrated bulgur; season with black pepper. Divide into 4 thin 10×15 cm slabs.
5. Lightly oil the griddle pan with 5 ml oil. Grill the bulgur slabs for 3–4 min per side until crisp and toasted at the edges.
6. Finish the soup with lemon juice. Use more lemon instead of salt. Ladle and top with the remaining 240 ml grilled edamame. Serve each bowl with 1 bulgur toast.



Nutritional Information:

Calories: 540, Protein: 33g, Carbs: 66g, Fat: 16g, Fibre: 24g, Sodium: 120mg, Sugar: 11g



MUSHROOM-KIDNEY BEAN KASHA BAKE WITH LEMON YOGHURT



Servings:
4



Prep:
15 min



Cook:
40 min



Ingredients:

- 180 ml buckwheat (kasha), dry
- 360 ml low-salt vegetable stock
- 60 ml extra-virgin olive oil
- 360 g mushrooms, sliced
- 1 medium onion, chopped
- 3 cloves garlic, finely chopped
- 3 450g tin kidney beans, no added salt
- 960 ml baby spinach, chopped
- 240 ml fat-free plain Greek yoghurt
- 1 tsp smoked paprika
- 1 tsp dried thyme
- 1 lemon



Directions:

1. Heat oven to 190°C/gas 5. Lightly oil a 23 x 33 cm baking dish.
2. Simmer kasha in 240 ml low-salt stock until tender, 12–15 min; fluff.
3. In a 30 cm frying pan, heat 30 ml oil. Sauté onion and mushrooms 7–9 min; add garlic, thyme, paprika 1 min. Wilt in spinach.
4. Whisk yoghurt with remaining 120 ml stock, 30 ml oil, lemon zest, and 2 tsp juice.
5. In a bowl, combine kasha, mushroom mix, and kidney beans (rinsed 30 sec to reduce salt ~30–40%). Fold in yoghurt mix.
6. Spread in dish. Cover with aluminium foil; bake 15 min. Uncover; bake 10–12 min until set and edges lightly golden.
7. Rest 5 min. Squeeze a little more lemon to finish. Serve warm.



Nutritional Information:

Calories: 600, Protein: 34g, Carbs: 88g, Fat: 16g, Fibre: 20g, Sodium: 200mg, Sugar: 8g



ZESTY LEMON-OREGANO TVP OVER BULGUR & COURGETTE SALAD



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1200 ml rehydrated TVP (low-salt)
- 960 ml courgette
- 360 ml bulgur (medium)
- 1440 ml spinach
- 480 ml tomatoes
- 120 ml spring onions
- 60 ml extra-virgin olive oil
- 1 lemon
- 2 cloves garlic
- 1.5 tsp dried oregano
- 1 tsp smoked paprika
- 0.5 tsp black pepper



Directions:

1. Heat oven to 220°C/gas mark 7. Lightly oil a baking tray.
2. Toss well-drained rehydrated TVP and courgette with 30 ml oil, smoked paprika, 1 tsp oregano, and 1/4 tsp pepper. Spread on tray; roast 18–22 min, stirring once, until browned.
3. Boil 720 ml water; stir in bulgur. Reduce heat; simmer 12 min. Cover off heat 5 min, then fluff.
4. Whisk 30 ml oil, lemon zest + 45 ml lemon juice, and minced garlic with 1/2 tsp oregano until glossy.
5. In a large bowl, toss warm bulgur with spinach and half the vinaigrette to lightly wilt the greens.
6. Divide base among 4 bowls. Top with roasted TVP + courgette, tomatoes, and spring onions. Drizzle remaining vinaigrette.
7. Finish with extra lemon. Optional: 1/16–1/8 tsp salt per serving at the table; this will increase salt.



Nutritional Information:

Calories: 560, Protein: 35g, Carbs: 77g, Fat: 15g, Fibre: 16g, Sodium: 260mg, Sugar: 8g



SALADS & GRAIN BOWLS





SUMAC CHICKEN COS LETTUCE & QUINOA SALAD



Servings:
4



Prep:
20 min



Cook:
25 min



Ingredients:

- 450 g chicken breast
- 240 ml quinoa (dry, rinsed)
- 1920 ml cos lettuce, chopped
- 1200 ml mixed veg (cucumber, tomatoes, red cabbage, sweetcorn)
- 120 ml fresh parsley, chopped
- 120 ml fat-free Greek yoghurt
- 30 ml tahini
- 30 ml extra-virgin olive oil, divided
- 2 ea lemons
- 1 clove garlic
- 1.5 tsp ground cumin, sumac & black pepper
- 60 ml pumpkin seeds, unsalted



Directions:

1. Cook quinoa: In a saucepan, simmer 240 ml quinoa in 480 ml water, covered, 15 min. Rest 5 min, fluff, cool.
2. Season chicken: Toss with 5 ml oil and half the spice mix. Sear in a frying pan 5–6 min/side to 74°C. Rest 5 min; slice.
3. Whisk dressing: yoghurt, tahini, lemon zest/juice, garlic, remaining oil, rest of spices. Thin with 15–45 ml water.
4. In a large bowl, combine cos lettuce, mixed veg, parsley, and quinoa.
5. Toss salad with 2/3 of dressing until evenly coated and glossy.
6. Divide bowls; top with sliced chicken. Drizzle remaining dressing, add pumpkin seeds. Finish with lemon; optional 1/16–1/8 tsp salt/serving (adds sodium).



Nutritional Information:

Calories: 560, Protein: 41g, Carbs: 52g, Fat: 21g, Fibre: 10g, Sodium: 180mg, Sugar: 0g



MEDITERRANEAN TURKEY & ROCKET BROWN RICE SALAD



Servings:
4



Prep:
15 min



Cook:
40 min



Ingredients:

- 450 g turkey breast
- 250 g brown rice
- 180 g rocket
- 360 g tomatoes
- 1 red pepper
- 2 shallots
- 30 ml extra-virgin olive oil
- 1 lemon
- 120 ml fat-free Greek yoghurt
- 1 clove garlic
- 15 ml spice blend
- 45 g almonds, sliced



Directions:

1. Rinse the rice. Boil 600 ml water; add rice, cover, simmer 35–40 min. Rest 5 min; fluff.
2. Heat oven to 220°C/gas mark 7. On a baking tray, toss turkey, tomatoes, pepper and shallots with 25 ml oil + spice blend.
3. Roast 18–20 min, turning once, until turkey reaches 74°C and veg browns at the edges.
4. Whisk yoghurt, 30–45 ml lemon juice, garlic and 5 ml oil with 15–30 ml water until pourable.
5. Toss rocket with 15–30 ml dressing to lightly coat.
6. Divide rice into bowls; top with rocket, roasted turkey and veg. Sprinkle the almonds.
7. Drizzle over the remaining dressing. Finish with extra lemon; optional 1/16–1/8 tsp salt per serving raises sodium.



