

Macaroni Cheese with Tomatoes



4 servings



(prep+cook)
15 + 35minutes

INGREDIENTS

- 300g macaroni
- 40g lower-fat spread
- 1 small onion, finely chopped
- 50g plain flour
- 600ml semi-skimmed milk
- 75g reduced-fat mature Cheddar cheese, grated
- 1 teaspoon English mustard
- 1 pinch ground black pepper
- 2 large tomatoes, sliced

NUTRITIONAL INFORMATION

- 2,178kJ / 517kcal
- 21.4g protein
- 14.3g fat, of which 5.8g saturates
- 73.2g carbohydrate, of which 10.9g sugars
- 5.2g fibre
- 0.8g salt

DIRECTIONS

1. Preheat the oven to 190C (fan 170C, gas mark 5). Cook the macaroni in a large saucepan of boiling water for 8 to 10 minutes, or according to the instructions on the packet, until tender. Once it's ready, drain well and return it to the saucepan.
2. While the pasta is cooking, melt the low-fat spread in a large saucepan and cook the onion for 3 or 4 minutes until softened, but not brown. Remove from the heat and stir in the flour a little at a time. Return to the heat and cook gently, stirring constantly, for about 1 minute, until the mixture has a texture a bit like sand. Remove from the heat again and add in the milk a little at a time, stirring well to mix together.
3. Once all the milk is added, return to the heat once more. Stir the sauce constantly for a few minutes until it's thick and smooth. At this point, remove from the heat and add about two-thirds of the cheese and the mustard. Season with pepper, and stir again to combine.
4. Add the hot cheese sauce to the pan with the cooked pasta and mix well to combine and coat everything with the sauce. Tip the mixture into a baking dish which can hold about 1.2 litres, or use individual serving dishes. Top with the tomato slices and sprinkle the remaining cheese on top.
5. Pop in the oven and bake for 15 to 20 minutes until piping hot and the cheese on top is starting to brown. Remove from the oven, leave to cool for a couple of minutes and then serve.

Old school sausage and mash



4 servings



(prep+cook)
20 + 25minutes

INGREDIENTS

- 4 carrots (about 300g), chopped
- 300g swede or turnip, cut into chunks
- 700g potatoes, cut into chunks
- 8 reduced-fat sausages
- 1 teaspoon vegetable oil
- 1 large red onion, thinly sliced
- 100ml reduced-salt vegetable or chicken stock
- 200ml cold water
- 1 tablespoon fresh parsley, chopped
- 1 teaspoon dried mixed herbs
- 2 tablespoons cornflour blended with 1 tbsp of cold water
- 1 pinch ground black pepper

NUTRITIONAL INFORMATION

- 1,339kJ / 320kcal
- 21g protein
- 51g carbohydrate, of which 12g sugars
- 5g fat, of which 1g saturates
- 7g fibre
- 0.8g salt

DIRECTIONS

1. Cook the carrots, swede or turnip and potatoes in a large saucepan of gently boiling water for about 20 minutes, until tender.

Swap the swede for sweet potato or butternut squash, to make a change.

2. Meanwhile, preheat the grill. Arrange the sausages on the grill rack and start to cook them when the vegetables have been cooking for 10 minutes. Grill them for 10 to 12 minutes, turning often.

Make the recipe with vegetarian sausages if you prefer.

3. At the same time, start to make the red onion gravy. Heat the vegetable oil in a large non-stick frying pan and add the onion, cooking until soft and lightly browned – about 3 to 4 minutes.

4. Pour in the stock and water, add the herbs, then simmer for 4 to 5 minutes. Add the blended cornflour and stir until thickened. Keep hot over a low heat.

5. Drain and mash the vegetables, seasoning with black pepper. Serve 2 sausages per person with the red onion gravy.



Jerk-style chicken skewers



4 servings



(prep+cook)
20 + 10 minutes

INGREDIENTS

- 4 wooden skewers, soaked in water for 30 minutes
- 1 clove garlic, crushed
- juice of half a lemon
- 1 tablespoon olive oil
- 1 or 2 teaspoons jerk seasoning, to taste
- 2 skinless, boneless chicken breasts, cut into 12 large chunks
- 1 red pepper, cut into 16 chunks
- 1 onion, quartered and separated to give 16 pieces
- 2 large tomatoes, sliced

NUTRITIONAL INFORMATION

- 781kJ / 186kcal
- 21.4g protein
- 10.8g carbohydrate, of which 4.9g sugars
- 5.1g fat, of which 0.8g saturates
- 5.4g fibre
- 0.2g salt

DIRECTIONS

1. Mix the garlic, lemon juice and olive oil with 1 teaspoon of jerk seasoning (or 2 if you prefer a spicier flavour). Stir in the chicken and set aside while you prepare the vegetables.
 2. Thread a piece of pepper onto a skewer, then onion, then chicken, finishing with onion.
- Try other vegetables like mushrooms and courgettes – or even fruit like mango or pineapple.
3. Cook on the barbecue for 8 to 10 minutes, turning frequently. Alternatively, cook under a preheated grill.
 4. Meanwhile cook the sweetcorn cobs in boiling water, or on the barbecue for 6 to 8 minutes.
- Add flatbreads or boiled rice for an easy meal.



