



Recipes

400 CALORIE BREAKFASTS

Chocolate chia breakfast pots

INGREDIENTS (serves 2)

30g chia seeds
175ml semi-skimmed milk
10g cocoa
4 dates or up to 2 tablespoons maple syrup
Large handful of raspberries

TO MAKE

- Stir the chia seeds into the milk, and chop the dates, if using.
- Put the milk/chia mix and dates or maple syrup into a blender with the cocoa and whizz until smooth.
- Pour into a glass serving tumbler.
- Put into fridge for 5 hours or overnight until thick.
- Top with the raspberries before serving.



500 CALORIE BREAKFASTS

Salmon Frittata

INGREDIENTS (serves 1)

212g can red salmon, drained
2 teaspoons lemon juice
1 tablespoon chopped fresh dill
2 eggs
2 teaspoons extra virgin olive oil
Freshly ground black pepper

TO MAKE

- Preheat the grill to medium-high.
- Put the salmon in a bowl and mash with a fork. Stir in the lemon juice and dill, season with pepper, and mix well with the fork. Add the eggs and mix in thoroughly.
- Heat the oil in a non-stick, ovenproof frying pan over medium heat, add the frittata mixture and use a rubber spatula to distribute it evenly in the pan. Reduce the heat to low and cook for 5-6 minutes until the sides are set—the whole frittata should slide around when you shake the skillet.
- Place under the preheated grill and cook for 3 minutes, or until the frittata is golden. Slide out of the pan, cut in half, and serve immediately.



400 CALORIE LUNCHES

Asian slaw baked potato

INGREDIENTS (serves 1)

1 x 300g potato - Maris Piper or King Edward
½ tsp olive oil
1 spring onion, finely shredded
1/6th cucumber, finely shredded
1 small carrot, coarsely grated
30g radish, finely sliced
1 tablespoon fresh coriander, roughly chopped
1 tablesp sesame oil

TO MAKE

- Prick the potato with a fork, place on a plate and microwave on high for 6 minutes.
- Brush with the olive oil, and transfer to the top shelf of an oven for 10-15 minutes (220°C/Gas Mark 7) until the skin is crisp and the flesh is soft.
- Meanwhile place the spring onion, cucumber, carrot, radish, coriander and sesame oil in a bowl. Lightly season and toss to coat.
- Remove the potatoes from the oven, make a cross in each potato and split open slightly. Spoon over the Asian slaw and serve immediately.

Salmon and couscous stuffed peppers with cream cheese and pine nuts

INGREDIENTS (serves 2)

75g couscous
100 ml boiling hot chicken stock
1 tablespoon chopped parsley, plus extra to serve
Squeeze of lemon
40g cherry tomatoes, quartered
10g pitted black or green olives in brine, sliced
80g hot-smoked salmon, flaked into small chunks
2 red peppers, halved and deseeded
80g full fat soft cheese
2 tablespoons pine nuts

TO MAKE

- Place the couscous in a bowl, pour over the boiling stock, then cover with cling film and leave to stand for 5 mins.
- Use a fork to fluff up the grains, then stir through the chopped parsley, lemon juice, tomatoes, olives and salmon.
- Put the halved peppers, cut-side up, onto a baking tray. Roast in the oven for 20 mins at 200 °C /Gas Mark 6, until starting to soften, then fill with the couscous mixture. Bake for a further 10 mins to warm the couscous through.
- Spread the full fat cheese on top of the pepper halves, and return to the oven for two more minutes.
- Sprinkle over the toasted pine nuts and serve.

Tuna bean salad

INGREDIENTS (serves 2)

400g can borlotti beans, drained and rinsed
2 tablespoons extra virgin olive oil
2 garlic cloves, crushed
1 red chilli, deseeded and finely chopped
2 celery sticks, thinly sliced
½ red onion, cut into thin wedges
200g can tuna in olive oil, drained and flaked
Grated rind and juice of 1 lemon
50g rocket

TO MAKE

- Heat the borlotti beans in a saucepan over a medium heat for 3 minutes, adding a tablespoon of water if starting to stick to the base.
- Put the oil, garlic and chilli in a large bowl. Stir in the celery, onion and hot beans and season. Cover and leave to marinate at room temperature for 30 minutes to 3 hours.
- Stir in the tuna, lemon rind and juice. Gently toss in the rocket leaves and serve.