Nutritional Information:

Calories: 520, Protein: 36g, Carbs: 56g, Fat: 16g, Fibre: 7g, Sodium: 230mg, Sugar: 8g



LEMONY PICKLED PEPPER TOFU FARRO SALAD



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 480 g tofu
- 240 ml farro
- 480 ml peppers
- 960 ml rocket
- 2 each lemons
- 1 clove garlic
- 30 ml extra-virgin olive oil
- 180 ml fat-free Greek yoghurt
- 15 ml tahini
- 1 tsp cumin
- 1 tsp sumac (salt-free)
- 480 ml chickpeas (no-salt-added)



Directions:

1. Cook farro in unsalted water for 20–25 min until chewy; drain in a sieve and cool.
2. Quick-pickle peppers: Toss peppers with lemon juice (reserve 30 ml), 1/2 garlic, and 1/2 tsp sumac; rest 15 min.
3. Sear tofu: Pat dry; cube. Toss with 15 ml oil + cumin. Sear in a frying pan over medium-high for 6–8 min until golden; sprinkle remaining sumac.
4. Dressing: Whisk yoghurt, tahini, 30 ml reserved lemon, remaining garlic, 15 ml oil. Thin with 15–30 ml water.
5. Rinse chickpeas 30–60 sec under cool water; drain well to cut sodium about 30–40%.
6. Build: Divide rocket + farro among 4 bowls. Top with tofu, chickpeas, pickled peppers and their juices.
7. Finish: Spoon over dressing. Add extra lemon instead of salt. Optional: 1/16–1/8 tsp salt raises sodium—use sparingly.



Nutritional Information:

Calories: 530, Protein: 28g, Carbs: 66g, Fat: 18g, Fibre: 13g, Sodium: 160mg, Sugar: 7g



LEMON-TAHINI TEMPEH SALAD WITH BULGUR & CHARRED SWEETCORN



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 240 ml bulgur wheat (dry)
- 480 g tempeh
- 360 ml sweetcorn kernels, unsalted
- 960 ml mixed salad leaves (rocket/spinach)
- 360 ml cherry tomatoes, halved
- 240 ml cucumber, diced
- 30 ml extra-virgin olive oil, divided
- 1 large lemon
- 45 ml tahini
- 120 ml fat-free Greek yoghurt
- 1 clove garlic, finely chopped
- 2 tsp spice blend



Directions:

1. Bring 480 ml water to the boil. Stir in the bulgur, cover and simmer for 12 min; remove from the heat for 5 min, then fluff.
2. Toss the tempeh with 15 ml oil, 1 tsp spice blend and the lemon zest.
3. Heat a frying pan over medium-high heat. Sear the tempeh for 6–8 min until browned. Add the sweetcorn; cook 3–4 min to lightly char.
4. Blend the yoghurt, tahini, 45 ml lemon juice, garlic, remaining 1 tsp spice blend and 15 ml oil until creamy.
5. In a bowl, combine the salad leaves, warm bulgur, tomatoes and cucumber. Toss with half the dressing.
6. Top with the tempeh and sweetcorn. Drizzle over the remaining dressing and finish with extra lemon. Optional: 1/16–1/8 tsp salt; adds sodium.



Nutritional Information:

Calories: 560, Protein: 32g, Carbs: 54g, Fat: 24g, Fibre: 11g, Sodium: 220mg, Sugar: 6g



ROASTED CAULIFLOWER CHICKPEA BARLEY KALE SALAD



Servings:
4



Prep:
20 min



Cook:
45 min



Ingredients:

- 180 ml barley, hulled, dry
- 1 medium head cauliflower
- 2 tins (450g) chickpeas, no added salt
- 960 ml kale
- 1 large lemon
- 30 ml extra-virgin olive oil
- 240 ml fat-free Greek yoghurt
- 120 ml hemp hearts
- 1 tsp sumac
- 1 tsp ground cumin
- 80 ml fresh parsley, chopped
- 1 small shallot, thinly sliced



Directions:

1. Cook hulled barley in unsalted boiling water until tender-chewy, 35–45 min; drain and cool.
2. Heat the oven to 220°C/gas mark 7. Toss cauliflower with 15 ml oil + 1/2 tsp cumin; roast on a baking tray until browned, 20–25 min.
3. Whisk yoghurt, 45 ml lemon juice, 15 ml oil, sumac + 1/2 tsp cumin. Add 15–30 ml water to loosen.
4. In a large bowl, add kale, 15 ml lemon juice + 15 ml dressing. Massage with your hands until glossy and tender, 1–2 min.
5. Drain chickpeas; rinse 30 sec to reduce salt by ~30–40%. Pat dry. Add barley, chickpeas, roasted cauliflower, parsley and shallot to the bowl.
6. Add lemon zest and remaining dressing; toss to coat. If needed, add a splash of water or lemon to taste.
7. Divide the salad; sprinkle 30 ml hemp hearts per serving. Finish with extra sumac and a squeeze of lemon instead of salt.



Nutritional Information:

Calories: 600, Protein: 33g, Carbs: 75g, Fat: 22g, Fibre: 22g, Sodium: 180mg, Sugar: 9g



CHARRED PEPPER, LENTIL & WILD RICE SPINACH SALAD



Servings:
4



Prep:
15 min



Cook:
45 min



Ingredients:

- 360 ml lentils, dry
- 160 ml wild rice
- 1440 ml baby spinach
- 2 medium peppers
- 1 bunch spring onions
- 2 medium tomatoes
- 1 large lemon
- 45 ml extra-virgin olive oil
- 2 cloves garlic
- 120 ml fresh parsley
- 1 tsp each ground cumin & sumac
- 480 ml fat-free Greek yoghurt



Directions:

1. Rinse the wild rice. Simmer in 480 ml water, covered, until tender, 40–45 min. Drain if needed; rest 5 min.
2. Rinse the lentils. Boil in 1200 ml water until just tender, 20–25 min. Drain well; cool slightly.
3. Heat the grill or a griddle pan to medium-high. Toss peppers, tomatoes and spring onions with 15 ml oil. Grill 6–8 min. Zest the lemon; grill halves cut-side down 2–3 min.
4. Whisk the yoghurt, 30 ml oil, lemon zest + 30 ml grilled-lemon juice, garlic, cumin, sumac, and 30–45 ml water until pourable.
5. In a bowl, combine the warm lentils, rice, parsley and half the yoghurt sauce; toss gently.
6. Divide the spinach among 4 bowls. Top with the lentil-rice mix and grilled veg. Drizzle the remaining sauce.
7. Optional: add 1/16–1/8 tsp salt per bowl (increases sodium). Serve warm or at room temperature.



