

Controlling protein to support nitisinone treatment in AKU



Guidance and Recipes

→ AKU Recipe File

1. Nitisinone radically reduces the amount of damaging homogentisic acid in the blood of those with AKU, but, it causes tyrosine levels to rise. This can prove harmful in large amounts. Tyrosine is an amino acid and is widespread in animal and vegetable sources of protein. Limiting the amount of protein eaten each day should therefore help control tyrosine levels.
2. Protein needs vary according to age and activity, as it's needed for growth and repair. Each person with AKU therefore has their own protein prescription calculated for them. It is explained using 7g and 2g protein options, depending on whether the protein comes from animal or vegetable sources.
3. The amount of protein in these recipes has been adapted to fit easily into these daily protein plans.
4. The ingredients in the recipes are good sources of vitamins and minerals known to be at risk on a lower protein intake.

5. All the recipes have been tested by our AKU patient panel, so only those that have got good reviews are included. That is, they are easy to make, tasty, quick, use ingredients that are routinely available and not too costly.

We hope you enjoy trying something new as part of your day.

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➔ Controlling protein to support nitisinone treatment in AKU

Why control protein?

Nitisinone causes blood tyrosine levels to rise. Tyrosine is an amino acid found in protein. It also comes from the breakdown of another amino acid called phenylalanine.

Controlling the amount of protein in your diet may therefore help prevent the tyrosine level rising too high. High levels can cause damaging side effects that would mean stopping nitisinone treatment.

If you follow any dietary restrictions already you are advised to access specialist dietetic advice to ensure your diet remains nutritionally adequate.

Eating food containing protein

Most of your protein should come from: meat, meat products, fish, pulses (meat substitutes) and dairy products. **You are advised to have no more than 90g cooked weight of meat or fish at your main meal & 60g for your snack meal.**

- + Oily fish is recommended twice a week for heart and joint health.
- + Eat 3 dairy food portions per day to ensure you have enough calcium.

Other foods that contain protein and so will count towards your daily protein intake include: potatoes and starches, seeds, cereals and all nuts. **You are advised to have 5 - 6 portions of these foods every day.**

→ Protein Values

There is 7g of protein in all of the foods listed below; they have all the essential amino acids that your body needs.

Food	Portion size	Calorie content (kcal)
Meat		
Poultry (cooked)	25g / 1oz	40
Red meat (cooked)	25g / 1oz	52
Fish		
Plain cooked	40g / 1½oz	37
Tinned fish (in oil)	40g / 1½oz	75
Pulses/meat substitutes		
Quorn®/tofu/soya beans	50g	46
Tempeh	30g	51
Butter beans	120g	92
Tinned chick peas/beans	100g	115
Lentils/mung beans	95g	90
Baked beans	⅓rd tin (130)	110

Food	Portion size	Calorie content (kcal)
Dairy products		
Cheese (hard)	25g	104
Drinking yoghurt	200ml bottle	130
Egg	1	75
Fromage frais	125 ml pot	155
Lassi	250ml	155
Milk (whole)	200ml / ½ pint	133
Soya milk	220mls	95
Yoghurt (not diet)	125ml pot	100
Pasta		
Fresh egg pasta	120g	200
Nuts		
Almonds/cashews/peanuts	25g	151
Brazils/hazelnuts/pecan/pine nuts/walnuts/Bombay mix	50g	200
Peanut butter	30g	200

➔ Protein Values

There is 2g of protein in all of the foods listed below; they have some of the amino acids that your body needs.

Food	Portion size providing a 2g option	Calorie content (kcal)
Fruit		
Bananas	2 small	152
Figs	3 dried	136
Prunes	8 ready to eat	112
Raisins	3 tablespoons (90g)	244
Dates	4 dried	162
Vegetables		
Avocado	1 small	190
Baked beans	1 tablespoon (40g)	33
Corn on the cob	1 mini cob (85g)	60
Peas	1 tablespoon (30g)	22
Sweet corn	3 tablespoons (75)	92

Food	Portion size providing a 2g option	Calorie content (kcal)
Potatoes and starches		
Potato (boiled)	125g	94
Potato (mashed) + butter	2 scoops	200
Potato (roast)	1 egg sized (60g)	74
Chips	8 large	129
Sweet potato (boiled)	2 medium (130g)	84
Rice (boiled)	75g	103
Bread & butter	1 large slice	140
Couscous (cooked)	50g (1½ tablespoons)	56
Ciabatta	97g = 10g	263
Pitta	75g = 7g	180
Fruit loaf	30g = 1 slice	89
Pasta/noodles (cooked)	114g = 6g (3 x 2g options)	180

→ Protein Values

There is 2g of protein in all of the foods listed below;
they have some of the amino acids that your body needs.

Food	Portion size providing a 2g option	Calorie content (kcal)
Cereals		
Cereal (sugar coated)	40g	152
Cereal (not sugar coated)	25g	94
Muesli	45g (small bowl) = 4g	163
Weetabix	1 (19g)	67
Snacks & Desserts		
Crisps	30g bag	135
Pistachio nuts	12	72
Brazil nuts	4 nuts	88
Cream crackers	4 biscuits	115
Ice cream	50g	88
Digestive biscuits	2 biscuits	120
Scotch pancake	1	84

→ AKU Recipes

Soups

Butternut squash soup
Carrot & coriander soup
Carrot & parsnip soup
Curried pumpkin soup
Red onion & fennel soup
Roasted Tomato & basil soup
Spicy lentil & spinach
Spinach soup
Tomato soup with bacon

Light bite/Lunch ideas

Black eyed bean & feta herb burger
Guacamole
Herb stuffed aubergines
Roasted peppers & feta cheese
Saag aloo (spinach & potatoes)
Smoked mackerel pate
Vegetable & chickpea tagine

Main meals

Vegetarian options

Basic risotto
Cauliflower, paneer & pea curry
Mixed bean chilli
Mushroom stroganoff
Spicy pasta with pepper sauce
Sweet potato & vegetable dupiaza
Tomato & red pepper risotto

Fish based

Bakes potato skins with salmon & soft cheese
Pasta with capers & anchovies
Smoked salmon & pea risotto
Sticky soy salmon fillets
Stir fried tangy prawns

Meat based

Pork

Gammon & pineapple stir fry
Sausage & winter vegetable bake
Spicy bacon & pepper pasta

Beef

Italian meatballs in tomato sauce

Chicken

Moroccan style chicken
Sweet glazed chicken

Lamb

Lamb tagine with honey & yogurt dressing
Slow roast lamb steaks

Sweets & Puddings

Blackberry fool
Blackcurrant & raspberry ice cream
Blueberry mousse with orange cream
Dark chilli chocolate berry pockets
Dark chocolate sorbet
Low fat raspberry cheesecake
Raspberry breakfast pancakes

Snacks

Apple & Apricot scone wedges
Blackberry & buttermilk scones
Fruity teabread
Mixed berry smoothie
Strawberry shortbreads
Wholemeal fruit bars

→ Butternut Squash Soup (courtesy of Liverpool Community Food Workers, LCH)

Ingredients for 4 servings

1 large butternut squash

2 cloves garlic or 2 tsp lazy type

1-2 tbsp sweet chilli sauce

1 tbsp olive oil

Black pepper & any variety of herbs

400mls vegetable stock

Method

1. Pre heat oven to gas mark 7/220°C

2. Peel squash; remove seeds & pith, cutting into chunks.

3. Pour oil onto a roasting tray add the squash chunks. Toss in the oil and sprinkle with herbs and garlic.

4. Cook for 20 - 25 minutes in the oven until soft.

5. Tip into a high necked jug and add the stock cube, chilli sauce, pepper & 400mls boiling water.

6. Blitz with the hand blender. Serve with a sprinkling of dried chilli flakes & black pepper.

Alternative options: Swirl cream on top if you need to hold your weight, use spray oil if trying not to gain. You can use pumpkin or other gourd when in season.

