

Dinner

RECIPE CARD

Chilli & Rice

RECIPE NAME

Dinner

MEAL TIME

15 minutes

PREP TIME

25 minutes

TIME TO COOK

This meal makes for great leftovers the next day.

Avoid reheating rice, always make a fresh batch.

NOTES

Approx 387kcal
per serving

CALORIES

INGREDIENTS

- ☐ 1 onion, chopped
- ☐ 1 pepper, deseeded and diced
- ☐ 2 garlic cloves
- ☐ Low-calorie cooking spray
- ☐ 1 tsp hot chilli powder
- ☐ 1 tap paprika
- ☐ 500g lean mince
- ☐ 1 beef stock cube
- ☐ 400g chopped tomatoes
- ☐ 2tbsp tomato purée
- ☐ 410g can red kidney beans

METHOD

- ☆☆☆ Prepare the vegetables and spray a pan with low-calorie cooking spray over a medium heat.
- ☆☆☆ Transfer the vegetables into the pan and add the drained kidney beans and the garlic, fry until soft.
- ☆☆☆ Now add the spices, mix well, making sure to coat everything as evenly as possible.
- ☆☆☆ Add the mince and cook until browned.
- ☆☆☆ To 300ml of boiling water, add the stock cube and pour into the pan.
- ☆☆☆ Add the chopped tomato and the purée and mix it all together until combined.
- ☆☆☆ Bring to the boil and let simmer for 20 minutes or until cooked.
- ☆☆☆ Salt and pepper to taste. Serve with a calorie friendly sized portion of rice.

Dinner

RECIPE CARD

Stir Fry

RECIPE NAME

Dinner

MEAL TIME

15 minutes

PREP TIME

15 minutes

TIME TO COOK

For a veggie version, use meat-free alternatives or even a low-fat halloumi.

NOTES

Approx 200kcal
per serving

CALORIES

INGREDIENTS

- 4 tbsp light soy sauce
- 1 level tbsp hot chilli sauce
- 2 tsp Chinese rice vinegar or white wine vinegar
- 4 garlic cloves, crushed
- 2cm piece root ginger, peeled and finely grated
- 1 level tsp Chinese five-spice powder* (see tip)
- 3 large skinless and boneless chicken breasts, thinly sliced
- 200g dried medium or thin egg noodles
- Low-calorie cooking spray
- 200g mangetout, halved lengthways
- 225g can water chestnuts, drained
- 225g can bamboo shoots, drained
- 1 red pepper, deseeded and thinly sliced
- 8 spring onions, sliced diagonally
- 1 level tbsp sweet chilli sauce
- 4 tbsp dark soy sauce

METHOD

- ☆☆☆ In a bowl, mix the light soy sauce, hot chilli sauce, vinegar, garlic, ginger and five-spice together until combined.
- ☆☆☆ Add the chicken into the marinade and let it sit for 10 minutes
- ☆☆☆ Spray a large pan with low-calorie cooking spray and fry the marinated chicken until lightly browned.
- ☆☆☆ Add all vegetables into the pan and cook for 4-5 minutes, making sure to coat everything in the sauce.
- ☆☆☆ Add the cooked noodles, sweet chilli sauce and dark soy sauce and cook for a further 4-5 minutes until piping hot.

Dinner

RECIPE CARD

Chicken Kebabs

RECIPE NAME

Dinner

MEAL TIME

15 minutes/
Overnight

PREP TIME

20 minutes

TIME TO COOK

These chicken kebabs are best left to marinate overnight in the fridge, if possible. Make a veggie version using halloumi or Portobello mushrooms.

NOTES

Approx. 217kcal
per skewer

CALORIES

INGREDIENTS

- 175g low fat or fat free Greek yogurt
- 2tsp paprika
- 1tsp cumin
- 1tsp cinnamon
- 1 tsp crushed red pepper flakes
- 2 tbsp squeezed lemon juice,
- Salt and pepper
- Handful of cherry tomatoes
- 5 garlic cloves, minced
- Boneless skinless chicken thighs, trimmed of any excess fat and cut into large bite-sized pieces
- 1 large red onion, cut into wedges
- Low calorie cooking spray

METHOD

- ☆☆☆ In a large bowl, mix the yoghurt, spices, garlic and lemon juice until a smooth sauce forms.
- ☆☆☆ Pin the chicken pieces, tomatoes and onions onto the skewers
- ☆☆☆ Place the kebabs onto foil and coat well with the marinade
- ☆☆☆ Leave to marinate as long as possible (*overnight ideally*)
- ☆☆☆ Once marinated, grill the kebabs until cooked through. Turning the kebabs occasionally, around 10-15 minutes.

Dinner

RECIPE CARD

Sausage Casserole (serves 4)

RECIPE NAME

Dinner

MEAL TIME

15 minutes

PREP TIME

35 minutes

TIME TO COOK

This is a great meal to have the next day for lunch! Make sure to use an airtight container for storing leftovers.

Remember to remove the bay leaves before eating!

