

# Lunch RECIPE CARD

## Rainbow Frittata

### RECIPE NAME

Lunch

### MEAL TIME

15 minutes

### PREP TIME

20 minutes

### TIME TO COOK

For a meaty version, feel free to add meat, beans and pulses for extra protein, but always double-check the calories and accurately measure

If you're using frozen veg, cook through first to avoid excess water in the frittata

### NOTES

Approx 224kcal per serving

### CALORIES

### INGREDIENTS

- Low-Calorie Cooking Spray
- 1 onion finely chopped
- 1 tsp of garlic
- 1 pepper colour of your choosing
- 1 grated carrot
- A handful of broccoli, chopped
- 4 eggs
- 40 g low fat cheddar grated

### METHOD

- ☆☆ Fry off the onion and garlic
- ☆☆ Chop and add the pepper and grated carrot
- ☆☆ Add the broccoli until everything's warmed through
- ☆☆ Crack the eggs in a large bowl and season after mixing
- ☆☆ Spray an ovenproof dish with low-calorie cooking spray
- ☆☆ Add the vegetable mix into the egg mixture and pour into the ovenproof dish
- ☆☆ Cook for 15 minutes then add the grated cheese and place under the grill for a further 2-3 minutes or until golden

# Lunch

## RECIPE CARD

### Tuna Pasta Salad

#### RECIPE NAME

Lunch

#### MEAL TIME

10 minutes

#### PREP TIME

20 minutes

#### TIME TO COOK

This pasta salad is great for a leftover lunch the next day, make sure to seal in an air tight container in the fridge

If Tuna doesn't float your boat, feel free to use chicken or veggie-friendly alternative including beans and pulses

#### NOTES

419kcal

#### CALORIES

#### INGREDIENTS

- 120g dried pasta (choose your favourite shape)
- 1x160g tin of tuna in water
- 1 medium red onion, chopped
- A handful of chopped cherry tomatoes
- 1 mini cucumber chopped
- 1tbsp Balsamic Vinegar
- 2tbsp of extra virgin olive oil
- Freshly chopped parsley to top

#### METHOD

- ☆☆ Bring the pasta to the boil in salted water
- ☆☆ Prep the other ingredients and add to a large bowl
- ☆☆ Once the pasta is cooked according to package instructions, drain under cold water and add to the bowl of veg and tuna.
- ☆☆ Drizzle the balsamic vinegar and olive oil over the mixture and mix together
- ☆☆ Season to taste

# Lunch

## RECIPE CARD

### Minestrone Soup (Serves 6)

#### RECIPE NAME

Lunch

#### MEAL TIME

15 minutes

#### PREP TIME

30 minutes

#### TIME TO COOK

Lovely with some crusty bread -  
Bake at home rolls are a calorie  
friendly alternative to doorstop  
slices!

If making a veggie version just  
the remove bacon

Try and use reduced salt stock

#### NOTES

Approx 321kcal per serving

#### CALORIES

#### INGREDIENTS

- Low-Calorie Cooking Spray
- 200g lean back bacon
- fat and rind removed, finely chopped
- 2 carrots, chopped
- 6 garlic cloves, minced
- 6 celery stalks, chopped
- 2 onions, chopped
- 2 small potatoes, chopped
- 1 tbsp tomato purée
- 400g chopped tomatoes
- 750ml vegetable stock
- 3 courgettes
- 120g dried pasta

#### METHOD

- ☆☆ Place the bacon under the grill  
for 2-4 minutes on each side
- ☆☆ Using low-calorie cooking spray,  
fry the carrots, celery, garlic and  
onions
- ☆☆ Add the potatoes and fry for 4-  
5minutes
- ☆☆ Stir in the tomato purée and  
cook for 1 minute, then add the  
chopped tomatoes and stock and  
bring to the boil.
- ☆☆ Reduce the heat and simmer for  
30 minutes.
- ☆☆ Add the courgettes and pasta  
and return to the boil. Reduce  
the heat, cover the pan with a  
lid, simmer for 5-8 minutes, or  
until the pasta is tender.

# Lunch

## RECIPE CARD

### Quick & Easy Quesadillas

#### RECIPE NAME

Lunch

#### MEAL TIME

5 minutes

#### PREP TIME

10 minutes

#### TIME TO COOK

Can be enjoyed cold and they make a great packed lunch alternative

Why not swap the chicken for a low-fat version of halloumi

Fry these in a pan or use a grill or a sandwich press if you have one

#### NOTES

Approx 618kcal

#### CALORIES

#### INGREDIENTS

- Low-Calorie Cooking Spray
- 2 wholemeal tortilla wrap
- 40g Low fat cheese
- 1/2 pack (approx 80g) ready to eat chicken
- 1 green or red pepper, seeds removed, finely diced
- 30g sweetcorn

#### METHOD

☆☆ Place the chicken, pepper and sweetcorn evenly on the first tortilla

☆☆ Sprinkle the cheese over and cover with the second tortilla

☆☆ Heat a pan over medium heat and spray with low calorie cooking spray

☆☆ Carefully place the quesadilla in the pan, squeeze the quesadilla down with a flat spatula. Cook for 2-4 minutes each side until crispy and golden

☆☆ Cut into slices and serve

# Lunch RECIPE CARD

## Corned Beef Pasties (Makes 3)

### RECIPE NAME

Lunch

### MEAL TIME

15 minutes

### PREP TIME

20 minutes

### TIME TO COOK

These are very versatile pasties, you can experiment with different fillings and flavours. You can even make it veggie with a meat-free mince.

Remember to measure for accurate calorie counting

### NOTES

Approx 355kcal

### CALORIES

### INGREDIENTS

- Low Calorie Cooking Spray
- 200g tin of low fat corned beef
- 2 boiled potatoes
- 1 finely chopped onion
- 1 dash of Worcestershire sauce
- Mustard Powder to taste
- 3 Low fat or wholemeal tortilla wraps
- 1 egg for wash

### METHOD

☆☆ Mix all ingredients together in a bowl

☆☆ Season mixture with salt, pepper and mustard powder to taste

☆☆ Spoon mixture onto half a wrap

☆☆ Fold over, brush lip with egg wash and seal with a fork. Brush rest of the egg wash over the top of the pasties

☆☆ Cook for 10-15 minutes until golden

# Lunch

## RECIPE CARD

### Super Soup

#### RECIPE NAME

Lunch

#### MEAL TIME

15 minutes

#### PREP TIME

25 minutes

#### TIME TO COOK

This soup can be anything you want it to be - don't like parsnips, throw in some swede? Fancy some celery? Get it in there! Make sure to choose superfoods as the name suggest and you can't go far wrong!

#### NOTES

Approx 300kcal

#### CALORIES

#### INGREDIENTS

- 1 can of mixed bean salad (*drained*)
- 1 can of green lentils (*drained*)
- 2 cans of chopped tomato
- 1 can of baked beans
- 2 large leeks (*chopped*)
- 1 large onion (*diced*)
- 4 medium carrots (*chopped*)
- 2 parsnips (*diced*)
- 2 chicken stock cubes
- salt & pepper

#### METHOD

- ☆☆ Chop and prep all ingredients
- ☆☆ Make up 500ml of stock or enough to cover the vegetables
- ☆☆ Place in a suitable pan over a medium heat
- ☆☆ Bring the pan to the boil and simmer for a further 20 minutes or until vegetables are soft
- ☆☆ Season to taste