

Broccoli, Sweet Potato and Lemon Soup

Ingredients (serves 4)

1 Onion (peeled and chopped)
2 Carrots (peeled and chopped)
1 Small Sweet Potato (peeled and chopped)
250g Broccoli (chopped)
 $\frac{1}{2}$ cm Piece of Ginger (peeled and chopped)
1 Litre Chicken or Vegetable Stock
Lemon Juice to Taste
Seasoning

Method

1. Place onion, carrot, sweet potato, broccoli, ginger and stock in a large saucepan.
 2. Bring to boil and cook for 30 minutes until vegetables are soft.
 3. Blend soup and season with lemon juice.
 4. Serve with crusty bread.
- For a spicy soup a chopped fresh red chilli may be added before serving and garnish with a spoon of natural yoghurt

Sweet and Sour Pork

Ingredients (serves 4)

1 Small Tin of Pineapple Slices in Juice
3 Tablesp Soy Sauce
3 Tablesp Tomato Puree
3 Tablesp Vinegar
3 Tablesp Light Soft Brown Sugar
600g Pork Fillet (cut into thin slices)
1.5 Teaspoon Cornflour
Seasoning

Method

1. Drain the pineapple, reserving the juice, and cut the slices into quarters. Set aside.
2. Place the soy sauce, tomato puree, vinegar and sugar in a large bowl. Add half the pineapple juice and mix well.
3. Add the pork, toss well to coat in the marinade, cover and chill for 2 hours.
4. Cover the bowl and cook on HIGH for 5 minutes. Add the pineapple.
5. Blend the cornflour with the remaining pineapple juice, stir into the pork, and season with salt and pepper. Cover and cook on HIGH for 7 minutes. If sauce is too thick add some water.
6. Serve with boiled rice or egg noodles.

Fruit Crumble

Ingredients (serves 4)

2 x 400g Tinned Fruit in Juice or 2 Cups Fresh Fruit (chopped)

Topping

4 Rounded Tablsp Rolled Oats

4 Level Tablsp Wholemeal Flour

1 Level Tablsp Demerara Sugar

25g Sunflower Margarine

Pre-heat oven to 190C / 375F / Gas Mark 6

Method

1. Place fruit in a large ovenproof dish.
 2. Rub together margarine and flour until mixture resembles breadcrumbs, add sugar and rolled oats.
 3. Spoon mixture over fruit.
 4. Bake for 20 -25 minutes until golden.
 5. Serve hot or cold.
- **Accompaniments to crumble may include yoghurt, fromage frais or low fat custard**
 - **Experiment with different fruits**
 - **Apples are enhanced with the addition of cinnamon or mixed spice at stage 1**

Turkey Risotto

Ingredients (serves 4)

2 Tablsp Sunflower Oil
350g Turkey (diced)
2 Peppers (seeded and sliced)
1 Onion (peeled and sliced)
1 Clove of Garlic (peeled and chopped)
125g Mushrooms (wiped and sliced)
185g Long Grain or Risotto Rice
625ml Chicken Stock
30g Cheddar (grated)
3 Teasp Parsley (chopped)

Method

1. Heat the oil in a large saucepan. Add the diced turkey and fry over a moderate heat for 4 -5 minutes, stirring.
 2. Add vegetables and cook for a further 3 -4 minutes.
 3. Stir in the rice and cook for 1 - 2 minutes.
 4. Pour in the stock. Bring to the boil, cover and simmer for 15 -20 minutes, until rice is tender and the mixture creamy.
 5. Serve immediately topped with cheese and parsley, accompanied by a crisp salad and plenty of crusty bread.
- **This recipe can be easily adapted by substituting the turkey for other meats or fish or even vegetables**

Oatcakes

Ingredients

15g Margarine

150ml Water

252g Oatmeal

Pinch of Salt

Pinch of Bicarbonate of Soda

Pre-heat oven to 180C / 350F / Gas Mark 4

Method

1. Boil margarine and water.
 2. Add all other ingredients.
 3. Roll out mixture to preferred thickness and desired shape.
 4. Place in oven and cook for 30-40 minutes, turning half way through cooking.
 5. Turn out on to a cooling wrack.
- **Store in an airtight container**

Quinoa, Lentil and Feta Salad (Serves 4)

200g quinoa
1tsp olive oil
1 Shallot, finely chopped
2tsp tarragon
200g Puy or Green Lentils (tin)
 $\frac{1}{4}$ Cucumber peeled and diced
100g feta cheese crumbled
6 spring onions thinly sliced
Zest and juice of 1 orange
1 tbsp red or white wine vinegar

Method

1. Cook Quinoa in a large pan of boiling water for 10-15 minutes until tender, drain and set aside to cool
2. Heat oil in a pan and cook shallots for a few minutes until soft. Add tarragon. Stir well. Remove from heat
3. Stir softened shallots and tarragon into cooked quinoa along with lentils, cucumber, feta, spring onions, orange zest and juice and vinegar. Toss well together and chill until ready to serve.