Nutritional content/portion

Protein:

No protein

Fat:

3g: very low

Calories:

59 Kcals

Benefits:

100% of vitamin B1, 2, 6; 50% vit A & 35% vit C for the day

Concerns:

None



→ Carrot and Coriander Soup (adapted from the BBC Good Food web site)

Ingredients for 4 servings

1 tbsp olive oil;
1 onion, chopped

1 tsp ground coriander;
1 large potato, peeled and chopped

450g carrots, peeled and chopped;
1.2 Litres vegetable or chicken stock

Handful of fresh coriander (about
½ a supermarket packet), chopped

Method

1. Heat oil in a large pan and add the onion. Fry for 5 minutes until softened.
2. Stir in the ground coriander and potato, cook briefly.
3. Then add carrots and stock, bringing to a boil.
Reduce heat and simmer for 20 minutes or until the carrots are tender.
4. Add the fresh coriander. Using a hand blender, blitz the mixture until smooth.
5. Season to taste. Reheat and serve with sprigs of fresh coriander on top.

Nutritional content/portion

Protein:
1 x 2g option

Fat:
4g

Calories:
131 Kcals

Benefits:
300% vitamin A, 25% vit B1, 6g fibre

Concerns:
None



→ Carrot & Parsnip Soup (adapted from www.cooks.com)

Ingredients for 4 servings

700g carrots & 900g parsnips, coarsely chopped

60g olive based spread

1 pinch nutmeg & seasoning to taste

Method

1. Bring a large pan of water to the boil. Add the carrots & simmer for 5 minutes.
2. Add the parsnips, cover and simmer until all vegetables are tender (about 15 minutes).
3. Strain & reserve some of the liquid.
4. Return the vegetables to the pan and stir over a medium heat to remove excess water.
5. Add butter or spread & blitz with a hand blender until smooth, adding some of reserved liquid to get the right consistency.
6. Season with nutmeg, salt & pepper.
Serve. Add a pinch of chilli or garnish with chilli flakes for added pep!

Nutritional content/portion

Protein:

2 x 2g exchanges,
Very little tyrosine

Fat:

16g: high

Calories:

300 Kcals

Benefits:

Very high in fibre; 100% vitamins A;
87% vit C & 50% folate

Concerns:

None



→ Curried Pumpkin Soup (adapted from every day easy recipes at Sainsbury's)

Ingredients for 4 servings

1 Kg pumpkin flesh, cut into wedges

1 peeled & sliced onion,
1 tbsp olive oil

2 cloves garlic or 1 tsp lazy type

½ tbsp curry powder;
½ tbsp soft brown sugar

1 vegetable stock cube;
600mls boiling water

Method

1. Heat the oil in a large pan & add the onions, cooking until soft.
2. Add the pumpkin & garlic and cover the pan cooking on a low heat for 10 - 12 minutes.
3. Add the curry powder, the stock cube, sugar and 300mls of boiling water.
4. Cook slowly for another 30 minutes.
Add a further 300mls water and bring back to the boil.
5. Take off the heat and blitz with a hand blender until smooth.
6. Serve with a sprinkling of pumpkin seeds to garnish.

Alternative options: Swirl cream on top if you need to hold your weight; use spray oil if trying not to gain.

Nutritional content/portion

Protein:

1 x 2g exchange
Very little tyrosine

Fat:

4g: low

Calories:

100 Kcals

Benefits:

Whole days required vitamins
B1 & B6, 50% iron, vit C & vit A

Concerns:

None



→ Red Onion & Fennel Soup (adapted from British Heart Foundation recipe)

Ingredients for 4 servings

1 tbsp olive oil;
1 onion, chopped;
1 fennel bulb (175g);
1 bulb garlic

1 dessertspoon red wine vinegar

40mls red wine;
1 tsp dried thyme;
1 vegetable stock cube

Black pepper

Method

1. Put the onions, fennel & garlic into a non stick baking tray, toss in the oil & roast in the oven gas mark 6/200°C, 180°C fan for 35 minutes (vegetables are soft and tinged with brown at the edges).
2. Transfer to a non stick pan & add red wine vinegar, stirring over medium heat for 1 minute.
3. Add the wine, stir for a few minutes until nearly all evaporated, then add thyme & stock.
4. Bring to the boil then reduce heat and simmer for 15 minutes.
5. Season to taste and divide into 2 bowls, garnished with fresh sprigs of thyme.

Nutritional content/portion

Protein:
1 portion is 1 x
2g exchange

Fat:
2g: very low

Calories:
78 Kcal

Benefits:
Nearly 4g fibre, which is good, 50% folate & 75% niacin
for the day

Concerns:
None



→ Roasted Tomato, Basil and Garlic Soup

(adapted from the BBC Good Food web site)

Ingredients for 4 servings

600g cherry tomatoes;
5 cloves of garlic with papery skin left on;
50ml olive oil

1 litre vegetable stock;
Salt and Pepper

Handful of fresh basil leaves,
torn into pieces

Method

1. Place the tomatoes and the garlic into a roasting tray so that they make a single layer. Coat them with the olive oil.
Put into the oven at 180°C, gas mark 5 for about 30 minutes when the tomatoes have burst and are surrounded by juices.
2. Remove from the oven and take off the papery skin from the cloves of garlic. Tip it all into a large saucepan then add the stock, salt and pepper. Simmer over a low heat for about 20 minutes.
3. Add the basil leaves and, using a hand blender or liquidizer, blitz all the tomatoes and garlic together until smooth.
4. Serve with a little swirl of good olive oil on top.

Alternative options: Try adding a chopped, deseeded, red pepper with the tomatoes and garlic.

Nutritional content/portion

Protein:
1 x 2g option

Fat:
7g

Calories:
106 Kcals

Benefits:
30% vitamin C, 20% vit A, 18% vit B6, 2g fibre

Concerns:
None



→ Spicy Lentil & Spinach (courtesy of Liverpool Community Food Workers, LCH)

Ingredients for 4 servings

150g dried red lentils

2 cloves garlic, crushed or 1 tsp lazy type

1 chopped onion;
2 large chopped carrots;
1 small bag fresh spinach

1 tin chopped tomatoes;
1 tin reduced fat coconut milk

1 tsp turmeric;
1 tsp cumin;
1 tsp garam masala

200mls vegetable stock

Method

1. Boil the lentil in a large pan of boiling water until soft (20 - 25 minutes).
2. Meanwhile, heat oil in a pan and soften garlic and onion, then add the carrots; cook slowly for about 2 minutes, then add all the spices and cook for a further minute.
3. Add the tinned tomatoes coconut milk and stock. Cover and simmer.
4. Once the lentils are cooked, strain and add to the curry sauce.
5. Simmer for a further 15 - 20 minutes. Just before serving add the spinach and mix well.
6. Sprinkle with fresh chopped coriander if you like & serve with wholemeal pitta or naan bread.

Alternative options: Try adding chopped sweet potato or mushrooms. For added flavour add 1 more tsp garam masala.

Nutritional content/portion

Protein:

2 x 7g exchanges

Fat:

2g: very low

Calories:

196 Kcal

Benefits:

5g fibre, 100% vitamins B & A, 68% iron, 73% vit C, 50% folate

Concerns:

None



→ Spinach Soup (adapted from about.com)

Ingredients for 4 servings

2 tsp olive oil;
2 cloves of garlic or 1 tsp lazy type

1 onion finely chopped;
2 stalks celery finely chopped

1 large potato

300mls vegetable stock;
300mls low fat milk

1 bag baby spinach (250g)

Fresh ground black pepper

Method

1. Heat oil in a large pan and add garlic, onion celery and potato. Cook slowly for 5 minutes.
2. Add the stock & milk. Bring to the boil, cover and simmer for 10 minutes.
3. Stir in ½ the spinach, cover and simmer for a further 10 minutes.
4. Blitz with a hand blender
5. Add the remaining spinach and blend again until smooth.
6. Serve, sprinkled with black pepper.

Alternative options: Swirl cream on top if you need to hold your weight; use spray oil if trying not to gain. Try using asparagus or mushrooms instead of spinach.

Nutritional content/portion

Protein:
1 x 7g exchange

Fat:
4g: low

Calories:
124 Kcals

Benefits:
Whole days required vitamin B1, B6, &
50% vit C & B12, 20% iron

Concerns:
None



→ Tomato Soup with Bacon (adapted from Good Housekeeping Institute)

Ingredients for 4 servings

180g thinly sliced onion;
2 tbsp olive oil or spray oil

100g roughly chopped lean bacon

1 x 400g tin butter beans;
drained and rinsed

400mls tomato juice;
400mls beef stock

2 tsp tomato paste/sauce

1 bay leaf, salt & pepper

Method

1. Heat the oil in a medium sized saucepan and cook onion until soft.
2. Add the bacon, stirring all the time until it begins to go brown.
3. Add the beans alongside all the other ingredients.
4. Bring to the boil.
Cover and simmer for about 15 minutes.
5. Remove bay leaf and season.
6. Serve with a sprinkle of chopped parsley or basil if available.