Nutritional Information:

Calories: 540, Protein: 34g, Carbs: 74g, Fat: 12g, Fibre: 20g, Sodium: 150mg, Sugar: 10g



CUCUMBER-LIME BLACK BEAN COUSCOUS SALAD



Servings:
4



Prep:
20 min



Cook:
5 min



Ingredients:

- 240 ml wholemeal couscous (dry)
- 3 cans black beans, no added salt (tinned)
- 480 ml cucumber
- 480 ml tomatoes
- 240 ml red pepper
- 240 ml red cabbage
- 120 ml spring onions & parsley
- 240 ml fat-free Greek yoghurt
- 15 ml extra-virgin olive oil
- 60 ml lime juice & zest
- 2 tsp spice blend
- 1/8–1/4 tsp fine sea salt (optional)



Directions:

1. Bring 240 ml water to the boil in a small saucepan. Off the heat, stir in the couscous, cover for 5 min; fluff and cool.
2. Make the dressing: shake yoghurt, lime juice/zest, olive oil and spice blend until smooth.
3. Prep the veg: deseed/dice cucumber; dice tomatoes & pepper; shred cabbage; chop spring onions & parsley.
4. Drain beans; rinse for 30 sec and pat dry to cut salt by ~30–40%.
5. Layer 4 containers: dressing (bottom), beans, pepper & cabbage, cucumber & tomatoes, couscous, then herbs.
6. Chill for up to 4 days. To serve, invert into a bowl and toss. Brighten with lime; add 1/16–1/8 tsp salt only if needed.



Nutritional Information:

Calories: 530, Protein: 30g, Carbs: 90g, Fat: 6g, Fibre: 24g, Sodium: 220mg, Sugar: 8g



SUMAC-LEMON SALMON FREEKEH SALAD WITH CARROT RIBBONS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 450 g salmon fillets
- 300 ml freekeh, cracked
- 720 ml carrots, shaved
- 960 ml rocket
- 60 ml fresh dill, chopped
- 1 each lemon
- 80 ml fat-free Greek yoghurt
- 15 ml tahini
- 30 ml extra-virgin olive oil
- 1 clove garlic, grated
- 1 tsp black pepper
- 1 tsp sumac (salt-free)



Directions:

1. Cook freekeh: Boil 600 ml water. Add freekeh, reduce heat, cover, simmer 18–20 min. Drain if needed; spread to cool.
2. Prep veg: shave carrot ribbons, chop dill, and place rocket in a large bowl.
3. Whisk dressing: yoghurt, tahini, lemon zest/juice, grated garlic, 15 ml oil, 15–45 ml cold water. Season with pepper.
4. Cook salmon: heat 15 ml oil in a frying pan (medium-high). Season fish with pepper + 1/2 tsp sumac. Sear 3–4 min/side; rest.
5. Toss cooled freekeh, carrot ribbons, rocket, half the dill, and half the dressing until coated.
6. Flake salmon into big pieces. Top salads; drizzle remaining dressing. Sprinkle remaining dill + 1/2 tsp sumac.
7. Taste; add more lemon or pepper. Optional tiny pinch salt (1/16 tsp/serving) will raise sodium.



Nutritional Information:

Calories: 560, Protein: 35g, Carbs: 50g, Fat: 22g, Fibre: 10g, Sodium: 230mg, Sugar: 6g



CITRUS-TAHINI TUNA PASTA SALAD WITH ROASTED BEETROOT



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 450 g beetroot
- 15 ml extra-virgin olive oil
- 240 g wholegrain pasta (fusilli)
- 3 tins tuna, no added salt (tinned)
- 960 ml rocket
- 240 ml cucumber
- 120 ml fresh parsley & dill
- 1 large lemon
- 45 ml tahini
- 1 clove garlic
- 1 tsp ground sumac & black pepper
- 30 ml pumpkin seeds, unsalted



Directions:

1. Heat oven to 220°C/gas 7. Toss beetroot with oil and half the sumac/pepper. Roast on a baking tray 25–30 min, until tender; cool 5 min.
2. Cook pasta in unsalted boiling water until al dente, 8–10 min. Drain; rinse under cold water; drain well.
3. Whisk tahini, lemon zest/juice, garlic, and remaining sumac/pepper. Whisk in 30–60 ml cold water to a pourable dressing.
4. Flake tuna in a bowl; toss with 30 ml dressing to moisten.
5. In a large bowl, combine rocket, cucumber, herbs, and cooled pasta; toss with half the dressing.
6. Add roasted beetroot and tuna; gently fold. Add more dressing to taste; finish with an extra squeeze of lemon.
7. Divide into bowls; top with pumpkin seeds. Optional: a tiny pinch fine salt (1/16–1/8 tsp) per serving will raise sodium.



Nutritional Information:

Calories: 460, Protein: 30g, Carbs: 58g, Fat: 13g, Fibre: 9g, Sodium: 230mg, Sugar: 9g



CITRUS-PICKLED RADISH PRAWN QUINOA SALAD



Servings:
4



Prep:
20 min



Cook:
25 min



Ingredients:

- 225 g quinoa
- 450 g prawns
- 360 ml radishes
- 960 ml rocket or spinach
- 240 ml cucumber
- 240 ml sweetcorn (unsalted)
- 65 ml lime juice & zest
- 30 ml fresh orange juice
- 45 ml extra-virgin olive oil
- 60 ml fresh herbs
- 1 tsp + 1/4 tsp sumac & chilli flakes
- 2 each spring onions



Directions:

1. Rinse quinoa. Boil 640 ml water, add quinoa, simmer covered 15 mins; rest 5 mins, fluff.
2. In a bowl, mix lime juice/zest, orange juice, sumac, chilli. Add radishes; toss, press down; marinate 10 mins. Reserve 60 ml liquid.
3. Pat prawns dry. Heat 5 ml oil in a frying pan over medium-high; sear 2–3 mins per side until opaque. Off the heat, splash in 15 ml pickling liquid; toss.
4. Whisk remaining 45 ml pickling liquid with remaining oil; stir in half the herbs and half the spring onions.
5. In a large bowl, combine greens, warm quinoa, cucumber, and sweetcorn; add half the dressing and toss to coat.
6. Divide salad; top with prawns, drained radishes, remaining herbs and spring onions. Drizzle with remaining dressing; add extra lime if desired.
7. Optional: tiny salt 1/16–1/8 tsp per serving; note this raises sodium.



