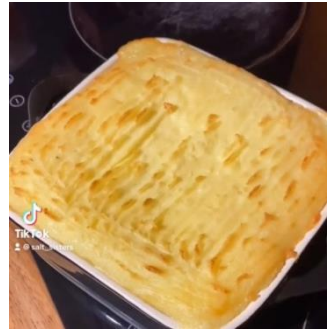


Virtual Recipe Cards



LOW SALT RECIPE ALTERNATIVES

Recipe

CHICKEN CURRY



Each 100g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
125kcal 523kJ	4.7g	3.2g	1.9g	0.09g
6%	7%	16%	2%	2%

SERVES: 4 | PREP TIME: 5M | COOK TIME: 25M

Ingredients

- 1 tbsp olive oil
- 3X chicken breast (diced)
- 1X white onion (sliced)
- 2X cloves of garlic (minced)
- 2 tsp ginger (raw or ground)
- 2 tbsp curry powder
- 1 tbsp coriander (ground)
- ½ tbsp cumin (ground)
- 1 tsp paprika
- ½ tsp cinnamon (ground)
- ½ tsp black pepper
- 2 tbsp tomato puree/paste
- 1X tin chopped tomatoes (400g)
- 1X very low chicken stock cube (240ml)
- 1X tin coconut milk (400g, full fat)
- 80g spinach

Method

1. Add olive oil to large pan over medium-high heat.
2. Once oil is hot, add diced chicken to the pan, turning until browned.
3. Add sliced onion to the pan with chicken, stirring for 5 minutes until soft.
4. Add the garlic, ginger, curry powder, coriander, cumin, paprika, cinnamon and black pepper to the pan coating the chicken and onion for 1 minute.
5. Add the tomato puree, tinned tomatoes, coconut milk & stock. Simmer gently whilst stirring for 10 minutes.
6. Once the curry sauce has combined, and the chicken is cooked through (check by cutting into the biggest pieces) stir in the spinach until wilted.
7. Turn off the heat and serve with side dishes of your choice. Boiled rice and naan go exceptionally!

Recipe

Each 100g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
23kcal 97kJ	.5g	0.1g	2.7g	0.02g
1%	1%	1%	3%	0%

of an adult's reference intake 2000kcal/8400kJ

ROASTED TOMATO SOUP



SERVES: 4 | PREP TIME: 10M | COOK TIME: 60M

Ingredients

2kg tomatoes (halved)

1/2 bulb garlic

2X red onions (diced)

1tsp oregano (dried)

1tbsp olive oil

1 tsp black pepper

Handful basil (chopped)

1 tbsp balsamic vinegar

1X kallo very low salt

vegetable stock cube

Method

1. Heat oven to 220C/200C fan/gas 4.
2. Halve the tomatoes and place cut side up in a large roasting tray.
3. Sprinkle garlic cloves (skins on) across tomatoes. Drizzle with olive oil and coat in black pepper and oregano. Roast for 50 minutes.
4. After tomatoes have been roasting for 45 minutes, add olive oil and diced red onion to a large pan, sauté for 5 minutes.
5. Remove tomatoes from the oven. Squeeze garlic from their skins and transfer all ingredients into the pan with onions.
6. Dissolve stock cube in 1L boiling water. Pour into pan with ingredients.
7. Add basil and balsamic vinegar to ingredients.
8. Use hand blender to combine all ingredients until fairly smooth. Serve!

Recipe



Each 100g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
77kcal 325kJ	0.7g	0.1g	3.4g	0.24g
4%	1%	1%	4%	4%

CHICKEN STIR FRY

SERVES: 1

| PREP TIME: 5M

| COOK TIME: 15M

Ingredients

- 1 tbsp olive oil
- 1X chicken breast (diced)
- 1X bell pepper (sliced)
- 120g baby sweetcorn
- (halved)
- 114g red cabbage
- (shredded)
- 104g beansprouts
- 1X medium carrot (grated)
- 1 packet of black bean stir fry sauce
- 1 nest (83g) egg noodles

Method

1. Turn pan to medium-high heat, add 1 tbsp olive oil.
2. Once oil is hot, add diced chicken to the pan. Keep turning the chicken until browned on the outside.
3. Once chicken is browned, add sliced pepper, baby sweetcorn, shredded cabbage. Keep tossing ingredients in the pan to ensure all are cooked through and prevent burning.
4. Once the chicken is cooked through, add noodles to a pan of boiling water for 4 minutes.
5. Add beansprouts and grated carrot to the stir fry pan.
6. 2 minutes after the noodles were added to water, add sauce to stir fry pan, coating all ingredients for 2 minutes.
7. Drain noodles and serve with stir fry.