500 CALORIE LUNCHES / DINNERS

Smoked Mackerel Salad

INGREDIENTS (serves 4)

500g butternut squash, cubed
3 tablespoons olive oil
1 tsp cumin seeds
Head of broccoli, cut into florets
200 g frozen petit pois
3 tablespoons quinoa
3 tablespoons mixed seeds
2 raw lightly smoked mackerel fillets
Juice of a lemon
½ tsp honey
½ tsp Dijon mustard
100g red cabbage, shredded
4 tomatoes, chopped
4 small cooked beetroot, cut into wedges
20g alfalfa sprouts

TO MAKE

- Roast the butternut in 1 tablespoon of the olive oil, sprinkled with the cumin seeds (200°C / Gas Mark 6,) until tender. Leave to cool slightly.
- Meanwhile, cook the broccoli in boiling water for 4–5 minutes until tender, adding the peas 3 minutes before the end of the cooking time. Remove with a slotted spoon and refresh under cold running water, then drain. Cook the quinoa in the broccoli water for 15 minutes, then drain and leave to cool.
- Cook the mackerel fillets according to the pack instructions, then skin and break into flakes. Whisk together the remaining olive oil, lemon juice, honey and mustard in a small bowl.
- Toss together all the ingredients, except the alfalfa sprouts, with the dressing in a serving bowl. Serve topped with the alfalfa.

Crusted salmon with tomato salsa

INGREDIENTS (serves 4)

1 tablespoon chopped fresh herbs
1 garlic clove, crushed
3 tablespoons polenta
4 pieces of skinless salmon fillet, about 125g each
Black pepper
4 level tablespoons crème fraîche

For the salsa

375 g cherry tomatoes, quartered
1 small red onion, finely sliced
½ red chilli, deseeded and finely chopped
Handful of coriander, chopped

TO MAKE

- Mix together the herbs, garlic and polenta in a shallow bowl. Coat the salmon pieces in the polenta mix, pressing it down firmly.
- Put the coated fish on a baking sheet and place in a preheated oven, 200°C Gas Mark 6, for 12–15 minutes until cooked through.
- Mix together the salsa ingredients in a bowl. Place the salmon on 4 serving plates, top with the salsa and a tablespoon of crème fraîche, season with black pepper.

Pork and lemongrass curry

INGREDIENTS (serves 2)

2 tablespoons oil
375g minced pork
2 tablespoons finely chopped lemon grass
2 garlic cloves, crushed
1 tsp grated fresh root ginger
2 teaspoons Thai green curry paste
1 tsp turmeric
1 green chilli
75ml water
200ml reduced fat coconut milk
100g sugar snap peas

TO MAKE

- Brown the pork in one tablespoon of the oil in a large non-stick pan or wok. Remove and set aside.
- Place the lemongrass, garlic, ginger, Thai curry paste, turmeric and chilli in a food processor and process until smooth.
- Add the remaining oil to the wok and add the lemongrass paste, stir-frying over high heat for 2-3 minutes, then add the pork and stir-fry for 2-3 minutes more.
- Stir in the coconut milk, bring to the boil and simmer for 20 minutes, stirring occasionally.
- Add the sugar snap peas 6 minutes before the end of cooking.



600 CALORIE DINNERS

Chicken pepperonata

INGREDIENTS (serves 4)

3 tablespoons olive oil
3 skin on chicken thighs
2 tablespoons seasoned flour
2 tablespoons finely chopped fresh thyme
2 garlic cloves, peeled and finely chopped
2 red peppers finely chopped
1 yellow pepper, finely chopped
1 leek, finely sliced
1 x 400g can plum tomatoes

TO MAKE

- Heat the olive oil in a large pan until hot. Dip the chicken in the seasoned flour, add the chicken thighs to the pan, skin down.
- Turn down to medium and brown for 5 minutes without moving, then turn the thighs over and do the same on the other side.
- Add the thyme, garlic peppers and leeks to the pan and cook for a further 5 minutes, stirring occasionally.
- Add the tomatoes and bring to the boil. Simmer for 10 minutes or until the chicken is tender and cooked.