Alternative options: Try chopped chorizo sausage instead of bacon; use a lower salt stock cube if on blood pressure medication.

Nutritional content/portion

Protein:

1 x 7g & 1 x 2g exchange

Fat:

8g: medium

Calories:

166 Kcals

Benefits:

Daily required vitamins B1, 2,
6 & niacin & 20% iron

Concerns:

Whole days' recommendation for salt



→ Black Eyes Bean & Feta Herb Burger

(adapted from BBC Good Food web site)

Ingredients for 4 servings

2 tsp olive oil; 3 spring onions, finely sliced; wholemeal rolls; salad; red onions & tomato

400g tin black-eyed beans, drained and rinsed; 75g granary breadcrumbs; 100g feta cheese, crumbled; 2 tbsp mixed fresh herbs, chopped, e.g. parsley, coriander and chives; 1 egg, beaten

Method

1. Heat half the oil in a non-stick frying pan and fry the spring onions for 1-2 minutes, until softened.
2. Place the black-eyed beans in a large bowl and roughly mash. Stir in the remaining ingredients and combine well.
3. Divide the mixture into 6 and form each into patties or burgers. Place on a baking sheet, brush each side with the remaining oil and chill for at least 30 minutes, or until required. Cook for 2-3 minutes on each side on a medium barbecue or grill until cooked through.
4. Serve in a wholemeal roll and fill with green salad, tomatoes and red onion.

Alternative options: You could use other beans such as kidney beans, cannellini or mixed beans. Add crushed garlic and chilli flakes for extra flavour.

Nutritional content/portion

Protein:
2 x 7g exchanges

Fat:
9g: low

Calories:
280 Kcals

Benefits:
100% vitamins B1, B6 & niacin, 50% fibre & folate & iron

Concerns:
None

Light Bite /
Lunch ideas



→ Guacamole

Ingredients for 4 servings

150 mashed avocado

2 tsp lemon juice;

1 tbsp Old El Paso taco sauce

½ medium onion grated finely;

1 chopped tomato with seeds removed

¼ tsp salt

Method

1. Mix the mashed avocado with the lemon juice.

2. Add taco & onion & stir well.

3. Add the tomato flesh and salt.

4. Tip into a serving bowl and sprinkle with paprika.
Serve immediately to avoid darkening.

5. Serve with taco shells/chips or vegetable chips.

Nutritional content/portion

Protein:

Less than 1

Fat:

7g

Calories:

190 Kcals

Benefits:

1 potion provides the full days need for vitamins B1, B6 & B2

Concerns:

None

Light Bite /
Lunch ideas



→ Herb Stuffed Aubergines (adapted from Diabetes UK)

Ingredients for 4 servings

100g bulgar wheat

2 medium aubergines, halved lengthways

2 tbsp olive oil; 1 chopped onion;
1 crushed clove garlic

1 tsp ground cumin; 1 tsp ground coriander

1 tbsp seedless raisins; 2 tbsp chopped fresh coriander; 2 tbsp chopped fresh mint

2 tbsp Parmesan shavings

Method

1. Preheat the oven to 200°C/gas 6. Add the bulgur wheat to a large bowl, pour over 600ml boiling water and leave to soak for 30 minutes or until tender.
2. Place the aubergine halves, skin-side down, on a baking tray, and brush the cut surface with half the olive oil. Bake for 25 - 30 minutes or until golden. Remove from the oven, scoop out the flesh and chop.
3. Meanwhile, drain off any excess liquid from the bulgur wheat. In a pan, heat the remaining oil and fry the onion and garlic for 2 - 3 minutes until softened.
4. Stir in the ground cumin and coriander and fry for 1 minute.
5. Add the remaining ingredients, including the soaked bulgur wheat and the aubergine flesh. Heat through then divide the between the aubergine shells.
6. Return to the oven and cook for 10 - 15 minutes until the topping is golden. Sprinkle with Parmesan shavings to serve.

Alternative options: For a gluten-free version, use quinoa in place of bulgur wheat. You could also top with a little dairy-free cheese instead of the Parmesan to make this a vegetarian and vegan dish.

Nutritional content/portion

Protein:
1 x 7g exchange

Fat:
9g: low

Calories:
195 Kcal

Benefits:
100% vitamins B1, B6 & 50% niacin

Concerns:
None

Light Bite /
Lunch ideas

→ Roasted Pepper & Feta Cheese (adapted from BHF)

Ingredients for 2 servings

2 peppers, halved and deseeded
(1 red and 1 yellow or orange)

12 cherry tomatoes;
8 pitted black olives;
50g feta cheese, crumbled;
1 tsp olive oil;
1 tsp fresh oregano

Method

1. Pre-heat the oven to 200°C/gas 6. Place the peppers on a baking tray, cut side up.
2. Toss together the remaining ingredients and use to fill the peppers.
3. Cook for 30 minutes until the peppers are tender.

Alternative options: You could use other cheeses such as goat's cheese, mature cheddar or mozzarella. Try using baby peppers to create mini versions of this dish (cooking time will reduce to 20 minutes).

Nutritional content/portion

Protein:
1 x 7g option

Fat:
12g

Calories:
195 Kcals

Benefits:
271% vitamin C, 75% folic acid, 32% B6, 40% vit A, 6g fibre

Concerns:
None

Light Bite /
Lunch ideas



→ Saag aloo (spinach & potatoes, adapted from Diabetes UK)

Ingredients for 4 servings

1 tbsp olive oil;
½ large chopped onion;
2 cloves garlic;
2 chopped green chills;
1 tbsp chopped fresh ginger

1 tsp turmeric; pinch salt;
450g potatoes, peeled and
cut into small pieces;
½ -1½ tsp red chilli powder

350g spinach leaves, washed and chopped

Method

1. Heat the oil in a non-stick frying pan, add the onion, garlic, chilli and ginger and cook for 2 - 3 minutes until softened.
2. Stir in the turmeric and salt and cook for 5 minutes. Add the potatoes and red chilli powder, stir, cover and cook for 15 - 20 minutes over a medium heat, stirring regularly.
3. Stir through the spinach, cover and cook for 25 - 30 minutes, until the potatoes are tender and the mixture quite dry.

Alternative options: This dish works well with frozen spinach. Just defrost and add when the potatoes are almost cooked. If you don't have fresh chillies, ginger or the spices you could add 1 tbsp curry paste – mild or hot, whichever you prefer.

Nutritional content/portion

Protein:
1 x 7g exchange

Fat:
5g; low

Calories:
191 Kcals

Benefits:
100% of vitamins B1, B6, C, A, niacin & folate

Concerns:
None

Light Bite /
Lunch ideas



→ Smoked Mackerel Pate (courtesy of Liverpool Community Food Workers, LCH)

Ingredients for 4 servings

240g mackerel fillets, without bones & skin;
60g low fat crème fraiche;
60g cottage cheese

Dash of ground black pepper;
Dash of nutmeg

Cayenne pepper;
Lemon slices

Method

1. Blend all ingredients together.
2. Chill for several hours.
3. Garnish with lemon slices and sprinkle with cayenne pepper.
4. Serve with whole meal toast or bread sticks or use as a wrap filling.

Alternative options: Smoked salmon or tuna can be used instead of smoked mackerel.

Nutritional content/portion

Protein:
2 x 7g exchanges

Fat:
25g

Calories:
284 Kcals

Benefits:
Rich source of mono-unsaturated fats

Concerns:
Low in tyrosine as none in mackerel

Light Bite /
Lunch ideas



→ Vegetable & Chickpea Tagine (adapted from Diabetes UK)

Ingredients for 4 servings

1 tbsp oil; 2 cloves crushed garlic;
¼ tsp ground cumin; ¼ tsp ground ginger;
½ tsp chilli powder

450g mixed vegetables cut into bite-sized pieces, e.g. courgette, aubergine, carrot, celery, onion

100ml vegetable stock; 400g tin chickpeas, drained and rinsed; 50g dried apricots; 400g tin chopped tomatoes

1 tsp harissa paste, freshly ground black pepper

2 tbsp fresh coriander, chopped, to garnish

Method

1. Heat the oil in a non-stick pan. Add the garlic, cumin, ginger and chilli powder, fry for 2 minutes until the spices are fragrant.