Nutritional Information:

Calories: 470, Protein: 33g, Carbs: 50g, Fat: 15g, Fibre: 7g, Sodium: 220mg, Sugar: 7g



HERBY YOGHURT-TAHINI KALE & BROWN RICE EGG BOWL



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 8 large eggs
- 480 ml brown rice, cooked
- 1920 ml kale, chopped
- 480 ml cucumber, diced
- 480 ml no added salt chickpeas
- 120 ml spring onions, thinly sliced
- 240 ml fresh herbs (parsley/dill/basil)
- 240 ml fat-free Greek yoghurt
- 30 ml tahini
- 15 ml extra-virgin olive oil
- 1 large lemon
- 0.5 tsp black pepper



Directions:

1. If needed, cook brown rice as per pack; cool to room temp. You'll need 480 ml cooked rice.
2. Boil eggs 7-8 min for jammy centres. Transfer to iced water 5 min, peel, then halve or quarter.
3. Blend yoghurt, tahini, lemon zest and juice, herbs, olive oil and pepper until creamy.
4. In a large bowl, toss kale with 30 ml dressing; massage 30 secs to soften.
5. Add rice, cucumber, chickpeas (rinse 30 secs to cut salt by 30-40%), and spring onions; toss with more dressing.
6. Divide into 4 bowls; top each with 2 eggs. Finish with extra pepper and lemon. Optional tiny salt (1/16-1/8 tsp) increases salt.
7. For meal prep, keep eggs and dressing separate; toss just before eating. Refrigerate up to 3 days.



Nutritional Information:

Calories: 555, Protein: 33g, Carbs: 61g, Fat: 21g, Fibre: 12g, Sodium: 320mg, Sugar: 6g



SUMAC TOMATO-KALE BOWL WITH COTTAGE CHEESE & FARRO



Servings:
4



Prep:
15 min



Cook:
25 min



Ingredients:

- 240 ml farro
- 1200 ml kale
- 480 ml tomatoes
- 1 450 g can chickpeas
- 120 ml fresh herbs
- 720 ml low-fat cottage cheese (low-salt)
- 45 ml lemon juice
- 45 ml extra-virgin olive oil
- 1 clove garlic
- 1 tsp sumac
- 1/2 tsp black pepper
- 1/8 tsp fine sea salt



Directions:

1. Cook farro in a large saucepan of unsalted boiling water until tender, 20-25 min. Drain, rinse under cold water, and spread to steam-dry.
2. In a large bowl, whisk lemon juice, olive oil, garlic, black pepper, and 1/2 tsp sumac.
3. Add kale. Massage with the dressing until glossy and tender, 1-2 min.
4. Fold in tomatoes, chickpeas (rinsed for 30 sec), herbs, and cooled farro; toss well.
5. Taste; add 1/16-1/8 tsp fine sea salt if needed (increases salt). Adjust lemon juice or oil to balance.
6. Divide between bowls. Top each with 180 ml cottage cheese. Sprinkle remaining 1/2 tsp sumac; finish with a light squeeze of lemon.



Nutritional Information:

Calories: 530, Protein: 34g, Carbs: 66g, Fat: 14g, Fibre: 10g, Sodium: 350mg, Sugar: 8g



SNACKS



CARROT-HUMMUS MINI WRAPS WITH TOASTED NUT CRUMBS



Servings:
4



Prep:
15 min



Cook:
5 min



Ingredients:

- 2 ea wholemeal tortillas (low salt)
- 90 ml hummus (low salt)
- 60 ml fat-free Greek yoghurt
- 1 tsp lemon zest
- 15 ml fresh dill
- 320 ml carrots
- 30 ml spring onions
- 2 ea wholegrain crackers (low salt)
- 30 ml almonds
- 5 ml extra-virgin olive oil
- 1/2 tsp smoked paprika
- 1/4 tsp black pepper



Directions:

1. Toast crumbs: crush crackers; mix with almonds. Cook with oil and paprika in a frying pan over medium heat for 2–3 min until golden. Leave to cool.
2. Mix yoghurt, lemon zest, dill and black pepper in a bowl.
3. Julienne the carrots and slice the spring onions.
4. Warm tortilla halves in a dry frying pan for 15–20 sec per side to soften.
5. For each mini wrap, spread 15 ml yoghurt, then 25 ml hummus.
6. Top with 80 ml carrots, a pinch of spring onions and 2 tsp toasted nut crumbs.
7. Roll from the rounded edge to the cut edge, seam side down. Serve; add extra lemon zest for brightness instead of salt.



Nutritional Information:

Calories: 195, Protein: 7g, Carbs: 22g, Fat: 9g, Fibre: 5g, Sodium: 140mg, Sugar: 4g



GRILLED YOGHURT-STUFFED TOMATOES WITH POPCORN CRUNCH



Servings:
4



Prep:
15 min



Cook:
8 min



Ingredients:

- 475 ml cherry tomatoes
- 240 ml fat-free Greek yoghurt
- 960 ml air-popped popcorn
- 30 ml fresh dill or chives
- 1 tsp lemon zest
- 1 small clove garlic
- 20 ml extra-virgin olive oil
- 1/4 tsp black pepper
- 1 tsp everything bagel seasoning (salt-free)



Directions:

1. Preheat the grill to high; line a baking tray with aluminium foil. Position the rack 15 cm from the heat.
2. If needed, air-pop kernels to make 960 ml popcorn. Crush lightly; toss with 15 ml oil and everything bagel seasoning.
3. In a bowl, mix yoghurt, dill/chives, lemon zest, grated garlic, 5 ml oil and black pepper.
4. Slice the tops off the cherry tomatoes; scoop out seeds with a 1/4 tsp spoon. Arrange on the tray, cut side up.
5. Fill each tomato with 1–2 tsp yoghurt mixture, mounding slightly.
6. Top with popcorn crumbs, pressing gently so they adhere.
7. Grill for 2–3 min until tomatoes blister and crumbs toast. Rest for 2 min; add more zest and pepper if desired.