NOTES

Approx 321kcal
per serving

CALORIES

INGREDIENTS

- 8 low-fat sausages (*can chop or leave them whole*)
- 1 large onion, diced
- 2 diced peppers - *any colour*
- 4 carrots, peeled and chopped
- 2 x 400g tins of chopped tomatoes
- 3 tbsp tomato purée
- 250ml of stock (*chicken or veg*)
- 2 crushed garlic cloves
- 1tsp dried oregano
- 1tsp dried thyme
- 1 x 400g tin of butter beans or any pulses of your choice.
- 1 stock pot (*beef, chicken or veg*)
- 1tbsp Worcestershire sauce
- 2 bay leaves

METHOD



Cook off the sausages in a frying pan, using low-calorie cooking spray over a medium heat until lightly brown.



In a big pan, fry the onions, peppers, carrots and garlic until they start to go soft.



To this, add the stock, chopped tomatoes, purée and butter beans (*drained*)



Add the spices, bay leaves and the Worcestershire sauce.



Bring to the boil and let simmer with a lid on for 20 minutes or until vegetables are soft and sausages are cooked through.



Remember to remove the bay leaves before consumption.



Salt and pepper to taste

Dinner

RECIPE CARD

Chinese Chicken Curry

RECIPE NAME

Dinner

MEAL TIME

10 minutes

PREP TIME

20 minutes

TIME TO COOK

Feel free to use any type of protein in here if you wish to switch things up. Always make sure to weigh ingredients for accurate calories.

NOTES

Approx. 215kcal
per serving

CALORIES

INGREDIENTS

- 500g chicken breast cut into chunks
- 130g baby corn
- A handful of peas
- 3 peppers, sliced lengthways
- 4 large mushrooms, sliced
- 1 chicken (or veggie) stock cube
- 1 large onion, sliced and diced.
- 85g of mayflower curry sauce powder
- 350ml of water

METHOD

- ☆☆☆ Make up the mayflower curry sauce per the packet instructions and set to one side.
- ☆☆☆ Fry the onions, mushrooms, peas, peppers and baby corn until soft.
- ☆☆☆ Add the chicken and cook until lightly brown. Crumble the stock cube on top.
- ☆☆☆ Pour over the curry sauce mix and let simmer for 10 minutes or until desired consistency is reached.

Dinner

RECIPE CARD

Burger & Chips (with burger sauce)

RECIPE NAME

Dinner

MEAL TIME

20 minutes

PREP TIME

20 minutes

TIME TO COOK

Feel free to choose your own reduced-fat burgers for these!

Serve with your homemade burger sauce and chips.

NOTES

Approx. 446kcal per burger/
200kcal for chips

CALORIES

INGREDIENTS

- ☐ Reduced-fat or the lowest calorie burgers you can find
- ☐ 2 Wholemeal bread roll
- ☐ Lettuce
- ☐ Tomato
- ☐ Chopped onions
- ☐ 2 Reduced-fat cheese slices

For the sauce

- ☐ 4tbsp light Mayo
- ☐ 2tbsp ketchup
- ☐ 2tsp mustard
- ☐ 2tsp sweet pickle relish
- ☐ 1tsp onion powder
- ☐ 1/2tsp sweetener
- ☐ Pinch of salt and pepper

For the chips

- ☐ 3 medium-sized potatoes
- ☐ Low-calorie cooking spray
- ☐ Chip seasoning

METHOD

- ☆☆☆ Mix together all of the sauce ingredients in a bowl and set aside in the fridge until ready.
- ☆☆☆ Cut the potatoes into chips, place on a baking tray, spray with low-calorie cooking spray and dust over chip seasoning. Cook for 20 minutes or until desired preference.
- ☆☆☆ Cook the burger as per packet instructions.
- ☆☆☆ Spread the sauce over the bottom half of the bun.
- ☆☆☆ Place the lettuce first into the bun, add the burger, cheese tomato and then the onion.

Dinner

RECIPE CARD

Cheese & Potato Bake (serves 4)

RECIPE NAME

Dinner

MEAL TIME

15 minutes

PREP TIME

30 minutes

TIME TO COOK

Add bacon to this recipe for a salty meaty taste.

NOTES

Approx 450kcal per serving

CALORIES

INGREDIENTS

- 900g potatoes (*peeled and cut into small pieces*)
- 250g extra mature Cheddar cheese (*grated*)
- 2 eggs
- 1 large onion
- Garlic powder
- Light butter to mix
- Splash of semi-skimmed milk to mix
- 2 tsp English mustard powder
- Salt and pepper to taste

METHOD

- ☆☆☆ Finely chop the potatoes and bring to a boil until soft.
- ☆☆☆ Chop and fry the onion and add garlic powder to taste.
- ☆☆☆ Drain the potatoes and place in a large bowl, then add the milk and butter to help mash to a creamy consistency.
- ☆☆☆ Add the fried onions and half the grated cheese, and season with salt and pepper to taste.
- ☆☆☆ Grease an ovenproof dish with low-calorie cooking spray and transfer the mixture into the dish.
- ☆☆☆ Sprinkle half of the grated cheese on top.
- ☆☆☆ Cook in an oven until the top is slightly golden and crispy