2. Add the vegetables to the pan and continue to fry for 2 - 3 minutes.

3. Pour over the stock and add the chickpeas, apricots and tomatoes, bring to the boil and simmer for 10 - 12 minutes, until the vegetables are just tender.

4. Stir in the harissa paste and season with plenty black pepper.

5. Serve the vegetables over freshly prepared couscous, sprinkled with coriander.

Alternative options: Serve with plenty of salad and couscous, rice or flat bread. If you don't have harissa paste, you could use a little more chilli and/or garlic plus ½ tsp dried mint and a good squeeze of lemon. In place of apricots, you could use raisins or sultanas.

Nutritional content/portion

Protein:
2 x 7g exchanges

Fat:
9g: low

Calories:
280 Kcal

Benefits:
100% vitamins B1, B6 & niacin, 50% fibre & folate & iron

Concerns:
None

Light Bite /
Lunch ideas



→ Basic Rissotto

Ingredients for 4 servings

2 pints vegetable stock;
70g olive based margarine;
1 bunch sliced spring onions;
2 cloves of crushed garlic

300g risotto rice

1 large handful each of chopped tarragon;
parsley & mint;
130g cooked frozen peas

150g vermouth of dry white wine;
50g parmesan cheese;
Salt and pepper

Method

1. Make up the stock. Melt the margarine in a high sided pan. Add the spring onion and garlic and cook until soft.
2. Add the rice and stir well. Keeping the mixture simmering, add the first ladle of stock. Keep mixing adding more liquid as it is absorbed, until all the stock has been included.
3. Add the vermouth, herbs, peas and half the parmesan cheese.
4. Add protein choice and heat through.
Season & serve with the rest of the cheese and a drizzle of olive oil.
5. Very good with a mixed, crunchy, dressed salad.

Alternative options: Add 45g smoked salmon or tuna or prawns; 30g cooked meat such as chicken or a combination such as chicken and prawns is tasty.

Nutritional content/portion

Protein:
2 x 7g options

Fat:
25g

Calories:
284 Kcals

Benefits:
Rich source of mono-unsaturated fats

Concerns:
Low in tyrosine as none in mackerel



→ Cauliflower, Paneer & Pea Curry

Ingredients for 4 servings

1 tbsp oil;
1 cauliflower head, broken into florets

2 onions, thickly sliced

2 garlic cloves, crushed;
2 heaped tbsp tikka masala paste;
500mls passata;
250mls water

150 g frozen peas;
1 small bunch coriander

Method

1. Heat oil and fry the paneer gently until crisp. Remove with a slotted spoon and set aside.
Put the cauliflower in the same oil and cook for 10 minutes until brown.
Try misting with a spray oil if more is needed.
2. Add the onions and soften for a further 5 minutes.
3. Stir in the garlic & curry paste, then pour in the passata, with the water.
Bring to the simmer, cover and cook for a further 18 - 20 minutes, until the cauliflower is just tender.
4. Add the frozen peas and crispy paneer, cook for another 5 minutes.
Stir in most of the coriander and garnish with the rest.
5. Serve with basmati rice or naan bread & your favourite chutney.

Nutritional content/portion

Protein:
21g = 3 x 7g options

Fat:
20g:
high

Calories:
384 Kcals

Benefits:
A rich source of B vitamins , including 64% folic acid,
43% of B1. 84% vit C. 35% iron, 50% calcium

Concerns:
high in fat, 42% days
recommended intake



→ Mixed Bean Chilli

Ingredients for 4 servings

1 tbsp olive oil

1 onion, finely chopped; 1 clove garlic, crushed; 1 red pepper, chopped small; 1 green pepper chopped small; 1 red chilli, deseeded and finely chopped

1 x 400g tin mixed pulses, drained and rinsed; 400g can chopped tomatoes; 2 tbsp tomato puree; 100g frozen sweetcorn (defrosted); 1 tsp ground cumin; 1 tsp dried oregano; freshly ground black pepper

2 tbsp fresh coriander, chopped

Method

1. Heat the oil in a frying pan or wok over a medium heat.
2. Add the onion, garlic, red and green peppers and chilli, fry for 3 - 4 minutes until beginning to soften.
3. Lightly crush half the pulses using the back of a fork. Add to the pan with the remaining pulses, tomato, tomato puree, sweetcorn, cumin, oregano, salt and pepper.
4. Bring to the boil, turn down the heat and simmer for 10 minutes. Stir through the coriander and serve with rice.

Alternative options: 7g Protein options. **Vegetarian options:** grate 30g cheddar/goats cheese or 20g parmesan on top.
Non vegetarian options; stir in 30g chorizo or 45g prawns.

Nutritional content/portion

Protein:
2 x 7g exchanges

Fat:
4g: very low

Calories:
240 Kcals
40g Carbohydrate

Benefits:
9g fibre, 100% vitamin B1, 6, C & niacin.
50% folate. 50% iron

Concerns:
None



→ Mushroom Stroganoff

Ingredients for 4 servings

2 onions, sliced;
5 sticks celery;
50g margarine;
65ml soured cream

450g sliced mushrooms

1 tsp mixed herbs; 1½ tsp dried basil;
1 heaped tbs plain flour

1 stock cube made up to 1 pint,
Salt & pepper

Crème fraiche;
Chopped parsley

Method

1. Melt the margarine in a large pan and cook the onions and celery until soft and transparent.
2. Add the mushrooms and cook for a few minutes.
3. Add the herbs, then stir in the flour and cook for 1 minute.
4. Add the stock and seasoning, cooking gently for 8 - 10 minutes.
5. Remove from the heat, stir in the crème fraiche and season. Heat gently do not boil. Garnish with chopped parsley.
6. This is good serviced over rice or cooked noodles.

Alternative options: Try a punnet of mixed mushrooms such as porcini & shitake for extra flavour. 20g of parmesan could be sprinkled on top for a 7g protein portion.

Nutritional content/portion

Protein:
None

Fat:
18g

Calories:
228 Kcals

Benefits:
Meaningful sources of vitamins B & C

Concerns:
Low in tyrosine as very little in mushrooms

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→ Spicy Pasta with Pepper Sauce

Ingredients for 2 servings

1 tbsp olive oil

½ leek; 2 red peppers; 2 cloves garlic;
pinch of chilli flakes

240g cooked pasta

Handful of chopped basil; salt & pepper

Protein options

Method

1. Heat the oil in a frying pan or wok over a medium heat.
2. Add the peppers, leek, garlic & chilli flakes.
3. Cook gently for 3 - 4 minutes adding a little boiling water salt and pepper. Stir well.
4. Stir in the cooked pasta and basil.
5. Add your protein of choice and divide into 2 servings.

Alternative options: **7g Protein option.** Add 30g cooked weight of bacon, sausage, choritzo, chicken, minced beef, lamb or 45g prawns or tuna. **Vegetarian options;** grate 30g cheddar/goats cheese or 20g parmesan on top & serve or use 30g soya protein mixed into the sauce.

Nutritional content/portion of sauce

Protein:
1 x 7g exchange

Fat:
12g: moderate but
good fat source

Calories:
295 Kcal

Benefits:
5g fibre, 100% vits B1,2,6, C & A.
50% folate

Concerns:
None



➔ Sweet Potato, Mushroom & Cauliflower Dupiaza

Ingredients for 4 servings

1 tsp cumin seeds; 1 tsp coriander seeds;
1 tsp fennel seeds; 1 tsp fenugreek seeds

1 tbsp vegetable oil; 4 onions, peeled and
sliced; 1 garlic clove; 1 red chilli

2.5cm / 1 inch piece fresh ginger;
1 tsp ground turmeric; 300ml / 10fl oz
vegetable stock; 200g / 7oz clear honey

1 large sweet potato, chopped into cubes

6-7 florets of cauliflower, chopped into
small pieces; 7-8 sliced button mushrooms

Chopped fresh coriander

Method

1. Heat a frying pan over a medium heat and add the spices, dry frying them for 2 - 3 minutes until fragrant. Transfer the spices to a pestle and mortar and grind to a powder.
2. For the sauce heat the oil in a frying pan and fry the onions gently until softened and golden brown. Set aside half the onions for later. Add the garlic, chilli and ground spices to the onions in the pan and fry for another 2 - 3 minutes.
3. Add the tomatoes, ginger and turmeric and bring the mixture to the boil. Add the stock and simmer the mixture to 25 - 30 minutes until the sauce has thickened. Cool slightly, then blitz with a hand blender until smooth. Stir in the honey.
4. Place the sweet potato pieces in a covered bowl until soft & heat of full power in the microwave for 5 minutes (steamed or boiled to soften otherwise).
5. Combine the remaining onions with the sweet potato, mushrooms and cauliflower and add the sauce. Cook all together for another 10 minutes and then serve.
6. Sprinkle over the chopped fresh coriander.