Recipe

EASY CHICKEN PIE



Each 100g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
131kcal 547kJ	7.9g	3.8g	2.3g	0.52g
7%	11%	19%	3%	9%

SERVES: 4 | PREP TIME: 10M | COOK TIME: 35M

Ingredients

1 X onion (sliced)

400g chicken thighs

1 tbsp vegetable oil

150ml chicken stock

325g can sweetcorn

6 tbsp crème fraiche

Handful basil/parsley

leaves (chopped)

750g potatoes (chunks)

Method

1. Heat oven to 180C/160C fan/gas 4.
2. Cut the chicken into chunks and finely slice the onion.
3. Heat the oil in a saucepan before adding the chicken and onion. Fry for 5-10 minutes until the onion softens and the chicken is golden.
4. Prepare 150ml chicken stock and pour into pan. Bring to the boil then simmer for 20 minutes, until chicken is cooked.
5. Drain the sweetcorn and stir into the pan.
6. Add 3 tbsp crème fraiche and the roughly chopped herbs.
7. Peel and chop potatoes then bring a pan of water to the boil on the hob. Add the chopped potatoes and boil until soft.
8. Drain potatoes and mash with the remaining 3 tbsp crème fraiche.
9. Spoon the chicken mix into 4 pie dishes and top with mash.
10. Place pies on baking tray and bake until golden. Serve with vegetables.

Recipe

Each 100g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
148kcal 623kJ	3.8g	1.8g	1.7g	0.23g
7%	5%	9%	2%	4%

Ingredients

Fry light spraying oil

1X large white potato

½ tsp black pepper

½ tsp paprika (halved)

½ tsp garlic granules (or 1X
garlic clove, minced)

2X pitta breads

Passata

1 tbsp oregano

46g mature cheddar cheese
(grated)

PITTA PIZZA & CHIPS



SERVES: 1

| PREP TIME: 10M

| COOK TIME: 35M

Method

1. Turn oven on to 200 degrees (Celsius) fan setting.
2. Chop the potato into chips, add to a bowl and coat in fry light. Add black pepper, paprika & garlic granules. Toss until all chips are covered.
3. Spray oven tray with fry light, and spread seasoned chips. Put in the oven for 20 minutes.
4. After 20 minutes, take out chips and toss before putting back in the oven for 15 minutes.
5. Whilst the chips are cooking, add oregano and garlic to passata, stirring thoroughly.
6. Toast the pitta breads until lightly toasted, and place on oven tray.
7. Spoon on desired amount of passata onto pitta breads, and sprinkle cheese on top.
8. Put pitta breads in the oven 10 minutes before the chips due to finish cooking. Once finished, serve together!

Recipe

Each 100g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
132kcal 556kJ	3.6g	1.4g	2g	0.21g
7%	5%	7%	2%	4%

Ingredients

Fry light spraying oil

1X large white potato

½ tsp black pepper

1X beef burger patty

(frozen or fresh)

1X cheese slice

1X brioche burger bun

Iceberg lettuce

(shredded)

CHEESEBURGER & CHIPS



SERVES: 1

| PREP TIME: 5M

| COOK TIME: 35M

Method

1. Turn oven on to 200 degrees (Celsius) fan setting.
2. Chop the potato into chips.
3. Spray oven tray with fry light, spread chips across the tray, coating in black pepper. Put in the oven for 20 minutes.
4. Add beef patty to oven tray, cook for 27 minutes.
5. After 20 minutes, take out the chips and toss before putting back in the oven for a further 15 minutes.
6. Whilst the chips are cooking, add pan to hob on medium heat.
7. Add brioche bun to dry pan cut side down, until lightly toasted.
8. Take the beef patty out of the oven, place the cheese slice on top and cook for a further 30 seconds until melted.
9. Once everything is cooked thoroughly, assemble the lettuce and cheese covered patty into the brioche bun, serve with chips!