Mini apple and banana muffins



12 servings



(prep+cook)
20 + 25minutes

INGREDIENTS

- 150g plain flour
- 1.5 teaspoons baking powder
- 50g caster sugar
- 100ml semi-skimmed milk
- 1 egg
- 1 teaspoon vanilla extract (optional)
- 40g lower-fat spread, melted
- 1 medium apple, peeled, cored and chopped
- 1 medium banana, mashed

NUTRITIONAL INFORMATION

- 417kJ / 99kcal
- 2.2g protein
- 2.7g fat, of which 0.7g saturates
- 16.2g carbohydrate, of which 6.3g sugars
- 0.7g fibre
- 0.2g salt

DIRECTIONS

1. Preheat the oven to 200C (fan 180C, gas mark 6). Put 12 paper cases into a bun tray.

2. Sift the flour and baking powder into a mixing bowl, then stir in the sugar.

If you like, add half a teaspoon of ground mixed spice or ground cinnamon to the flour and sugar mixture.

3. Put the milk, egg, vanilla extract and melted spread in a jug and beat together with a whisk. Add the wet mix to the dry ingredients, then add the apple and mashed banana. Stir until just combined. Do not overmix.

4. Spoon the mixture into the paper cases and bake for 20 to 25 minutes, until the muffins have risen and turned golden. Carefully remove the muffins in their paper cases from the bun tray, and leave them to cool on a wire rack.

To freeze, make sure the muffins have completely cooled, then pop them in a freezer bag. Make sure to squeeze out as much air from the bag as possible!



Pizza Crumpets



4 servings



(prep+cook)
5 + 5minutes

INGREDIENTS

- 4 crumpets
- 4 tablespoons tomato purée
- 4 tomatoes, sliced
- 2 teaspoons dried mixed herbs
- 40g reduced-fat hard cheese, grated
- 1 pinch of ground black pepper

NUTRITIONAL INFORMATION

- 582kJ / 138kcal
- 6.5g protein
- 20.6g carbohydrate, of which 4.2g sugars
- 2.8g fat, of which 1.5g saturates
- 2.6g fibre
- 1.2g salt

DIRECTIONS

1. Preheat the grill. Toast the undersides of the crumpets until crispy – about 2 minutes.

Try using wholemeal pitta breads as a change from crumpets. Just skip grilling the underside.

2. Remove from the grill, flip the crumpets over and spread each with 1 teaspoon of tomato purée. Arrange the sliced tomatoes on top and grill for 2 minutes.

3. Sprinkle the herbs and cheese evenly over the crumpets, season with pepper to taste, and grill until the cheese melts and bubbles – another minute or so. Serve at once.

Add a little chopped cooked ham, chopped cooked chicken or extra vegetables, such as sliced peppers, courgette or mushrooms on the crumpets before sprinkling with the cheese.



Hearty vegetable and lentil soup



4 servings



(prep+cook)
15 + 30 minutes

INGREDIENTS

1 large onion, chopped
4 carrots, chopped
1 red pepper, deseeded and chopped
900ml reduced-salt vegetable stock
50g dried red lentils
quarter teaspoon ground ginger (optional)
4 tablespoons low-fat natural yoghurt
pinch of ground black pepper

NUTRITIONAL INFORMATION

- 615 kJ / 146kcal
- 6.5g protein
- 1.4g fat, of which 0.4g saturates
- 23.5g carbohydrate, of which 15.2g sugars
- 7g fibre
- 0.5g salt

DIRECTIONS

1. Put the carrots, onion, red pepper, lentils and ginger (if using) into a large saucepan. Add the stock and bring to the boil. Once boiling, reduce the heat simmer, partially covered, for 25 minutes, until the vegetables and lentils are tender.

To make the soup even more economical, use 500g of carrots and leave out the red pepper. In general, soup is a great way to use up any old or leftover veg, like potatoes, tomatoes, sweet potato or butternut squash.

2. Blend the soup using a hand-held stick blender, or a liquidiser or food processor if you have one. Season to taste with pepper.

3. Ladle the soup into 4 bowls and swirl the yoghurt on top. Garnish with some extra black pepper and chopped chives (if using), and serve with wholemeal rolls, if you like.

Cool the soup and store in a covered container for up to 3 days, or freeze for up to 3 months.