Alternative options: This curry that can be made using store cupboard ingredients. Once the sauce is made just add any vegetables that need using up. This can be made the day before eating as the flavours develop overnight.

Nutritional content/portion

Protein:

Fat:

Calories:

Benefits:

Concerns:



→ Tomato & Red Pepper Risotto (adapted from BHF recipe)

Ingredients for 2 servings

1 tbsp rapeseed or sunflower oil;
1 finely chopped small onion;
1 thinly sliced red & green pepper

125g risotto rice;
1 x 400g tin plum tomatoes, all puréed together;
½ vegetable stock cube made up to 150mls

30g parmesan cheese;
Salt and pepper

Method

1. Heat the oil in a non stick pan. Add the onion & peppers & fry for 2 – 3 minutes until softened.
2. Stir in the rice and cook in oil. Pour in the tomatoes and stock, bringing to the boil, then simmering gently for 15 – 20 minutes, stirring constantly until the rice is just tender.
3. Stir in the remaining ingredients, season well, heat through gently and serve.
4. If it gets sticky add a little boiling water from the kettle so the temperature does not go down.

Nutritional content/portion

Protein:

2 x 7g exchanges. Could bring this to 1 x 7g exchange if only 15g parmesan is added

Fat:

Low in cholesterol and high in omega 3 & 6 fatty acids.
Low in saturated fats

Calories:

400 Kcals

Benefits:

40% folic acid all vitamin C, B6 and B1

Concerns:

None



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→ Pasta with Anchovies & Capers

(adapted from a Jamie Oliver fast food recipe)

Ingredients for 4 servings

375g spaghetti

3 tbsp olive oil;
3 cloves garlic or 1 tsp garlic puree;
50g rinsed, drained capers (¼ cup);
10 anchovies finely chopped

Juice & rind of 1 lemon;
Coarsely chopped parsley;
Parmesan shavings

Method

1. Cook the pasta in a large pan of boiling water until tender & drain.
2. Heat the oil in a frying pan, cook the garlic slowly adding the capers and anchovies stirring gently until hot.
3. Pour caper sauce over the pasta, stir in the lemon juice & rind. Stir in the parsley just before serving, alongside 20g parmesan cheese shavings / serving.

Alternative options: 7g Protein options. **Vegetarian options;** Grate 30g cheddar/goats cheese on top or fry halloumi instead of anchovies. **Non vegetarian options;** stir in 45g prawns, instead of the anchovies.

Nutritional content/portion

Protein:
2x7g exchanges

Fat:
11g

Calories:
260 Kcals
30g Carbohydrate

Benefits:
100% vitamin B12 & niacin. 100% daily need
for omega 3 & 6 fatty acids, 20% iron required

Concerns:
None. Quick, cheap, tasty



→ Smoked Salmon & Pea Risotto (from Sharon Crean)

Ingredients for 4 servings

2 pints vegetable stock

70g butter or olive margarine; 1 bunch spring onions; 2 cloves garlic or 1 tsp garlic puree; 300g Arborio rice

1 handful each of chopped tarragon, parsley & mint; 130g frozen peas, defrosted by pouring over boiling water; 150g smoked salmon; 150mls vermouth; 50g parmesan cheese & seasoning

Method

1. Heat the stock in a large saucepan and keep simmering.
2. Melt the fat in a high sided pan. Cook the garlic and onions until soft and add the rice costing it with the fat.
3. Keeping the mixture on the simmer, add the stock ladle by ladle beating in between until the rice has absorbed all the liquid.
4. At the last ladle, add the vermouth, then add the herbs, smoked salmon, peas and half the parmesan cheese & season if needed.
5. Serve with the rest of the cheese and a drizzle of olive oil and a crisp, crunchy salad.

Alternative options: 7g Protein options. **Vegetarian options;** grate 30g cheddar/goats cheese on top or fry halloumi instead of anchovies. **Non vegetarian options;** stir in 45g prawns, instead of the anchovies.

Nutritional content/portion

Protein:

3 x 7g exchanges

Fat:

23g: rich in omega 3 & 6 fatty acids

Calories:

570 Kcals
60g carbohydrate

Benefits:

70% days vitamin C. 35% days calcium. 32% days iron & vit B1 & niacin. 3g fibre

Concerns:

None



→ Sticky Soy Salmon Fillets

Ingredients for 2 servings

20g brown sugar;
5g fresh ginger, fresh;
54g soy sauce;
1 tbsp olive oil;
220g raw salmon

15g olive oil;
320g chopped courgette;
150g chopped red onions;
160g chopped bell peppers

Method

1. Create the marinade by mixing the sugar, ginger soy sauce and 1 tbsp of olive oil and add the salmon fillets.
2. Toss the vegetables in the oil and season with salt and pepper. Make 4 kitchen foil pouches and put a quarter of the vegetables into each one and a salmon fillet on top.
3. Seal the foil pouch & put them onto a baking tray. Place in a pre heated medium oven (350°F) for 30 minutes.
4. Serve with salad leaves dressed with olive oil and lemon juice.

Alternative options: 7g Protein options. Vegetarian options; swap salmon fillet for 30g halloumi cheese or tofu.

Nutritional content/portion

Protein:

2 x 7g exchanges in each portion

Fat:

Low in cholesterol and high in omega 3 & 6 fatty acids

Calories:

295 Kcals

Benefits:

100% days vitamin C, 100% days vit B12

Concerns:

None



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→ Stir Fried Tangy Prawns

Ingredients for 6 servings

400g prawns; 1 large onion;
A mix of Chinese type vegetables
e.g. 150g pak choi, 150g beansprouts,
½ tin baby sweetcorn, 2 peppers

1 -2 dried bird's eye chillies or 1 -2 dried
chilli, crushed

1 tablespoon dry sherry; 1 tablespoon soya
sauce; 2 teaspoons oyster sauce;
1 chicken stock cube; 2 teaspoons cornflour

1 teaspoon sesame oil;
1 tablespoon cooking oil

Method

1. Prepare vegetables..
2. Add the crushed chili & place to one side.
3. In a cup, place the stock, adding the Soya sauce (a mixture of light and rich is nice) add the sherry, oyster sauce and sesame oil. Mix the corn flour with enough water to be able to add to the stock.
4. Heat wok, add half of the oil, stir fry the vegetables. Place in warm oven. Add remainder of the oil to wok and quickly stir fry the prawns for just a minute or two.
5. Toss the vegetables in and quickly stir. Add the liquid and stir until it thickens. Serve separately with noodles of your choice.

Alternative options: use a variety of vegetables of your choice; steam/microwave those that take longer to cook for a couple of minutes, such as asparagus, broccoli or thinly sliced carrots.

Nutritional content/portion

Protein:
2 x 7g options

Fat:
4g

Calories:
125 Kcals

Benefits:
14% omega 3 fatty acids, 11% iron, 40%
selenium, 14% vitamin E, 55% vit C

Concerns:
30% total salt intake for the day



→ Gammon & Pineapple Stir fry

Ingredients for 4 servings

250g gammon steak, all visible fat and rind removed

8 spring onions, finely sliced;
1 red pepper, seeded and sliced;
115g chestnut mushrooms, sliced

1 small can pineapple chunks in natural juice;
1 tbsp cider vinegar;
2 tbsp tomato purée

225g beansprouts;
freshly ground black pepper

Method

1. Cut the gammon into thin strips
Heat a non-stick wok. Add the gammon and cook over a high heat for 2 - 3 minutes.
2. Add the sliced spring onions, pepper and mushrooms and cook for 1 minute.
3. Drain the pineapple juice into a bowl and mix with the vinegar and tomato purée.
4. Add the pineapple chunks and beansprouts to the wok and pour the sauce over them. Toss well and bring to the boil.
5. Serve straight from the pan.

Alternative options: Use strips of chicken or turkey escalope as an alternative to gammon.

