

# Red lentil & sweet potato stew



Serves 4

A low carb filling meatless stew

## Ingredients

1 cup of red lentils, rinsed and drained  
1 large sweet potato or 2 -3 smaller ones peeled and diced  
2-3 carrots, diced  
1 onion, chopped  
2 cloves of garlic, crushed or chopped finely  
2tsp of cumin powder  
1 tin of chopped tomatoes  
500ml of vegetable stock

## Method

1. Heat a tablespoon of oil in a saucepan and fry the onions and carrots for a few minutes until softened
2. Next add the garlic, cumin powder, sweet potato and stir for a few minutes
3. Add the tinned tomatoes, lentils and vegetable stock and season with salt and pepper
4. Simmer on a low heat for about 20 minutes until the lentils and sweet potato are tender

## Top tips

- You can make this into a soup by blending it once it's cooked with a stick blender
- You can switch out the lentils for any type of beans such as cannellini, butter or kidney – Beans count towards 1 of your 5-a-day and contain plant protein

# Tuna fish cakes



Serves 4

A simple classic using store cupboard ingredients

## Ingredients

2 tins of tuna, drained  
1 onion, finely chopped  
1-2 eggs  
1 cup of breadcrumbs  
Handful of fresh parsley, finely chopped  
2 large potatoes, peeled and chopped

## Method

1. Boil the potatoes in a saucepan of lightly salted boiling water for 15-20 minutes, until tender. Drain and mash the potatoes and put aside
2. Flake the tuna into a bowl containing the mashed potato then add the cooked onion, chopped parsley and season with salt and pepper
3. To make the breadcrumbs lightly toast 2 slices of bread and grate the bread using a fine grater to get breadcrumbs. Place in a bowl and set aside
4. Beat the eggs in a bowl and set aside
5. Shape the fish mixture into patties and dip each one in the egg mixture then coat in the breadcrumbs
6. Heat a little oil in a large frying pan and shallow fry the fish cakes for 4-5 minutes per side, until golden brown
7. Serve with a lettuce and cherry tomato salad

## Top tips

- Add any spices you like to the fish mixture such as chilli or paprika and try using other herbs such as dill instead of parsley
- These also work with added sweetcorn
- These work with any fish such as white fish or salmon



# Minestrone

**Serves 4**

**A hug in a bowl - pure comfort food!**

## Ingredients

1 onion, finely chopped  
2 sticks of celery, finely chopped  
1 tin of cannellini beans, drained and rinsed  
1 clove of garlic, crushed or finely chopped  
1-2 potatoes, peeled and cut into chunks  
a handful of cherry tomatoes, washed and chopped  
2-3 cauliflower florets, cut into smaller pieces  
500ml of vegetable stock  
200g of pasta or half a pack of spaghetti broken into small bits  
1 handful of grated parmesan cheese or other cheese

## Method

1. Heat the oil in a large saucepan and gently fry the onions until softened then add the celery and cook for 10 minutes
2. Add the garlic, and fry for another minute and add the tomatoes, potatoes and cauliflower cook for about 15mins
3. Then add the beans and pasta. Season with salt and pepper and cook for another 10 minutes until the pasta is cooked
4. If the soup is too thick loosen with some water
5. Serve with some grated parmesan, if desired and a chunk of bread

## Top tips

- Use any pasta you have for this dish, it's a great way to use odds and ends of pasta you have lying around. Broken pasta works well too.
- Any veg can be added to this like: cabbage, courgette, mushrooms or peas



# Chicken curry

**Serves 4**

**A super easy chicken curry made from scratch!**

## Ingredients

4 chicken breasts or chicken thighs, diced  
1 onion, chopped  
2 cloves of garlic, crushed or chopped finely  
2tsp curry powder  
1tsp of ginger powder (or use fresh ginger)  
1 tin of chopped tomatoes  
1 tin of peas, (drained) or a cup of frozen peas  
500ml of chicken or vegetable stock

## Method

1. Heat some oil in a pan and fry the onions for a few minutes until softened
2. Next add the garlic, curry powder and ginger powder and stir until combined
3. Then add the chicken to the pan and cook for about 5 mins
4. Next add the peas, tinned tomatoes, and season with salt and pepper. Stir and simmer on a low heat for 30 minutes
5. Serve with rice or naan bread

## Top tips

- You can add any vegetables you have to this dish such as potatoes, peppers, sweetcorn, carrots, spinach, cauliflower
- For extra heat add some chilli powder or fresh chilli