Nutritional Information:

Calories: 120, Protein: 7g, Carbs: 12g, Fat: 5g, Fibre: 3g, Sodium: 25mg, Sugar: 4g



SMOKY BROCCOLI PITTA DIPPERS WITH HERBED COTTAGE CHEESE



Servings:
4



Prep:
15 min



Cook:
15 min



Ingredients:

- 240 ml low fat cottage cheese (low salt)
- 1 ea wholemeal pitta
- 720 ml broccoli florets
- 15 ml extra-virgin olive oil
- 1 clove garlic
- 1/2 ea lemon
- 1/2 tsp smoked paprika
- 1/4 tsp black pepper
- 30 ml fresh dill or parsley



Directions:

1. Prep: Cut pitta; chop dill; zest and juice the lemon; mince the garlic.
2. Make the dip: Mix cottage cheese, zest, 5 ml lemon juice, half the dill, and a pinch of pepper; chill.
3. Heat 10 ml oil in a large frying pan over medium-high heat. Add broccoli; shallow-fry 5–7 min until crisp-tender with some char.
4. Stir in the garlic; cook 30 sec. Add smoked paprika and remaining pepper; toss. Finish with 5 ml lemon juice; transfer.
5. Wipe the pan; add 5 ml oil. Shallow-fry pitta wedges 1–2 min per side until golden, with char lines if using a ridged pan.
6. Plate the dip; dust with a pinch of paprika and dill. Arrange the charred broccoli and warm pitta for a grill-style platter.



Nutritional Information:

Calories: 160, Protein: 10g, Carbs: 16g, Fat: 6g, Fibre: 3g, Sodium: 170mg, Sugar: 3g



CRISPY KALE & SAUTÉED EGG SNACK BOWL



Servings:
4



Prep:
15 min



Cook:
8 min



Ingredients:

- 4 ea hard-boiled eggs
- 4 ea brown rice cakes
- 960 ml kale crisps
- 10 ml extra-virgin olive oil
- 2 ea spring onions
- 1/2 tsp smoked paprika
- 1/4 tsp black pepper
- 120 ml fat-free Greek yoghurt
- 1 ea lemon
- 15 ml dill
- 15 ml chia seeds
- 1/16–1/8 tsp kosher salt (optional)



Directions:

1. Chop the eggs; slice the spring onions. In a bowl, mix the yoghurt, lemon zest + 10 ml juice, dill and chia; rest 5 min.
2. Heat the oil in a frying pan over medium heat. Sauté the spring onions for 1 min until fragrant.
3. Add the chopped eggs, paprika and pepper. Sauté for 1–2 min to warm and coat; remove from the heat.
4. Crumble 1 rice cake into each of 4 shallow bowls.
5. Spoon about 30 ml yoghurt sauce over the rice cake in each bowl.
6. Top with the warm sautéed eggs.
7. Add the kale crisps. Finish with extra pepper or a tiny pinch of salt (optional; adds sodium).



Nutritional Information:

Calories: 180, Protein: 12g, Carbs: 13g, Fat: 9g, Fibre: 3g, Sodium: 120mg, Sugar: 3g



GRILLED TOMATO BITES STUFFED WITH CHICKPEA CRUNCH



Servings:
4



Prep:
15 min



Cook:
8 min



Ingredients:

- 300 g cherry tomatoes
- 240 ml roasted chickpeas (unsalted)
- 80 ml fat-free Greek yoghurt
- 180 ml oat squares (no added sugar)
- 10 ml extra-virgin olive oil
- 1 tsp lemon zest
- 30 ml parsley
- 1/2 tsp cumin
- 1/2 tsp smoked paprika
- 1/4 tsp black pepper
- 1 clove garlic



Directions:

1. Heat the grill to high; line a baking tray. Slice a thin lid off each tomato; scoop out seeds with a small spoon to hollow.
2. Arrange tomatoes cut-side down on the tray. Grill for 3–4 min until skins blister. Cool for 5 min.
3. In a bowl, lightly crush the chickpeas. Stir in the yoghurt, lemon zest, cumin, pepper, garlic and parsley.
4. In another bowl, crush the oat squares. Toss with the olive oil and smoked paprika to make a loose crumb.
5. Turn the tomatoes cut-side up. Spoon in the chickpea filling, packing gently.
6. Top each with the oat crumb. Serve, or quick-grill for 30 sec to warm. Brighten with extra lemon zest instead of salt.



Nutritional Information:

Calories: 135, Protein: 7g, Carbs: 20g, Fat: 4g, Fibre: 5g, Sodium: 60mg, Sugar: 5g



BEAN DIP WITH CHARRED BROCCOLI & GRILLED TORTILLA



Servings:
4



Prep:
10 min



Cook:
12 min



Ingredients:

- 240 ml black bean dip (homemade)
- 960 ml broccoli florets
- 2 each wholemeal tortillas (low salt)
- 10 ml avocado oil
- 1 small lemon
- 1/2 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/4 tsp black pepper
- 30 ml parsley
- 1/16–1/8 tsp fine sea salt



Directions:

1. Prep: cut tortillas into strips; zest/juice the lemon; chop the parsley.
2. Heat a frying pan with oil on medium-high. Add broccoli; shallow-fry 5–6 mins, tossing, until crisp-tender with char.
3. Sprinkle cumin, paprika, pepper; cook 30 secs. Add 1 tsp zest and 10 ml lemon juice; toss to coat.
4. Dry-toast tortilla strips in the same frying pan 1–2 mins each side until browned with charred spots.
5. Spoon the black bean dip into a bowl. If using tinned beans, drain and rinse for at least 30 seconds to reduce salt.
6. Plate: arrange broccoli and tortilla strips around the dip; sprinkle parsley. Optional salt (1/16–1/8 tsp) adds salt.
7. Serve warm; finish with extra lemon instead of more salt.



Nutritional Information:

Calories: 165, Protein: 7g, Carbs: 26g, Fat: 4g, Fibre: 8g, Sodium: 160mg, Sugar: 3g



WARM TOMATO-GARLIC BEAN DIP CRUNCH BOWL



Servings:
4



Prep:
10 min



Cook:
5 min



Ingredients:

- 320 ml white bean dip (homemade, low salt)
- 960 ml kale crisps (homemade, unsalted)
- 12 each wholegrain crackers (low salt)
- 240 ml cherry tomatoes
- 1 clove garlic
- 10 ml extra-virgin olive oil
- 1/2 tsp smoked paprika
- 1/4 tsp cumin
- 1 tsp lemon zest
- 30 ml parsley
- 1/8 tsp black pepper



Directions:

1. Heat oil in a frying pan over a medium heat. Sauté garlic for 30 seconds until fragrant. Add tomatoes, paprika and cumin; cook, stirring, for 3–4 minutes until juicy.
2. Off the heat, stir in lemon zest, black pepper and parsley.
3. Divide the white bean dip between 4 small bowls.
4. Spoon the warm tomato-garlic mixture over each bowl.
5. Nest 240 ml kale crisps around each dip; keep crisps at the edges so they stay crisp.
6. Add 3 wholegrain crackers to each bowl for dipping. Serve at once; the lemony finish stands in for salt.