Nutritional content/portion

Protein:

2 x 7g
exchanges

Fat:

5g: low;
very low in cholesterol

Calories:

163 Kcals; low

Benefits:

All B1, B6, niacin and vitamin C for the
day & 40% of folate, which is often low

Concerns:

40% of total salt
intake for the day



→ Sausage & Winter Vegetable Bake

(adapted from Jamie Olivers' recipe yearbook)

Ingredients for 4 servings

2 red onions peeled with roots left on;
A handful of dried cranberries;
Cloves of 1 garlic bulb;
1 swede cut into chunks;
8 thick sausages;
200g chestnuts

A handful of fresh thyme;
A pinch of dried oregano;
Salt & Pepper

Balsamic vinegar

Method

1. Preheat the oven to 180°C/gas mark 4. Toss all ingredients together in 1 tbsp olive oil.
2. Season well, place on a tray in the oven and bake for 1 hour, turning the sausages half way through.
3. Once the vegetables are soft and the sausages golden, drizzle with balsamic vinegar and serve.

Alternative options: 7g **Protein options.** Swap for any kind of sausage or chicken thighs. **Vegetarian options;** use vegetarian sausages / chicken / or 400g chestnuts & 200g cashew nuts for 1 x 7g protein exchange.

Nutritional content/portion

Protein:

2 sausage portion gives
2 x 7g exchanges

Fat:

Calories:

230 Kcals

Benefits:

6g fibre, 50% folate, more than
100% vitamin C, B1, B6, & niacin

Concerns:

None - an easy recipe.
Reheats well for next day too



→ Spicy Bacon & Pepper Pasta

Ingredients for 2 servings

120g fresh pasta

1 tbsp olive oil;
52g lean bacon

1 chopped red pepper;
½ chopped leek;
2 cloves chopped garlic;
Pinch of chilli flakes;
Seasoning

Chopped basil

Method

1. Boil pasta until cooked.
2. Heat the oil in a frying pan or wok. Add the bacon & fry for 2 – 3 minutes.
3. Add the pepper, leek garlic & chilli flakes, frying gently for 3 – 4 minutes, then add a splash of water.
4. Stir in the cooked pasta. Sprinkle basil & season well. Serve immediately.

Alternative options: 7g Protein options. **Vegetarian options;** omit bacon & grate 30g cheddar/goats cheese or 20g parmesan on top before serving. **Non vegetarian options;** use 30g chorizo or 45g prawns instead of bacon.

Nutritional content/portion

Protein:

1 x 7g protein & 2 x 2g options per serving

Fat:

Calories:

295 Kcal

Benefits:

22% iron, 3g fibre

Concerns:

None



→ Italian Meatballs in Tomato Sauce

Ingredients for 4 servings

350g lean beef mince;
15 basil leaves;
1 tsp olive oil

1 medium onion finely chopped;
1 tsp ready garlic or 2 cloves

1 carton of Passata (500g)

Method

1. Mix the mince with half of the chopped basil, Worcester sauce and seasoning.
2. Use your hands to shape 16 meatballs.
3. Heat the oil in a non-stick pan and fry the onion until soft, then add the meatballs for 5 minutes until browned.
4. Tip in the passata with the garlic puree and the rest of the basil. Simmer gently for 10 minutes until the meatballs are cooked through.
5. Serve with pasta or mashed potato with a swirl of green or tomato pesto.

Alternative options: Add chilli flakes to the meat mixture for a spicy alternative. **Vegetarian options;** use 350g soya mince.

Nutritional content/portion (263g)

Protein:
3 x 7g exchanges

Fat:
5g

Calories:
187 Kcal
4g Carbohydrate

Benefits:
3g fibre, 21% iron, 50% vitamin B6, 42% zinc,
70% vit B12

Concerns:
Full days recommendation
for saturated fat

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→ Moroccan-style Chicken (adapted from Diabetes UK)

Ingredients for 4 servings

300g chicken thighs

2 cloves garlic, crushed;
2 tsp paprika;
1 tsp cumin & 1 tsp cinnamon

1 tbsp olive oil

1 tsp turmeric; 2 carrots, chopped;
150g French beans; 30g olives; 50g dried
apricots; grated rind & juice of 1 lemon

200ml chicken stock

Salt and freshly ground black pepper;
2 tbsp fresh mint chopped,
plus extra to garnish

Method

1. Wrap each chicken thigh around a small piece of cinnamon stick.
2. Mix together the garlic, paprika, cumin & cinnamon and half the oil. Place the chicken into a non-metallic dish, spoon over the spice mixture and coat, then leave to marinate for at least 1 hour.
3. Heat the remaining oil in a pan, add the chicken pieces and brown. Remove from the pan and set aside.
4. Add the carrot and beans to the pan, cook over a low heat for about 5 - 6 minutes. Stir in the turmeric and add all the remaining ingredients to the pan, along with the chicken.
5. Pour over the stock, bring to the boil cover and simmer for 12 - 15 minutes, until the chicken is tender.
6. Season, garnish with mint and serve with steamed couscous or basmati rice (count as part of 2g protein exchanges).

Nutritional content/portion

Protein:
2 x 7g exchanges

Fat:
High in mono-unsaturated fats

Calories:
190 Kcals

Benefits:
100% of daily B1 & niacin.
50% of total iron needs for the day

Concerns:
None

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→ Sweet Glazed Chicken

Ingredients for 4 servings

2 large chicken breast (350g raw);
2 tbsp olive oil;
Salt & pepper

8 apricots (dried or fresh), halved and stoned;
2 pears, peeled, ¼rd & cored;
500g new potatoes & 1 onion, cut into
wedges

Grated rind & juice of 2 oranges;
Dried thyme; 1 tbsp wholegrain mustard;
1 tbsp clear honey

4 tbsp half fat crème fraiche

Method

1. Heat the oil in a flame proof casserole. Season chicken and add to the pan, searing until brown on all sides.
2. Add the apricots, pears potatoes and onions.
3. Mix together these ingredients and pour over the chicken. Cover the dish & bake in the oven for 40 minutes at 180°C, removing the lid half way through.
4. When the chicken is cooked, stir in the crème fraiche. Serve with wilted baby spinach, with added grated lemon rind and seasoning for added flavour.

Alternative options: Swop chicken for 90g tofu.

Nutritional content/portion

Protein:
3 x 7g exchanges

Fat:
12g

Calories:
350 Kcals
40g Carbohydrate

Benefits:
9g fibre, 100% vitamin B1, 6 & niacin. 50%
vit C. 100% omega 3 & 6 fatty acid need

Concerns:
Full days recommendation
for saturated fat.

→ Lamb Tagine with Honey & Nut Dressing

Ingredients for 6 servings

2 tbsp olive oil;
675g lean lamb shoulder cubed

1 large onion chopped;
1 tsp cinnamon;
1 cinnamon stick;
1 tsp cumin

500g carton passata;
1 lamb stock cube made-up to 500mls
with water

Method

1. Pre heat the oven to 180°C /350°F, gas mark 5.
Heat the oil in a casserole or tagine pot & sear the meat & set aside.
2. Fry the onion & garlic over a low heat until softened, then add the spices.
3. Put the lamb back in the pot & add the stock & passata, then simmer.
Put in the oven for 1 hour, add more stock and passata if needed to keep moist.
4. Add the sweet potato and apricots and cook for a further 30 minutes - 1 hour.
5. To serve stir in parsley & garnish with flaked almonds and a drizzle of honey.

Alternative options: This mildly spiced Moroccan inspired casserole is even more delicious the next day when the flavours have really developed. Serve with cous cous or rice. This meal can be portioned out for 6 with any extra meals frozen for another time.

Nutritional content/portion

Protein:

25g = 3 x 7g options in the meat plus
2 x 2g options from the sauce

Fat:

16g

Calories:

385 Kcals

Benefits:

20% B12, 10% iron, 17% zinc

Concerns:

20% total fat intake for the day



→ Slow Roast Lamb Steaks in Redcurrant Jus

Ingredients for 4 servings

2 onions cut into wedges; 8 carrots cut length wise; 4 sticks celery, cut in half; 2 sprigs of rosemary; 1 tbsp olive oil; 1 bulb garlic, left in cloves

4 lean lamb shoulder steaks;
200mls white wine

2 tbsp redcurrant jelly;
1 lamb stock cube

Method

1. Pre-heat the oven to its highest temperature. Place the onions, celery & carrots in the roasting tin. Add the garlic, rosemary and half the oil, seasoning well.
2. Place the lamb shoulders on top of the vegetables, drizzle with the remaining oil and season well. Pour the wine around and cover the tin tightly with foil.
3. Put into the oven and turn it down immediately to 150°C and roast for 1 hour, then remove the foil and cook for a further 20 minutes.
4. Put the roasting tin on the hob and add the redcurrant jelly with 250mls of lamb stock. Boil down until a shiny, thick jus.
5. Serve the lamb steak on a bed of roast vegetables, with the jus.

