

Jollof beans with rice



Serves 4

A deliciously simple dish full of plant based fibre

Ingredients

1 tin red kidney beans, drained and rinsed
1 tin black eyed beans, drained and rinsed
1 onion
2 cloves garlic, minced or crushed
1 pepper, cored and sliced
½ tsp. chilli powder
1 tsp. ground nutmeg
1 tbsp. all purpose seasoning
300ml water
300g rice

Method

1. In saucepan with a little oil fry the onions, peppers and garlic for 5 minutes until soft
2. Next add the chilli, nutmeg, all purpose seasoning, black pepper and the water and stir. Cook for a couple of minutes before adding the beans
3. Simmer for 15-20 minutes until the beans are soft
4. Meanwhile, cook the rice in simmering water until just tender
5. Serve the jollof beans with rice and vegetables or salad on the side

Top tips

- You can use any beans in this recipe that you have in your cupboard
- Try to eat brown rice as it is full of healthy fibre and still contains most of it's vitamins and minerals from the germ and bran

Apple & carrot coleslaw



Serves 4

A classic side with a healthier twist

Ingredients

4 carrots
1 apple
2 spring onions

For the dressing:

Juice of half a lemon
2 tbsp. olive oil
Pinch of seasoning

Method

1. Peel the carrots and then grate into a bowl
2. Grate the apple and mix into the bowl with carrots
3. In a separate bowl make the dressing by adding all the ingredients and mixing well together
4. Pour the dressing over coleslaw, give it one last mix and serve

Top tips

- You can add some chilli flakes or other spices to the salad to suit your taste buds
- Try adding coriander or chives for extra flavour

Turkey patties



Serves 4

A low fat Asian inspired dish

Ingredients

500g turkey mince
3 spring onions, finely chopped
2 cloves of garlic, crushed
½ thumb-sized piece of ginger, peeled and grated
1 tsp. Chinese 5 spice
½ tsp. chilli powder
A good pinch of salt and pepper
Freshly cooked rice

Method

1. Place all the ingredients into a bowl
2. With your hands or large spoon, mix the ingredients well together
3. Pick out a little of the mixture, roll into a ball and flatten gently to form a pattie
4. In a frying pan, fry the patties in a little olive oil until they have browned on one side and then turn over and repeat (4-5 minutes in total)
5. Serve with rice and a coleslaw on the side

Top tips

- If you don't like spice you could replace the chili and Chinese five spice with herbs such as thyme or oregano

Pea & courgette soup



Serves 4

An affordable tasty soup

Ingredients

1 large onion
2 cloves garlic, peeled and chopped
3 courgettes, chopped
750g peas, defrosted
1.3 ltrs. water
1 vegetable stock cube
Salt & pepper to taste
Mint, finely chopped

Method

1. In a saucepan with a little oil, cook the onion, courgettes and garlic for a 10 minutes
2. Next add the peas, water, stock cube and black pepper and allow to simmer with the lid on for 15 minutes until all the vegetables are soft
3. Blend with a hand blender and serve. Finish off by sprinkling the mint into the soup

Top tips

- You can swap the mint with any other fresh herb you have in your fridge i.e. coriander, chives
- You could add some chilli flakes to spice the soup up a little