Nutritional Information:

Calories: 220, Protein: 8g, Carbs: 29g, Fat: 8g, Fibre: 6g, Sodium: 160mg, Sugar: 2g



CARROT CRUNCH PEANUT YOGHURT WRAPS



Servings:
4



Prep:
15 min



Cook:
5 min



Ingredients:

- 4 each wholemeal tortillas (15 cm, low salt)
- 480 ml carrots, julienned
- 30 ml spring onions, thinly sliced
- 45 ml unsalted peanut butter
- 60 ml fat-free Greek yoghurt
- 1/2 tsp lime zest
- 1/2 tsp ground cumin
- 1/2 tsp chilli powder
- 240 ml air-popped popcorn, lightly crushed
- 15 ml pumpkin seeds, unsalted
- 1/8 tsp black pepper



Directions:

1. Crush popcorn to coarse crumbs; dry-toast with pumpkin seeds in a small frying pan over medium heat until golden, 3–4 mins. Cool.
2. Whisk peanut butter, yoghurt, lime zest, cumin and chilli powder. Add 5–10 ml water until spreadable.
3. Lay tortillas. Spread 15 ml peanut-yoghurt on each.
4. Add 120 ml carrots and 10 ml spring onions to each. Sprinkle ~30 ml toasted crumb; add black pepper (optional 1/16 tsp salt total—raises sodium).
5. Roll tightly, tucking in the ends; set seam-side down. Slice each wrap in half.
6. Serve, or wrap in baking paper and chill for up to 24 hrs. Keep extra crumb separate; sprinkle just before eating.



Nutritional Information:

Calories: 240, Protein: 9g, Carbs: 31g, Fat: 9g, Fibre: 5g, Sodium: 165mg, Sugar: 6g



BLISTERED TOMATO-ALMOND PITTA POCKETS



Servings:
4



Prep:
15 min



Cook:
10 min



Ingredients:

- 2 ea wholemeal pittas
- 480 ml cherry tomatoes
- 240 ml cucumber
- 60 ml unsalted almond butter
- 60 ml fat-free Greek yoghurt
- 1/2 tsp lemon zest
- 1 clove garlic
- 60 ml fresh parsley
- 5 ml extra-virgin olive oil
- 1/4 tsp smoked paprika
- 1/4 tsp ground cumin
- 1/4 tsp black pepper



Directions:

1. Preheat the grill to high. Halve the pittas. Toss tomatoes with oil, paprika and cumin.
2. Grill tomatoes in a grill basket or on a baking tray until blistered, 4–6 min, shaking once. Cool 2 min.
3. Grill pittas 30–60 sec per side until lightly charred and puffed; slit edges to open pockets.
4. Mix almond butter, yoghurt, lemon zest and garlic; whisk in 1–2 tsp water to make a spread.
5. Toss blistered tomatoes with cucumber and parsley.
6. Spread 30 ml almond-yoghurt in each pitta half; stuff with tomato-cucumber mix.
7. Finish with black pepper and a touch more zest. Serve warm.



Nutritional Information:

Calories: 220, Protein: 9g, Carbs: 27g, Fat: 10g, Fibre: 5g, Sodium: 180mg, Sugar: 4g



GRILLED-STYLE TUNA & CHARRED BROCCOLI RICE CAKES



Servings:
4



Prep:
15 min



Cook:
10 min



Ingredients:

- 300 g tuna, tinned, no added salt
- 80 ml fat-free Greek yoghurt
- 720 ml broccoli florets
- 25 ml avocado oil
- 1 tsp lemon zest
- 30 ml parsley leaves
- 1/2 tsp smoked paprika
- 1/4 tsp black pepper
- 1 tsp everything bagel seasoning (salt-free)
- 4 cakes brown rice cakes (unsalted)



Directions:

1. In a bowl, mix the drained tuna, yoghurt, 1/2 tsp lemon zest, 1 tbsp parsley and half the pepper. Chill.
2. Pat the broccoli very dry. Toss with the smoked paprika and the remaining pepper.
3. Heat a griddle pan over medium-high. Add the oil; shallow-fry the broccoli for 5–7 mins, turning to char. Off the heat, toss with 1/2 tsp zest and 1 tbsp parsley.
4. Grill-mark the rice cakes on the dry pan for 30–45 sec per side.
5. Spread the tuna mixture on each cake; top with the charred broccoli.
6. Sprinkle over the everything bagel seasoning. Serve warm with a lemony aroma.



Nutritional Information:

Calories: 200, Protein: 23g, Carbs: 12g, Fat: 6.5g, Fibre: 2.3g, Sodium: 90mg, Sugar: 2g

A close-up photograph of a slice of cake on a light-colored ceramic plate. The cake is a pale yellow color with a golden-brown crust. It is topped with several dark red cherries. To the right of the cake is a dollop of white cream, and a single cherry is placed next to it. The background is a blurred wooden surface.

DESSERTS



CINNAMON-MAPLE APPLE CRUMBLE YOGHURT BOWLS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 4 medium apples
- 1 tsp lemon zest
- 1 tsp cinnamon
- 1/4 tsp ground ginger
- 25 ml maple syrup
- 5 ml vanilla extract
- 30 ml unsweetened apple sauce
- 30 g wholemeal flour
- 10 ml rapeseed oil
- 320 ml fat-free Greek yoghurt



Directions:

1. Heat the oven to 190°C/gas 5. Place sliced apples in a 20 cm baking dish.
2. Toss apples with lemon zest, 1/2 tsp cinnamon, 1/8 tsp ginger, 10 ml maple syrup, 5 ml vanilla extract.
3. In a bowl, mix flour, apple sauce, oil, 15 ml maple syrup, 5 ml vanilla extract, 1/2 tsp cinnamon, 1/8 tsp ginger to coarse crumbs.
4. Sprinkle crumbs over apples. Bake 25–30 mins until apples are tender and the top is golden.
5. Rest 5 mins. Spoon warm apple crumble into 4 bowls.
6. Top each bowl with 80 ml fat-free Greek yoghurt. Dust with a pinch of cinnamon if desired.



Nutritional Information:

Calories: 220, Protein: 9g, Carbs: 40g, Fat: 2.7g,
Fibre: 5.5g, Sodium: 65mg, Sugar: 27g



FROZEN PEACH YOGHURT BOWLS WITH WHOLEMEAL CRUNCH



Servings:
4



Prep:
15 min



Cook:
5 min



Ingredients:

- 3 medium ripe peaches
- 240 ml fat-free Greek yoghurt
- 25 ml honey
- 5 ml vanilla extract
- 1 tsp lemon zest
- 30 ml porridge oats
- 20 g wholemeal flour
- 30 ml unsalted almonds
- 10 ml extra-virgin olive oil
- 5 ml maple syrup
- 0.5 tsp cinnamon



Directions:

1. Dice the peaches; spread on a baking tray; freeze for 30–45 mins until firm.
2. Toast the oats, flour and almonds in a dry frying pan for 2–3 mins over medium heat.
3. Stir in the oil, maple syrup and cinnamon; cook for 1–2 mins until it clumps; leave to cool.
4. Blend the frozen peaches, yoghurt, honey, vanilla and zest until smooth.
5. If soft, spread on a tray; freeze for 10–15 mins until firmed to soft-scoop.
6. Scoop into 4 bowls; top each with about 2 tbsp of the crumble.
7. Finish with a pinch of lemon zest or cinnamon; serve straight away.