Alternative options: Any spare portions can be frozen for another time (old take away containers/trays are great for this as they stack well in the freezer & easily labelled up).

Nutritional content/portion

Protein:

25g = 3 x 7g options plus
2 x 2g options

Fat:

16g

Calories:

451 Kcals

Benefits:

26% iron, 50% zinc, 14% selenium,
approx. 40% of all B vitamins

Concerns:

24% total fat intake for the day



→ Blackberry Fool (adapted from a Jamie Oliver recipe)

Ingredients for 8 servings

1 vanilla pod or 1 tsp vanilla essence;
500g blackberries;
100g sugar;
Juice of 1 lemon

300mls whipping cream;
200mls fat free Greek yoghurt

Method

1. Place the vanilla pod, with 350g of the blackberries, sugar, & lemon juice. Quietly bring to the boil & simmer until syrupy, yet the berries remain soft but intact. Set aside.
2. Whisk the cream to form soft peaks, fold in the Greek yoghurt and swirl in $\frac{1}{3}$ rd of the fruit mixture.
3. Layer the fruit cream mixture with the berry syrup in 8 glass bowls, garnish with the syrup and the rest of the fresh berries.

Alternative options: This method works with most fruit, try using mango, strawberries or canned peaches.

Nutritional content/portion

Protein:
1 x 2g option

Fat:
10g

Calories:
180 Kcals

Benefits:
Good source of B vitamins & 25% days need of vit C

Concerns:
None

➔ Blackcurrant & Raspberry Ice Cream (adapted from Diabetes UK)

Ingredients for 4 servings

600ml unsweetened soya milk & few drops vanilla extract

1 tbsp corn flour;
4 egg yolks & 2 tbsp icing sugar

300g can blackcurrants, drained;
200g frozen raspberries

Method

1. Place the milk and vanilla extract into a medium pan and bring to the boil.
2. In a bowl, whisk together the corn flour, egg yolks and icing sugar.
3. Pour the milk over the corn flour mixture and stir in, then return to the pan, place over a low heat and cook until the mixture thickens. Do not boil-it will curdle.
4. Cool the mixture, then stir through the blackcurrants and raspberries.
5. Transfer to a freezer proof container. Freeze for 2 hours, then beat with a fork to remove the ice crystals. Return to the freezer and freeze until solid. Remove from the freezer 5 - 10 minutes before serving.

Alternative options: This method works with most fruit, try using mango, strawberries or canned peaches.

Nutritional content/portion

Protein:
1 x 7g exchange

Fat:
8g: predominantly unsaturated

Calories:
193 Kcals

Benefits:
100% of B1, B6 and vitamin C, 90% of B12 & 70% of daily iron needs

Concerns:
High in calories if trying to control weight



→ Blueberry Mousse with Orange Cream

(adapted from Candis magazine recipe file)

Ingredients per servings

1 sachet gelatine;
4tbsp blueberry juice or water

400g frozen blueberries;
2tbsp lemon juice (juice of ½ lemon)

175mls whipping cream

1 egg white

60mls whipping cream; Grated zest of the orange; Orange flesh cut into segments;
4 mint sprigs

Method

1. Sprinkle the gelatine over the fruit juice in a small bowl and set aside for 3 minutes. Stand in a pan of hot water and leave until the gelatine melts, stirring until smooth.
2. Reserve a few blueberries for decoration. Blend the rest to a puree with the lemon juice.
3. Whip the cream until it holds its shape and fold into the fruit puree with the dissolved gelatine and mix until combined.
4. Whisk the egg whites until stiff, then fold in the sugar & whisk again until thick and shiny. Stir carefully into the fruit mixture, using a metal spoon.
5. Divide into 4 glasses and chill until set.
6. Whip cream until it holds its shape, then add the orange zest. Top each mousse with a spoonful of cream, topped with the reserved berries orange segment and mint sprig.

Alternative options: This method works with most fruit, try using, strawberries or blackberries or frozen berry mixes.

Nutritional content/portion

Protein:
2 x 2g options

Fat:
23g each

Calories:
332 Kcals

Benefits:
33% daily vitamin C

Concerns:
33% daily fat intake

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→ Dark Chilli Chocolate Berry Pockets

(adapted from Candis magazine recipe file)

Ingredients for 4 servings

2 bars dark chilli spiced chocolate (70g)

Pack of 6 ready made sweet pancakes

1 punnet of strawberries (250g)

Method

1. Break the chocolate into chunks and place them in a bowl. Microwave until melted - just a few minutes - carefully checking all the time to prevent separation. Keep warm.
2. Re- heat the pancakes in the microwave.
3. Put each pancake on a plate and put halved strawberries into 1 quarter section and fold in half then again into quarters.
4. Drizzle each folded pancake with the melted chocolate & gently sift a little icing sugar to complete the decoration.

Alternative options: Try using fresh mango, raspberries or peaches. 1 scoop of ice-cream could provide a touch of luxury for 1 more 2g protein option.

Nutritional content/portion

Protein:
2 x 2g options

Fat:
9g

Calories:
178 Kcals

Benefits:
3g fibre, 15% folic acid, 30% vitamin C, 15% B12 & 10% iron

Concerns:
None



→ Dark Chocolate Sorbet (adapted from an online recipe forum)

Ingredients for 6 servings

250ml water;
150g caster sugar

100g dark cooking chocolate,
broken into pieces

100ml water

60g Cocoa Powder

Method

1. To prepare the sugar syrup, put the sugar and the water into a saucepan and bring to the boil without stirring, leave to bubble for about 5 minutes or until the sugar has dissolved, then remove from the heat.
2. While the sugar syrup is bubbling, melt the chocolate in a heatproof bowl suspended over a saucepan of barely simmering water. Once it has melted, add the 100ml (3½ fl oz) water to the sugar syrup and reheat until warm,
3. Whisk in the cocoa, then add the melted chocolate, whisking together until smooth.
4. Churn in an ice-cream maker, following the manufacturer's instructions, until smooth, or pour into a plastic container and freeze for 1 hour, take out and blitz with a stick blender or hand whisk to beat out the ice crystals. Repeat again in another hour. This keeps well in the freezer.

Alternative options: It is rich, 1 scoop will be enough.

Nutritional content/portion

Protein:
2 x 2g options

Fat:
10g: high

Calories:
235 Kcal

Benefits:
Is an indulgence, but packed with minerals –
20% iron, 70% copper, Zinc and salt free

Concerns:
Enjoy as part of
a low fat meal



→ Low Fat Raspberry Cheesecake Pots

(adapted from an online forum recipe)

Ingredients for 8 servings

75g light digestive biscuits

½ can light condensed milk (150g);
Juice of 1 lemon;
1 tsp vanilla extract

150g extra light cream cheese;
150g 0% Greek yoghurt

250g fresh raspberries;
3 tsp raspberry jam

Method

1. Crumble the biscuits into a bowl, not too fine. Divide the crumbs between 6 glasses or tumblers.
2. Place the ½ can condensed light milk into a bowl and add the lemon juice & vanilla extract. Stir together until it thickens.
3. Whisk the cream cheese with the yoghurt in a bowl until smooth, then fold in the thickened condensed milk - do not over beat.
Chill for ½ an hour to 1 hour. The spoon the mixture over the biscuit crumbs.
4. Gently warm the jam in the microwave to make a syrup.
Chop the raspberries and mix with the jam.
Top the cheesecakes with the fruit & serve.

Alternative options: This method works with most fruit, try using mango, strawberries or canned peaches.