Recipe



Each 100g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
103kcal 434kJ	1.3g	0.4g	2.6g	0.08g
5%	2%	2%	3%	1%

of an adult's reference intake 2000kcal/8400kJ

CHILLI CON CARNE

SERVES: 4

| PREP TIME: 5M

| COOK TIME: 20M

Ingredients

300g minced beef (lean)

tbsp olive oil

300g long grain rice

2X tins chopped tomatoes

2X bell peppers (diced)

1X can kidney beans

80g sweetcorn (kernels)

1tsp oregano

1tsp mild chilli powder

1tsp paprika

1tsp garlic granules

black pepper

Method

1. Wash rice in cold water using a sieve. Transfer into pan with 1.5 parts water. Bring to boil, then gently simmer.
2. Add olive oil to pan. Add raw minced beef and stir until browned.
3. Once beef is browned, add diced pepper and stir for 5 minutes.
4. Once peppers are soft, add oregano, mild chilli powder, paprika, garlic granules and black pepper to pan. Stir for two minutes.
5. Add both cans of chopped tomatoes, and sweetcorn to the pan.
6. Allow chilli dish to simmer until rice is ready to eat. Serve!

Recipe

Each 100g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
80kcal 331kJ	7g	3.5g	2.6g	0g
4%	10%	18%	3%	0%

PUMPKIN SOUP



SERVES: 5 | PREP TIME: 30M | COOK TIME: 40M

Ingredients

2 X onion (finely diced)

1kg pumpkin/squash

(deseeded and

chopped into chunks)

2 tbsp olive oil

700ml vegetable stock

150ml double cream

Method

1. Use a vegetable peeler to remove the skin from pumpkin/squash. Cut into segments, remove all seeds and pulp from the middle then dice into chunks of the same size.
2. Heat 2 tbsp oil in a large saucepan/pot and add the diced onion.
3. Cook on a medium heat for roughly 5 minutes – the onion should soften but not colour.
4. Add the chopped pumpkin/squash to the pan, cook for 8-10 mins.
5. Prepare 700ml vegetable stock and pour into pan. Bring to the boil then simmer for 10 minutes, until pumpkin/squash is very soft.
6. Add 150ml double cream to the pan and bring back to the boil.
7. Using a hand blender, blitz the mixture until smooth. Enjoy!

Recipe

Each 100g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
87kcal 370kJ	1.1g	0.2g	3.5g	0.01g
4%	2%	1%	4%	0%

of an adult's reference intake 2000kcal/8400kJ

MEDITERRANEAN VEGETABLE RISOTTO

SERVES: 4 | PREP TIME: 10M | COOK TIME: 45M



Ingredients

1 tbsp olive oil (X2)
300g cherry tomatoes (quartered)
2X bell peppers
1 large courgetti (diced)
Black pepper
1X red onion (diced)
3X garlic cloves (minced)
225g risotto rice (Arborio)
1 tbsp balsamic vinegar
250g passata
250ml very low salt vegetable stock
(Kallo)

Method

1. Preheat oven to 180 degrees (Celsius), add olive oil to roasting dish.
2. Chop tomatoes, courgette and peppers and spread throughout roasting dish, add black pepper before roasting for 30 minutes.
3. Whilst vegetables are roasting, add olive oil to a large pan on medium-low heat.
4. Saute the diced onion for a few minutes before adding the minced garlic, cooking for another minute.
5. Stir in the rice and balsamic vinegar for 30 secs, coating rice in oil.
6. Add passata and vegetable stock gradually, stirring in between and allowing the rice to absorb each batch before adding more.
7. Once the vegetables are finished roasting, add to the pan. If the rice is still hard to bite, keep adding water or passata to the dish until ready to eat. Serve and enjoy!

