

Veggie Omelette



ONLY 305 calories
1
 Preparation Time: 10 minutes
 Cook Time: 12 minutes
 Serves: 2

Ingredients

1 tablespoon half fat butter
 Handful of frozen peas (100g)
 ¼ of a leek, chopped
 4 closed cup mushrooms, sliced
 ¼ courgette, sliced
 ¼ red pepper, chopped
 ¼ yellow pepper, chopped
 1 crushed garlic clove
 4 eggs
 Dash of semi-skimmed milk
 Handful of grated half fat Cheddar cheese (60g)

Directions

- 1) Heat the half fat butter in a non-stick frying pan and add peas, leeks, mushrooms, courgette, peppers and garlic. Sauté for 5 minutes.
- 2) Whisk the eggs and milk together and mix in the cheese. Pour over the vegetables and cook for a few minutes until golden brown underneath.
- 3) Place under a pre-heated grill for a further 5 minutes and serve immediately.

Add a bread roll with 2 teaspoons of low fat butter to make this a 600 calorie meal.

Nutritional Information per Serving

kJ/kcal 1273 / 305
 Protein 26.8g
 Fat 17.3g
 Carbohydrate 8.4g

Smoked mackerel, beetroot & potato salad



ONLY 600 calories
2
 Prep time: 8 minutes
 Cooking time: 20 minutes
 Serves: 2

Ingredients

2 smoked mackerel fillets (75g each)
 360g new potatoes, cut in half
 160g cooked beetroot sliced
 200g bag washed watercress
 120g celery sliced
 2 tbsp. French dressing
 Horseradish dressing
 2 tsp. horseradish cream sauce
 90g half fat crème fraîche
 Squeeze of lemon juice

Directions

- 1) Add the potatoes to boiling water and cook for 20 minutes until soft. Drain and set aside.
- 2) Place the watercress, celery and beetroot in a large bowl and dress with the French dressing.
- 3) Add the potatoes. Remove the skin from the mackerel and flake the fish on top of the potatoes.
- 3) Make up the horseradish dressing in a small bowl adding lemon juice to taste.
- 4) Serve the salad with a dollop of horseradish dressing.

Gluten free. Good source of omega 3.

Nutritional Information per Serving

kJ/kcal 2510 / 600
 Protein 23g
 Fat 40g
 Carbohydrate 40g

Spaghetti Bolognese



ONLY 564 calories
3
 Preparation Time: 10 minutes
 Cook Time: 15-20 minutes
 Serves: 1

Ingredients

2 sprays of oil
 1 small onion, finely chopped
 1 small carrot, finely chopped
 1 celery stick, finely chopped
 1 garlic clove, crushed
 115g extra lean minced beef
 200g can chopped tomatoes
 1 tablespoon tomato purée
 Pinch of dried mixed herbs
 150ml beef stock
 85g dried spaghetti
 Vegetarian option: Use Quorn in place of the minced beef

For men, add 80g peas, 80g sweetcorn, heaped teaspoon (7g) half fat butter (158 kcal)

Directions

- 1) Spray a small non-stick saucepan with oil and when hot, tip in the onion, carrot, celery and garlic. Cook over medium heat, stirring occasionally, for a few minutes or until the vegetables are soft and beginning to turn golden brown.
- 2) Add the minced beef and cook, stirring for about 5 minutes until brown.
- 3) Stir in the tomatoes, purée, herbs, stock and seasoning. Cover and simmer gently for 10 minutes.
- 4) Meanwhile, cook the spaghetti in plenty of boiling water, following packet instructions. Drain well.
- 5) Pile the spaghetti onto a plate and spoon the sauce over the top. Bolognese sauce can be frozen.

Nutritional Information per Serving

kJ/kcal 2384 / 564
 Protein 38.0g
 Fat 10.0g
 Carbohydrate 75.9g

Scrambled Egg on Toast



ONLY 553 calories
4
 Preparation Time: 5 minutes
 Cook Time: 5 minutes
 Serves: 2

Ingredients

6 medium eggs
 2 tablespoons semi-skimmed milk
 Black pepper
 2 teaspoons oil
 4 medium tomatoes, halved
 4 thick slices bread
 40g half fat butter
 1 tablespoon chopped fresh herbs, such as parsley or basil (optional)

For men, add 2 thick sausages grilled and a tablespoon of ketchup (164 kcal)

Directions

- 1) Beat the eggs and milk with a fork until blended.
- 2) Place tomatoes on baking tray, drizzle with oil and grill.
- 3) Put 20g of half fat butter into a pan and heat gently until melted. Add the egg mixture and cook over medium heat, stirring constantly until the eggs are set.
- 4) Serve immediately with toast spread with the remaining half fat butter and grilled tomatoes.