Nutritional content/portion

Protein:

1 x 7g option & 1 x 2g option

Fat:

4g: very low

Calories:

154 Kcals

Benefits:

24% calcium, 24% B2, 23% vitamin C & 15% folic acid. A healthy low fat low Kcals sweet

Concerns:

None



➔ Raspberry Breakfast Pancakes (adapted from Candis magazine recipe file)

Ingredients for 16 pancakes (3 per person)

7 tbsp low fat raspberry yogurt (300g);
Zest of 1 lemon;
1 eggs separated;
20g melted butter

75g self raising wholemeal flour &
75g self raising white flour

2 egg whites

150g fresh raspberries

Honey to drizzle

Method

1. Whisk the yogurt, lemon zest, egg yolks & melted butter together. Leave for 10 minutes.
2. Sift the flours together with a pinch of salt and whisk.
3. In a clean bowl whisk the egg whites until stiff, then combine with the batter mixture using a metal spoon.
4. Carefully fold in the raspberries.
5. Melt a little spray oil in a large non stick frying pan and add spoonful's of batter. Cook for 1 - 2 minutes and flip for a further 1 - 2 minutes. There should be about 16 small pancakes in all. Drizzle a little honey & serve.

Alternative options: Try using other flavours of yogurt and fruit in season.

Nutritional content/portion

Protein:
1 x 2g option

Fat:
3g

Calories:
80 Kcal, 1g fibre each

Benefits:
A 3 pancakes portion provides 1 x 7g protein option

Concerns:
None



→ Apple & Apricot Scone Wedges

Ingredients for 30 servings

110g brown wheat flour;
115g plain white flour;
1tsp baking powder;
1 tsp cinnamon;
55g polyunsaturated low fat spread

250g peeled cooking apples;
85g ready to eat apricots;
3 tbsp semi skimmed milk

Method

1. Oven; 200°C/180°C fan/gas mark 6.
Mix flour, salt, baking powder & cinnamon in a bowl. Rub in the spread to create a crumb texture.
2. Stir in the brown sugar, finely chopped apricots and the apple (peeled, cored and grated).
Mix in enough milk to form a soft dough and knead gently on a floured surface.
3. Shape into a round & place on a greased baking tray. Brush with milk and sprinkle with white sugar.
Clearly score the top with a sharp knife into 8 even wedges.
4. Bake for 25 minutes or until risen and golden brown. Transfer to a wire rack.
Break into wedges; serve warm or cold.

Alternative options: Try adding different spices such as nutmeg. You can also use dried fruits such a mixed dried fruit, sultanas or raisins or cranberries. Use a non-dairy spread or rapeseed oil for a vegan version. Try mashed banana instead of apple.

Nutritional content/wedge (90g)

Protein:
2 x 2g options

Fat:
5g (50% as polyunsaturated), No cholesterol

Calories:
182 kcals, 4g fibre

Benefits:
A high fibre snack

Concerns:
None



→ Blackberry & Buttermilk Scones (adapted from BBC good food recipe)

Ingredients for 10 servings

25g olive based spread;
125g white self raising flour;
25g sugar;
80g blackberries

100mls buttermilk

Method

1. Oven; 220°C/450°F/gas mark 7. Grease baking tray.
Rub the spread into the flour until it resembles breadcrumbs.
Stir in the sugar & gently stir in the blackberries.
2. Gradually pour in the buttermilk, stirring well to create a smooth dough (you may not need all of the buttermilk).
Turn out the dough onto a floured surface and create a ball. Roll to a thickness of 1.5cm.
Cut into 10 circles using a small biscuit cutter & arrange on the greased baking tray leaving a gap in between each one.
3. Bake in the oven for 10 - 12 minutes or until golden brown.
Serve warm with a tsp of low fat natural yogurt or crème fraiche.

Alternative options: Try using a mixture of white and wholemeal flour for extra fibre. Try with a variety of soft fruits such as raspberries or cherries. Use a non-dairy spread or rapeseed oil for a vegan version.

Nutritional content/scone

Protein:
1 x 2g option

Fat:
3g each, No cholesterol

Calories:
68 Kcals
4g carbohydrate

Benefits:
A low protein, low calorie snack

Concerns:
None

→ Fruity Tea Bread (adapted from a BHF recipe)

Ingredients for 1 loaf of 12 slices

Dried fruit mix;
175g chopped dried apricots;
175g ready to eat figs;
115g sultanas;
115g muscovado sugar
200mls strong black tea;

2 medium sized eggs, beaten;
Zest of 1 orange; 225g white self raising flour;
1 tsp mixed spice

Method

1. Oven; 180°C/160°C fan/gas mark 4. Line a loaf tin.
Combine dried fruit & sugar in a mixing bowl, adding hot tea and mixing well.
Cover & leave to soak for 8 hours/over night until the fruit is plumped up.
2. Stir eggs & orange zest into the fruit mixture.
Add flour and spices, mixing well.
3. Turn into prepared loaf tin, levelling surface. Bake in the middle of the oven for 45 - 60 minutes or until a skewer inserted into the centre, comes out clean.
Cool slightly in the tin, then turn out onto a wire rack and cool. Serve warm or cold on its own or with a little spread or honey.

Alternative options: Try using different dried fruit mixes. Use a non-dairy spread or rapeseed oil for a vegan version.
Use half white & wholemeal flour if too solid.

Nutritional content/slice

Protein:
2 x 2g options

Fat:
2g, no cholesterol

Calories:
182 kcals
5g fibre (high)

Benefits:
25% iron, full days required
omega 6 fatty acid

Concerns:
None



→ Mixed Berry Smoothie (adapted from a Jamie Oliver fast food recipe)

Ingredients for 6 cups

300g (2cups) frozen mixed berries;
480g low fat vanilla yoghurt;
1 pint semi skimmed milk (580mls milk);
2 tbsp honey

Method

1. Blend or process all the ingredients until smooth.
Serve sprinkled with extra berries and a little grated dark chocolate if desired.

Alternative options: Try adding different fruit combinations such as tropical fruit mix.

Nutritional content/cup

Protein:
1 x 7g options

Fat:
3g fibre, 1 of your 5 a day

Calories:
165 Kcals

Benefits:
0% calcium required. Rich source of
B vitamins, 50% of days vit C

Concerns:
None



→ Strawberry & Cream Shortbread (adapted from a Jamie Oliver recipe)

Ingredients for 10 servings

100g olive based spread; 55g sugar;
150g plain flour; Zest of 1 orange

300mls whipping cream;
200g sliced strawberries;
A few drops of vanilla essence

Method

1. Oven 180°C/gas 4. Cream the butter and 50g of the sugar. Mix in the flour and orange zest until it forms a dough.
2. Make the dough into a log shape, wrap in cling film and leave to firm up in the fridge for 1 hour.
3. Slice the log into 10 rounds & place onto a baking tray. Bake for 8 - 10 minutes until golden brown. Cool on a wire rack.
4. Whip the cream with remaining sugar & vanilla until firm. Sandwich two shortbreads together with the cream & slices strawberries as filling.
5. Arrange on a plate dusted with icing sugar.

Alternative options: Try adding different spices such as cinnamon or ground ginger. You can also use dried fruits such as a mixed dried fruit, sultanas, prunes or apricots. Use a non-dairy spread or rapeseed oil for a vegan version. Use half white & wholemeal flour if too solid.

Nutritional content/bar

Protein:
1g each

Fat:
20g; high

Calories:
234 Kcals

Benefits:
Very low in protein and high in Kcals,
if trying to prevent weight loss

Concerns:
A high calorie snack if
controlling weight



→ Wholemeal Fruit Bar

Ingredients for 4 servings

225g raisins;
75g sugar;
100g polyunsaturated spread

1 heaped tsp mixed spice;
350g wholegrain plain flour;
50g chopped walnuts;
100g chopped dates

1 tbsp of runny honey (warmed)

Method

1. Preheat the oven to 180°C/gas 4 and lightly grease a 19cm x 28cm baking tray.
Place the raisins, sugar, spread and mixed spice into a medium pan with 200ml of water.
Bring to the boil, then remove from the heat and cool.
2. In a separate dish, stir together the remaining ingredients (apart from the honey) then stir into the raisin mixture. Spoon into the prepared tin, smooth out to 1½ cm thick then bake for 25 - 30 minutes.
3. Immediately after removing from the oven, brush with the warmed honey and mark into 30 bars. Allow to cool, and serve.

Alternative options: Try adding different spices such as cinnamon or ground ginger. You can also use dried fruits such a mixed dried fruit, sultanas, prunes or apricots. Use a non-dairy spread or rapeseed oil for a vegan version. Use half white & wholemeal flour if too solid.

Nutritional content/portion

Protein:
1 x 2g option

Fat:
3g each, No cholesterol,

Calories:
100 Kcals

Benefits:
All days B1, 3 & 6

Concerns:
None