Recipe

Each 100g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
64kcal 270kJ	.5g	0g	4.4g	0.02g
3%	1%	0%	5%	0%

Ingredients

For the rice:

90g Rice (per person)

1 X Mango (peeled & chopped)

½ Pomegranate

Juice of ½ a lime

¼ of a red onion

12 X Cherry tomatoes

For the tzatziki:

½ Large cucumber

Handful of fresh mint leaves

(roughly chopped)

3 Tbsps. Greek yoghurt

MANGO RICE & TZATZIKI



SERVES: 4

| PREP TIME: 20M

| COOK TIME: 15M

Method

1. Place rice in pan, cover with water and bring to the boil. Cook as per pack instructions or until soft.
2. Use a vegetable peeler to peel the mango, use a knife to dice it down to the stone and slice the flesh off.
3. Chop the red onion and slice the cherry tomatoes into thirds. Cut open the pomegranate and remove the seeds.
4. Add seeds into a mixing bowl with the mango, tomatoes and onion. Add the juice of ½ a lime.
5. Once rice is fully cooked, drain, rinse with cold water until fully cool and add to the chopped ingredients. Mix well.
6. Grate the cucumber, then using a tea towel squeeze out all excess water. Add to a bowl with 3 tbsps. Greek yoghurt and 1 handful of chopped fresh mint leaves. Mix well.

Recipe

SPAGHETTI WITH TOMATO & VEGETABLE SAUCE



Each 100g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
127 kcal 535kJ	1.5g	0.2g	2.5g	0.04g
6%	2%	1%	3%	1%

of an adult's reference intake 2000kcal/8400kJ

SERVES: 4

| PREP TIME: 5M

| COOK TIME: 15M

Ingredients

1 tbsp olive oil

½ aubergine (diced)

1 courgette (diced)

1 bell pepper (diced)

400g spaghetti

1 tsp black pepper

1 tsp oregano

½ tsp chilli flakes

1X tin chopped tomatoes

80g spinach

1 tbsp tomato puree

Method

1. Boil kettle.

2. Add tbsp olive oil to pan, once warm add diced aubergine, courgette and bell pepper. Stir occasionally to prevent sticking.

3. Once kettle is boiled, add to a pan and add spaghetti for 10 minutes.

4. Whilst pasta is cooking, after a few minutes vegetables should be soft, add black pepper, oregano, chilli flakes and tomato paste coating all ingredients.

5. After 1 minute, add the tin of chopped tomatoes to the pan.

6. Add spinach to the sauce, stir until wilted.

7. Once pasta is cooked, drain and serve with sauce. Enjoy!

Recipe

Each 100g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
114kcal 481kJ	2.5g	0.6g	0.7g	0.19g
6%	4%	3%	1%	3%

Ingredients

Fry light spraying oil

1X large white potato

½ tsp black pepper

1X beef burger patty

(frozen or fresh)

1X cheese slice

1X brioche burger bun

Iceberg lettuce

(shredded)

CHICKEN WRAP & CHIPS



SERVES: 1

| PREP TIME: 5M

| COOK TIME: 35M

Method

1. Turn oven on to 200 degrees (Celsius) fan setting.
2. Chop the potato into chips.
3. Spray oven tray with fry light, spread chips across the tray. Put in the oven for 20 minutes.
4. Add chicken breast to tin foil, coat in olive oil, paprika and garlic pepper. Place on oven tray, cook for 30 minutes.
5. After 20 minutes, take out the chips and toss in paprika, black pepper and garlic granules before putting back in the oven for a further 15 minutes.
6. Once everything is cooked thoroughly, serve the chicken breast in a spinach filled tortilla wrap, with chips on the side. Enjoy!

Recipe

Each 100g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
68kcal 285kJ	0.9g	0g	2.8g	0.18g
3%	1%	0%	3%	3%

HONEY ROASTED SQUASH GREEN LENTIL SALAD



SERVES: 4 | PREP TIME: 20M | COOK TIME: 35M

Ingredients

1kg butternut squash

(chopped)

1 ½ tbsp olive oil

1 clove of garlic

2 tsp dried thyme

1 X tbsp balsamic vinegar

2 X tbsp clear honey

1 X tsp mustard

2 X tins green lentils

½ red onion (sliced)

100g spinach

150g cherry tomatoes

Method

1. Start by preheating the oven: 200C/180C Fan/gas 4.

2. Next chop up the squash. Peel the skin off with a vegetable peeler, then chop into chunks.

3. Place squash on a baking tray and cover with 1 tbsp of oil, the honey, garlic and the thyme. Season with black pepper.