Nutritional Information per Serving

kJ/kcal 2311 / 553
 Protein 30.3g
 Fat 27.3g
 Carbohydrate 42.3g

Chicken Tikka Masala



ONLY 580 calories
5
 Preparation Time: 25 minutes Cook Time: 18-20 minutes
 Serves: 4

Ingredients

3-4 chicken breasts (450g), skinned and cubed
 2.5cm piece of fresh root ginger, finely chopped
 2 garlic cloves, finely chopped
 1 teaspoon chilli powder
 Freshly ground black pepper
 2 tablespoons fresh coriander, chopped
 Juice of 1 lime
 50ml Flora Cuisine
 1 onion, finely chopped
 1 red chilli, deseeded and finely chopped
 1 teaspoon ground turmeric
 ½ chicken stock pot or cube
 284ml pot Elmlea single or mixed with low fat natural yoghurt
 Fresh coriander to garnish
 Basmati rice (300g) to serve
 For men, add a naan (70g) (200 kcal)

Directions

- 1) Place the chicken in a large bowl, mix with the ginger, garlic, chilli, black pepper, coriander and lime. Set aside.
- 2) Heat half the Flora Cuisine in a heavy-based frying pan and fry the chicken for 8-10 minutes until brown.
- 3) Meanwhile heat remaining Flora in a pan, cook the onion and red chilli until golden brown. Add the turmeric and cook for 1 minute.
- 4) Stir in the stock pot, Elmlea and/or yoghurt and heat through gently. Add the chicken to the sauce. Simmer for 5 minutes or until the chicken is cooked.
- 5) Garnish with coriander and serve immediately with rice and vegetables.

Nutritional Information per Serving

kJ/kcal 2437 / 580
 Protein 35.8g
 Fat 20.3g
 Carbohydrate 62.2g

Bangers & Mash



ONLY 607 calories
6
 Preparation Time: 20 minutes
 Cook Time: 24 minutes
 Serves: 4

Ingredients

800g potatoes, peeled and quartered
 1 tablespoon oil
 400g good quality pork sausages
 2 red onions, sliced
 300ml beef stock
 ½ teaspoon cornflour
 3 teaspoons redcurrant jelly
 Black pepper
 1 tablespoon Dijon mustard
 3 tablespoons semi-skimmed milk
 30g half fat butter for mashing
 320g peas (16 heaped tbsp)

For men, add 1 sausage (50g) + 70g extra potato (raw weight) (207 kcal)

Directions

- 1) Cook the potatoes for 15-20 minutes until tender. Drain and keep warm.
- 2) In a non-stick frying pan heat the oil and gently fry the sausages until golden and cooked through, add the onions and cook for 5-10 minutes until soft and beginning to turn golden.
- 3) Add the stock and simmer for about 5 minutes until it has reduced by half.
- 4) Mix the cornflour with a little water to make a smooth paste, stir into the onion mixture. Simmer gently for 1 minute. Stir in the redcurrant jelly and season to taste.
- 5) Add the mustard to the drained potatoes and mash with the milk and half fat butter.
- 6) Cook the peas according to pack instructions.
- 7) Spoon a couple of tablespoons of mash onto each plate and serve with the sausages, onions, gravy and peas.

Nutritional Information per Serving

kJ/kcal 2539 / 607
 Protein 23.1g
 Fat 29.1g
 Carbohydrate 58.0g

Great British Breakfast



ONLY 581 calories
7
 Preparation Time: 5 minutes
 Cook Time: 12 minutes
 Serves: 4

Ingredients

4 reduced fat pork sausages
 4 rashers un-smoked back bacon
 175g flat cap mushrooms, halved
 4 medium eggs
 4 tomatoes, halved
 400g can baked beans
 1 teaspoon olive oil
 Dash Worcestershire sauce
 Black pepper
 8 slices wholegrain bread, toasted
 40g half fat butter

For men, add large portion mixed fruit salad (250g) (188 kcal)

Directions

- 1) Grill sausages until browned on all sides. Then add the bacon and mushrooms and grill on both sides.
- 2) Meanwhile fry the eggs and tomatoes in a teaspoon of olive oil in a non-stick pan.
- 3) Season the tomatoes with a little Worcestershire sauce and some black pepper.
- 4) Spread the toast with half fat butter and enjoy!

Nutritional Information per Serving

kJ/kcal 2434 / 581
 Protein 38.5g
 Fat 24.1g
 Carbohydrate 46.5g