Nutritional Information:

Calories: 180, Protein: 8g, Carbs: 26g, Fat: 4.5g,
Fibre: 3g, Sodium: 45mg, Sugar: 19g



WHIPPED RICOTTA CHERRY OAT BAKE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 480 ml sweet cherries
- 120 ml light ricotta
- 240 ml fat-free Greek yoghurt
- 25 g oat flour
- 15 ml flaxseed
- 60 ml semi-skimmed milk
- 15 ml honey
- 5 ml vanilla extract
- 1 ml almond extract
- 1 tsp lemon zest
- 1/2 tsp cinnamon
- 2.5 ml avocado oil



Directions:

1. Heat the oven to 180°C/gas mark 4. Lightly oil a 20cm square baking dish.
2. Stir the ground flaxseed with the milk; leave for 5 min to gel.
3. In a bowl, whisk the ricotta, yoghurt, honey, vanilla extract, almond extract and zest for 1–2 min until light.
4. Beat in the oat flour and cinnamon; fold in the flax gel.
5. Fold in the cherries. Spread the mixture in the dish; smooth the top.
6. Bake for 28–32 min, until just set and the edges are lightly golden. Cool for 10 min.
7. Serve warm. Sprinkle a pinch of cinnamon if you like.



Nutritional Information:

Calories: 190, Protein: 12g, Carbs: 25g, Fat: 5g, Fibre: 3g, Sodium: 65mg, Sugar: 18g



NO-BAKE BANANA OAT CREAM CASSEROLE



Servings:
9



Prep:
20 min



Cook:
0 min



Ingredients:

- 3 medium ripe bananas
- 360 ml fat-free Greek yoghurt
- 240 ml part-skimmed ricotta
- 120 g oat flour
- 30 g walnuts, unsalted
- 15 ml rapeseed oil
- 45 ml date paste
- 10 ml vanilla extract
- 1 tsp lemon zest
- 1 tsp ground cinnamon
- 15 ml chia seeds
- 30 ml unsweetened apple sauce



Directions:

1. Lightly oil a 20cm square dish with a few drops of rapeseed oil.
2. Mix oat flour, walnuts, 1 tsp cinnamon, 2 tbsp date paste, apple sauce, and remaining rapeseed oil to damp crumbs.
3. Press firmly into the dish in an even layer; chill 10 min.
4. Blend yoghurt, ricotta, 1 banana, 1 tbsp date paste, vanilla, lemon zest, and chia until smooth; rest 5 min to thicken.
5. Slice the remaining 2 bananas thinly; layer half over the base.
6. Spread the filling; top with the remaining banana; dust with a pinch of cinnamon; cover.
7. Chill 4–6 hrs to set. Cut into 9 squares and serve cold.



Nutritional Information:

Calories: 197, Protein: 10g, Carbs: 24g, Fat: 7g, Fibre: 3g, Sodium: 55mg, Sugar: 13g



STEWED BERRY AND RICOTTA-STUFFED BAKED APPLES



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 4 apples
- 480 ml mixed berries
- 120 ml part-skimmed ricotta
- 15 ml brown rice flour
- 15 ml honey
- 1 tsp lemon zest
- 1/2 tsp cinnamon
- 5 ml vanilla extract
- 2 tsp chia seeds



Directions:

1. Heat oven to 190°C/gas mark 5. Core apples; set upright in a 20 cm baking dish. Add 60 ml water to the dish.
2. Stew berries: In a small saucepan, combine berries, honey, lemon zest and cinnamon. Simmer over medium heat 5–7 min until juicy.
3. Whisk brown rice flour with 30 ml water; stir into berries. Cook 1–2 min to thicken; remove from the heat. Stir in vanilla; cool 5 min.
4. Fold in ricotta and chia seeds (if using).
5. Spoon the ricotta-berry mixture into apple cavities; mound any extra around apples.
6. Bake 18–22 min, until apples are tender; baste with pan juices halfway.
7. Rest 5 min; serve warm with the juices.



Nutritional Information:

Calories: 225, Protein: 5g, Carbs: 44g, Fat: 3.5g, Fibre: 7g, Sodium: 60mg, Sugar: 29g



POACHED PEAR YOGHURT WRAPS WITH CORNMEAL TORTILLAS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 2 medium pears, firm-ripe
- 1 tsp lemon zest
- 1/2 tsp ground cinnamon
- 1 tsp fresh ginger, grated
- 120 ml fat-free Greek yoghurt
- 10 ml honey
- 2.5 ml vanilla extract
- 60 g wholemeal flour
- 40 g cornmeal (fine)
- 5 ml rapeseed oil
- 4 tsp pistachios, unsalted, chopped



Directions:

1. Poach pears: In a saucepan, cover sliced pears with water; add lemon zest, cinnamon and ginger. Simmer 10–12 min until tender. Cool in the liquid; drain.
2. Stir yoghurt, honey and vanilla in a bowl; chill.
3. Mix flour, cornmeal, 80 ml warm water and oil to a soft dough. Knead 1 min; rest 5 min.
4. Heat a frying pan over medium-high heat. Divide dough into 4; roll thin 18 cm rounds. Cook 1–2 min each side until brown spots appear; keep warm.
5. Spread 30 ml yoghurt on each tortilla. Top with warm pear slices.
6. Sprinkle 1 tsp pistachios. Roll firmly like a burrito; seam-side down.
7. Serve warm or chilled; spoon a little poaching liquid over if desired.



