

## Butter Bean & Tomato Salad

*A refreshing, zingy salad — the ground cumin really makes this special!*

1. Once you have prepared all of the ingredients, tip them into a bowl, season with black pepper and mix well.
2. Serve at room temperature.

### INGREDIENTS:

420g/15oz can of butter beans,  
drained and rinsed

500g/17oz cherry tomatoes, quartered

2 small courgettes, diced

1 small red onion, chopped

15-20g/1oz pack of coriander

2 tbsp lemon juice

3 tbsp olive oil

1 tbsp ground cumin

SERVES 4

### DIETARY ANALYSIS:

*Nutritional values per portion:*

190kcal  
Energy

8.6g  
Protein

9.0g  
Fat

1.17g  
Salt



## Cous Cous Salad with Lentils

*A lovely, hearty warming salad that will really fill you up.*

1. Toast the cous cous in a dry pan, stirring or shaking it constantly, for 5 minutes or until it is golden. Bring the water or vegetable stock to the boil and stir in the cous cous and cranberries. Then turn off the heat and leave covered for 5 minutes.
2. Fluff up the cous cous with a fork to break up any lumps and gently stir the lentils through.
3. Heat the oil in a small frying pan and cook the shallots and peppers over a gentle heat until they are soft, for about 5 minutes. Mix through the cous cous and lentil mixture and leave uncovered while making the dressing.
4. To make the dressing, whisk all the ingredients together. Drizzle the dressing over the cous cous mixture, toss lightly to mix and scatter the toasted pine nuts over. Serve warm, cold or at room temperature. The mixture may be piled in lettuce cups if liked.

### INGREDIENTS:

170g/6oz cous cous  
375ml/13fl oz water or vegetable stock  
30g/1oz dried cranberries  
190g red or brown lentils, cooked  
1 tbsp olive oil  
2 shallots, finely chopped  
1 small red pepper, finely chopped  
35g/1oz pine nuts, toasted

### For the Dressing:

1 tbsp macadamia nut oil  
2 tbsp light olive oil  
Finely grated zest of 1 lime or 1 orange  
1 tsp ground cumin, toasted  
2 tbsp lime juice or orange juice  
1 tsp honey  
1 tsp sea salt or to taste

**SERVES 4-6**

### DIETARY ANALYSIS:

*Nutritional values per portion:*

320kcal Energy	8.0g Protein
15.0g Fat	1.3g Salt



## Chilled Pea & Mint Soup

*Sweet, refreshing and cool... perfect for summer!*

1. Heat the oil in a pan and add the spring onions, garlic and bacon. Cook for 5-7 minutes.
2. Put in the stock and bring to the boil. Then add the peas, bring back to the boil and then reduce to a simmer.
3. Stir in the lettuce and mint and cook for a further 2-3 minutes or until the peas are tender.
4. Blend the mixture using a liquidiser or hand blender until smooth. Pour into a large bowl and leave to cool. Cover and chill for four hours or overnight.
5. To serve, spoon the soup into chilled bowls. Spoon a tablespoon of crème fraiche into the soup and top with a sprig of mint.

### INGREDIENTS:

1 tbsp olive oil

6 large spring onions, washed and sliced

2 garlic cloves, peeled and chopped

1 rasher streaky bacon, chopped

500ml/17fl oz reduced salt vegetable stock

675g/1 lb 8oz frozen peas

1 round lettuce, washed and chopped

Handful of chopped mint

*To Serve:*

4 tbsp crème fraiche

Fresh mint sprigs

**SERVES 4**

### DIETARY ANALYSIS:

*Nutritional values per portion:*

249kcal  
Energy

13.5g  
Protein

12.9g  
Fat

0.36g  
Salt



# Portuguese Vegetable Soup

*Thanks to Lawrence Keogh for this recipe.*

1. firstly sweat the onions in a large pan without colour with the olive oil, thyme and bay leaves.
2. Add the garlic, cook for a few moments without colour, then add all the diced vegetables.
3. Season, put a lid on the pot and steam the vegetables for approx 5/6 minutes.
4. Add the tomato purée and cook for a few more minutes.
5. Add the water and the tomatoes; season again lightly, bring to a boil and then simmer for approx 15/18 minutes until the vegetables are just tender.
6. Add the pasta and simmer until cooked.
7. Check the seasoning and add the shredded cabbage and give a good stir.
8. Let the soup stand for 4/5 minutes and serve with some crusty bread.

## INGREDIENTS:

250g/9oz chopped red onion  
80ml/3fl oz extra virgin olive oil  
1g fresh thyme  
2 bay leaves  
15g/½oz thinly sliced garlic  
200g/7oz each of diced swede, parsnip, carrot and de-stringed\*, diced celery  
150g/5oz diced leek  
80g/3oz tomato purée  
1.4 litres/2½ pints water  
1 tin/400g chopped plum tomatoes  
120g/4oz Lumache or elbow macaroni pasta  
Freshly milled pepper and a pinch of salt  
100g/3½oz very finely sliced spring cabbage or spring greens (*normal cabbage will do*)

\* De-stringed celery is to snap the top gently and pull the celery from the top to the root. This removes all the hard fibre string.

**SERVES 4**

## DIETARY ANALYSIS:

*Nutritional values per portion:*

285kcal  
Energy

7.0g  
Protein

15.0g  
Fat

0.4g  
Salt



## Rhubarb & Berry Compote

*A sweet fruity treat combined with a scrumptious syrup.*

1. Combine the rhubarb, apple, strawberries and sugar in a saucepan.
2. Cover and simmer over a low heat for 8/10 minutes, or until the rhubarb and apple are tender.
3. Sprinkle with thawed blueberries and serve.

### INGREDIENTS:

1 bunch of rhubarb, cut into 2cm lengths

3 green apples, peeled, cored and chopped

50g/2oz sugar

150g/5oz frozen blueberries

SERVES 8

### DIETARY ANALYSIS:

*Nutritional values per portion:*

90kcal  
Energy

2.0g  
Protein

0.0g  
Fat

0.025g  
Salt



## Frozen Strawberry Yogurt

*Just like home-made ice cream — a delicious treat for a hot day.*

1. Roughly chop half the strawberries and blend the rest in a food processor or with a hand blender to make a purée.
2. Thoroughly mix the condensed milk, the purée and the yogurt in a bowl. Then fold in the chopped strawberries..
3. Put the mixture into a loaf tin, wrap with clingfilm and freeze overnight.
4. Remove from the freezer 15 minutes before serving. This dessert can be frozen for up to 1 month.

### INGREDIENTS:

140g/5 oz strawberries

½ a 450g can of light condensed milk

500g/18oz tub of 0% fat Greek yogurt

**SERVES 5**

### DIETARY ANALYSIS:

*Nutritional values per portion:*

219kcal Energy	9.5g Protein
6.1g Fat	0.55g Salt