Spaghetti Bolognese

INGREDIENTS (serves 4)

1 tablespoon vegetable oil
1 garlic clove, chopped
2 sticks celery
1 onion, chopped
400g 15% fat beef mince
1 beef gel stock pot
400g can chopped tomatoes
2 tablespoons tomato puree
3 fresh anchovy fillets finely chopped
1 tsp dried oregano
350 g spaghetti

TO MAKE

- Heat the oil in a frying pan and sauté the garlic and onion until golden
- Add the mince and cook until browned.
- Add the celery and fry for 2 more minutes.
- Dissolve the gel stock pot in in 300ml boiling water and add to the mince with the tomatoes, tomato purée, anchovies and dried oregano.
- Bring the sauce to the boil, while stirring. Reduce the heat and simmer for 10 minutes or so until the beef is cooked.
- Cook the spaghetti according to package instructions. Drain, portion onto 4 plates and serve the Bolognese on top.

Thai style mackerel

INGREDIENTS (Serves 2)

2 x 150g mackerel fillets
100g jasmine rice
4 spring onions, sliced
1 red pepper, diced

For the marinade

1 tablespoon soy sauce
Juice of 1lime
Small piece fresh ginger, grated
1 garlic clove, crushed
2 tablespoon honey

TO MAKE

- To make the marinade, mix all the ingredients together and pour over the mackerel. Cover and chill for 30 mins.
- Grill the mackerel, skin-side up, on a baking sheet lined with foil. After 5 mins, turn and baste with remaining marinade. Grill for 5 mins more.
- Cook the rice following pack instructions, then drain and toss with the spring onions and pepper. Serve with the mackerel.



800 CALORIE DINNER PARTY MENU

Fig, goat's cheese and pistachio salad

INGREDIENTS (serves 4)

Drizzle of olive oil
1 shallot, finely chopped
1 celery stalk, finely sliced
50g pistachios (shelled weight), roughly chopped
8 fresh figs
150g soft goat's cheese
1 tsp thyme leaves, finely chopped
1-2 tbsps runny honey
Salad leaves to serve

TO MAKE

- Heat the oven to 180 C/Gas Mark 6. Heat the drizzle of olive oil in a pan, add the shallot and celery, and fry for 4-5 minutes until they are soft.
- Add most of the pistachios and keep frying for about 2 minutes, then season and cool. Trim the tops off the figs and cut them in quarters leaving the bases intact.
- Mix the pistachio and shallots with the cheese and press it into the centre of the figs. Stand them up in a baking dish and sprinkle on the remaining pistachios and the thyme. Bake for 5 minutes, then drizzle on the honey. Serve with some salad leaves.

Monkfish and asparagus stir-fry

INGREDIENTS (serves 4)

500g monkfish
4 tbsps vegetable oil
2 courgettes, sliced thinly
1 red pepper, sliced
2 garlic cloves, finely chopped
150g asparagus
100g mangetout
6 tbsps plain flour
4 tbsps shop-bought lemon sauce
1 tbsp freshly grated lemongrass
1 tbsp grated fresh ginger

TO MAKE

- Chop the monkfish into small pieces and coat in the flour.
- Heat 2 tbsps of the oil in a wok or large frying pan until hot, add the courgettes and stir-fry for two minutes. Add the red pepper and garlic and cook for another two minutes, followed by the asparagus and a minute later by the mangetout. Cook for two minutes more once the mangetout is in the pan, then transfer to a warm plate.
- Add the remaining oil to the empty pan. Stir fry the monkfish for 5 minutes or so, or until cooked as you like (you may need to do in batches, removing cooked fish to a warm plate)
- Put all the cooked monkfish back in the pan or wok, add the lemon sauce, lemongrass and ginger and stir-fry over medium heat for a minute. Add the vegetables and warm through for a minute before serving.

Salmon and couscous stuffed peppers with cream cheese and pine nuts

INGREDIENTS (serves 2)

75g couscous
100 ml boiling hot chicken stock
1 tablespoon chopped parsley, plus extra to serve
Squeeze of lemon
40g cherry tomatoes, quartered
10g pitted black or green olives in brine, sliced
80g hot-smoked salmon, flaked into small chunks
2 red peppers, halved and deseeded
80g full fat soft cheese
2 tablespoons pine nuts

TO MAKE

- Place the couscous in a bowl, pour over the boiling stock, then cover with cling film and leave to stand for 5 mins.
- Use a fork to fluff up the grains, then stir through the chopped parsley, lemon juice, tomatoes, olives and salmon.
- Put the halved peppers, cut-side up, onto a baking tray. Roast in the oven for 20 mins at 200 °C /Gas Mark 6, until starting to soften, then fill with the couscous mixture. Bake for a further 10 mins to warm the couscous through.
- Spread the full fat cheese on top of the pepper halves, and return to the oven for two more minutes.
- Sprinkle over the toasted pine nuts and serve.