Nutritional Information:

Calories: 185, Protein: 6g, Carbs: 34g, Fat: 3g, Fibre: 4.5g, Sodium: 40mg, Sugar: 12g



HONEY-LEMON RICOTTA STUFFED PLUMS



Servings:
4



Prep:
15 min



Cook:
15 min



Ingredients:

- 4 each plums
- 120 ml part-skimmed ricotta
- 120 ml fat-free Greek yoghurt
- 10 ml honey
- 1 tsp lemon zest
- 2.5 ml vanilla extract
- 25 g brown rice flour
- 20 g almonds, unsalted, chopped
- 10 g chia seeds
- 1/2 tsp cinnamon
- 5 ml extra-virgin olive oil



Directions:

1. Heat oven to 190°C/gas 5. Halve and stone 4 plums; set cut-side up on a baking tray.
2. In a bowl, mix flour, almonds, chia, cinnamon, oil, 5 ml honey. Scatter the mix beside the plums.
3. Bake 12–15 min until the plums soften and the crumble is golden; cool for 5 min.
4. In another bowl, add ricotta, yoghurt, vanilla, lemon zest, 5 ml honey; fold gently until smooth.
5. Stuff each plum cavity with 30 ml filling; top with the warm crumble.
6. Chill 10 min for neater slices, or serve warm. Dust with extra zest or cinnamon if you like.



Nutritional Information:

Calories: 171, Protein: 9g, Carbs: 21g, Fat: 7g, Fibre: 3g, Sodium: 50mg, Sugar: 12g



PINEAPPLE & GINGER YOGHURT CRUNCH BOWLS



Servings:
4



Prep:
15 min



Cook:
5 min



Ingredients:

- 480 ml pineapple
- 480 ml fat-free Greek yoghurt
- 15 ml honey
- 5 ml vanilla extract
- 1/2 tsp lemon zest
- 1 tsp fresh ginger
- 60 ml rolled oats
- 30 ml wholemeal flour
- 30 ml almonds
- 10 ml rapeseed oil
- 1/4 tsp ground cinnamon



Directions:

1. Whisk the yoghurt, honey and vanilla extract until smooth. Cover and chill for 20 mins to thicken.
2. In a bowl, toss the pineapple with lemon zest and grated ginger; leave for 10 mins to release juices.
3. Heat the oil in a frying pan over medium heat. Add the oats, flour, almonds and cinnamon; stir for 3–4 mins until toasted and the flour is cooked. Cool.
4. Divide the yoghurt between 4 bowls. Spoon the pineapple on top; sprinkle 2 tbsp of the crumble over each. Serve chilled.



Nutritional Information:

Calories: 215, Protein: 14g, Carbs: 27g, Fat: 6g, Fibre: 3g, Sodium: 70mg, Sugar: 16g



CITRUS STEW CRISP CASSEROLE WITH VANILLA YOGHURT



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 960 ml citrus segments
- 240 ml fat-free Greek yoghurt
- 30 g oat flour (topping)
- 2 tsp oat flour (thickener)
- 30 ml almonds, chopped (unsalted)
- 10 ml extra-virgin olive oil
- 30 ml unsweetened apple sauce
- 10 ml honey
- 5 ml vanilla extract
- 1 tsp grated fresh ginger
- 0.5 tsp cinnamon
- 1.5 tsp orange and lemon zest



Directions:

1. Heat the oven to 180°C/gas mark 4. Put the citrus, ginger, honey, cinnamon and zests in a saucepan.
2. Cook over medium heat for 8–10 minutes until the fruit releases its juices and turns syrupy.
3. Sprinkle in 2 tsp oat flour; simmer for 1 minute, stirring, to lightly thicken.
4. Pour the fruit into a 20cm square baking dish; spread evenly.
5. In a bowl, mix 30g oat flour, almonds, apple sauce and oil to crumbs. Scatter over the fruit.
6. Bake for 12–15 minutes until the top is golden in spots. Leave to rest for 5 minutes.
7. Stir the yoghurt with 1/2 tsp vanilla. Serve the warm crisp with 60ml yoghurt per serving.



Nutritional Information:

Calories: 230, Protein: 10g, Carbs: 36g, Fat: 5g, Fibre: 5.5g, Sodium: 50mg, Sugar: 23g



CARDAMOM POACHED PEARS STUFFED WITH DATE RICOTTA



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 2 each pears
- 720 ml water
- 2 strips orange zest
- 1/4 tsp ground cinnamon
- 1/4 tsp ground cardamom
- 40 g stoned dates, chopped
- 80 g part-skimmed ricotta
- 2.5 ml vanilla extract
- 20 g brown rice flour
- 5 ml extra-virgin olive oil
- 10 g unsalted pistachios, chopped



Directions:

1. In a saucepan, bring 720 ml water, orange zest, cinnamon and cardamom to a gentle simmer.
2. Add the pear halves, cut-side down. Simmer 12–15 min until tender to the tip of a knife, turning once. Remove pears; reduce the liquid to about 120 ml, 3–5 min.
3. In a bowl, mix the ricotta, chopped dates and vanilla extract until cohesive.
4. Heat the oil in a small frying pan over medium heat. Add the brown rice flour; toast 2–3 min to pale golden. Stir in the pistachios; toast 1 min. Remove.
5. Pat the pears dry. Spoon the date-ricotta into the cores, about 30 ml per half; gently press to mound.
6. Plate the pears. Spoon 15–30 ml warm poaching syrup over each; sprinkle over the rice-flour pistachio crumble.
7. Serve warm, or chill for 30 min for a firmer set.



Nutritional Information:

Calories: 156, Protein: 3.6g, Carbs: 26g, Fat: 4.0g, Fibre: 4.0g, Sodium: 30mg, Sugar: 18g

Conclusion

Thank you for inviting me into your kitchen and your day. Whether you came to lower blood pressure, trim the salt, cook for a changing season of health, or simply find weeknight meals that feel good, you showed up for yourself—and that choice matters.

Keep experimenting. Swap in the veg you have, choose the protein that suits your budget and taste, and lean on spices, citrus, vinegar, garlic, and fresh herbs to wake up flavour so the salt can step back. Taste as you go, finish with a squeeze of lemon or a drizzle of olive oil, and adjust heat and texture until the plate feels like you.

A few last bits of wisdom: build meals around produce, beans, lentils, whole grains, fish or lean poultry, nuts, and low-fat dairy; aim for colour and fibre at every meal. Read labels for sodium and added sugar, rinse tinned beans, and choose reduced-salt stock. Keep a flavour toolbox—no-salt spice blends, Dijon, smoked paprika, yoghurt, citrus zest, toasted seeds. Batch-cook grains, roast a sheet pan of vegetables, and freeze soups so tomorrow's supper is halfway done. Progress over perfection, always; health isn't a size, and nourishment includes joy.

Share what you make. Lay out a big salad and pass bowls family-style, pack an extra portion for a neighbour, or start a small potluck at work. When we cook for others, we multiply comfort, connection, and accountability—one delicious plate at a time.

With gratitude,
Tess Holden

May your meals be simple, heart-smart, and full of colour—and may each bite remind you that caring for yourself can be wonderfully, deliciously doable.