

Chive and Mackerel Pate

Ingredients (serves 4)

225g Smoked Mackerel Fillets (skinned and chopped)
1 Tablsp Fresh Chives (chopped)
1-2 Teasp Lemon Juice
4 Tablsp Plain Fromage Frais or Greek Yoghurt
Pepper

Method

1. In a large bowl mix together all the ingredients until blended.
 2. Season with pepper and serve with crunchy vegetables and triangles of wholemeal toast, or spread on water biscuits.
- **This is a good recipe for encouraging the consumption of oily fish**
 - **For a special occasion serve this as a starter with salad, lemon wedges and oatcakes or crusty bread**
 - **Try adding some sliced spring onion to add a bit of crunch**

Serving contains 289 calories, 17g fat, 5.6g sugars

Provençal Chicken Casserole

Ingredients (serves 1)

- 1 Teasp of Sunflower Oil
- 1 Onion (peeled and sliced)
- 3 Chicken Thighs or 1 Breast (skin removed)
- 2 Cloves of Garlic
- 1 Pepper (sliced)
- 3 Tomatoes or 1 Small Tin (chopped)
- 1 Pinch of Oregano or Mixed Herbs

Method

1. Heat the oil in a non-stick pan and cook the sliced onion gently until softened.
2. Add the chicken and cook for a few minutes to brown, then add the garlic (whole, with skins still on), peppers, tomatoes and herbs.
3. Cook over a low heat for 30-35 minutes or until the chicken is cooked through.
4. Serve with boiled potatoes and seasonal salad.

Serving Contains 403 calories, 8.8g fat, 20g sugars

Smoked Fish Baguettes

Ingredients (serves 4)

2 Small Part Baked Baguettes

1 Dessertsp Sunflower Margarine or Reduced Fat Spread

1-2 Teasp Fresh Chives (chopped)

1 Large Fillet of Smoked Cod or Haddock Fillet (skinned and sliced)

Pepper

2 Tablsp Mozzarella, Edam or Cheddar Cheese (grated or sliced)

Pre-heat oven to 190C / 375F / Gas Mark 5

Method

1. Cut the baguettes in half lengthways.
2. Cream together the margarine and chives spread over the baguette halves.
3. Arrange the sliced fish along the baguette halves and season with pepper.
4. Top with cheese and place on a baking sheet.
5. Bake for 7-8 minutes or until the baguettes are golden brown.
6. Serve with a tomato and cucumber salad.

- **A good alternative to sandwiches for a light lunch or supper**
- **A great way to encourage members of the family who are not so keen on fish**
- **Sliced tomatoes could be added before the cheese at stage 3**

Spicy Bean Hotpot

Ingredients (serves 4)

- 2 Onions (peeled and chopped)
- 2 Carrots (peeled and chopped)
- 2 Courgettes (sliced)
- 1 Pepper (de-seeded and sliced)
- 1 Tablsp Sunflower Oil
- 1 Tin of Chopped Tomatoes
- $\frac{1}{2}$ Tablsp Tomato Puree
- 1 Small Tin of Baked or Kidney Beans
- $\frac{1}{2}$ Tablsp Sweet Pickle (optional)
- $\frac{1}{2}$ Teasp Chilli Powder

Method

1. Mix all the ingredients together in a large pan, except the beans.
 2. Bring to the boil and simmer for 30 minutes or until the mixture is thick and the vegetables are cooked, towards the end of the cooking time add the beans.
 3. Serve as a baked potato filling.
- **Alternative serving suggestions - serve with boiled rice, cous cous or pasta**
 - **Additional flavouring may be added in the form of garlic and herbs**

Per serving 256 calories, 5.4g fat, 14g sugars

Kedgeree

Ingredients (serves 4)

320g Smoked Haddock (cooked) or Tuna in Brine (drained)
1 Tablsp Sunflower Oil
1 Onion (peeled and chopped)
240g Frozen Garden Peas
2 Eggs (hard boiled and chopped)
1 Teasp Curry Powder
200g Brown or White Rice (cooked)
Seasoning

Method

1. Heat the oil in a saucepan and add the onions, cook for about 5 minutes.
2. Add the remaining ingredients and heat through for a further 5 minutes
3. Season to taste.
4. Serve with naan bread and mango chutney.

Tip: Fish can be added when your rice has nearly finished cooking.
Heat from rice and steam will cook fish

Per Serving: 420 kcals, 14g fat, 3.7g sugar

Couscous Salad

Ingredients (serves 4)

200g Cous Cous

50g Sultanas

500ml Vegetable Stock

2 Tomatoes (finely chopped)

4 Spring Onions (finely chopped)

1 Tablsp Fresh Mint (chopped)

1 Tablsp Fresh Coriander (chopped)

1 Tablsp Lemon Juice

Method

1. Place cous cous and sultanas in a large bowl and pour over stock. Set aside for 5 minutes until all the liquid is absorbed - mix with a fork to separate the grains.
 2. Stir in tomatoes, spring onions, lemon juice and herbs.
 3. Serve chilled.
- **Cous Cous is a good alternative to rice and pasta**
 - **Serve hot with roasted vegetables for a tasty nutritious meal**
 - **Great for a packed lunch, add additional vegetables, cooked chicken, smoked mackerel etc**
 - **Experiment with additional ingredients e.g. sliced mushrooms, chopped apricots, peaches, pine or cashew nuts etc**

Scones

Ingredients (serves 24)

75g Sunflower Margarine
400g Self-Raising Flour
250ml Semi-Skimmed Milk
Milk to glaze

Pre-heat oven to 230C / 450F / Gas Mark 8

Method

1. Rub the margarine into flour until it resembles fine breadcrumbs.
2. Make a well in the centre and stir in enough milk to form a soft dough.
3. Turn onto a floured board, then roll out to about 2cm thick, or pat it out with your hands.
4. Cut out the scones with a medium sized cutter.
5. Place on a baking sheet, brush with milk and bake near the top of the oven for about 10 minutes, until brown and well risen.

- **Fruit Scones**

Add 1 tabls of castor sugar and 100g currants, sultanas, chopped dates and raisins after Step 1

- **Wholemeal Scones**

Replace flour with 300g self-raising wholemeal flour with 100g plain flour. Add 1tsp of baking powder to the dry ingredients