4. Place in oven and cook until soft (around 35 mins)

5. Mix together the mustard, balsamic vinegar, the remaining olive oil and a few drops of water.

6. Drain the tinned lentils and cover with the dressing. Add to this the tomatoes (sliced) the red onion (sliced) and the spinach.

7. Divide the salad/lentil mix up then add the roasted squash.

Serve!

Recipe

Each 100g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
76kcal 320kJ	1.8g	0.6g	2g	0.08g
4%	3%	3%	2%	1%

CHILLI & SPINACH PASTA



SERVES: 2 | PREP TIME: 10M | COOK TIME: 25M

Ingredients

- 2 X tsp olive oil
- 1 X onion (chopped)
- 2 X cloves of garlic
- ½ tsp dried chilli flakes
- 200g pasta
- 400g tinned, chopped tomatoes
- 100ml red wine
- ½ tsp oregano (dried)
- 125g baby spinach
- 25g parmesan cheese

Method

1. In a saucepan heat the oil and add onion, garlic and chili, until they soften, consistently stirring to prevent sticking.
2. Cook pasta as per specific pack instructions
3. To the pan add the chopped tomatoes, the wine and dried oregano. Give the mix a good stir and bring to a gentle simmer, cooking for around 15 minutes.
4. Add the spinach to the pan, cooking until it appears wilted.
5. Finally, drain the pasta off and add it to the pan with the rest of the sauce. Stir well to ensure pasta and sauce are well combined.
6. Top with parmesan and fresh, chopped basil if you wish.

Recipe

Each 100g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
70kcal 293kJ	1.7g	0.4g	3.4g	0.03g
4%	2%	2%	4%	1%

Ingredients

2 X tbsp olive oil

2 X onions

1 X tbsp plain flour

2 X large carrots

½ cauliflower

4 X garlic cloves

1 X tsp dried rosemary

200g frozen peas

900g potato

200ml milk

WINTER VEGGIE PIE

SERVES: 4

| PREP TIME: 15M

| COOK TIME: 50M



Method

1. Preheat oven to 200C/180C Fan/Gas 6.
2. In a saucepan, and using 1 tbsp of the oil, fry the onions until soft.
3. Stir in the flour, cooking for 2 minutes more before adding before adding the sliced carrots, cauliflower florets, sliced garlic and rosemary. Stir consistently until veg starts to soften.
4. Open tinned tomatoes and add to the mix, bring mixture to the boil and simmer for around 5 minutes.
5. If the sauce is too thin at this point, add a tsp or so of corn flour until desired consistency is reached.
6. Chop the potatoes and bring to the boil on the hob. Once soft, remove from the hob and mash with the milk.
7. Add mash to pie top, smooth and line with a fork.
8. Place in the oven and cook for around 20 minutes/until top has browned.

Recipe

Each 100g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
232kcal 973kJ	8g	5g	3g	0.18g
12%	11%	25%	3%	3%

Ingredients

25g unsalted butter

1 X chopped onion

1 X clove of garlic

½ tsp fresh thyme

150g arborio rice

1 X tbsp white wine vinegar

450ml vegetable stock

150g frozen peas

45g parmesan cheese

EASY BAKED RISOTTO



SERVES: 4 | PREP TIME: 10M | COOK TIME: 20-25M

Method

1. Heat oven to 200C/400F/gas mark 6.
2. In a large pan melt the butter and fry onion until soft.
3. Add thyme, garlic and risotto rice, cook for 2 minutes, stirring consistently.
4. Add white wine vinegar. Once this has evaporated add the stock, stir.
5. Transfer mixture into a bake proof dish, cover with foil and place in the preheated oven to bake for 20-25 minutes.
6. Ensure rice is thoroughly cooked (tender) and piping hot throughout.
7. Add the peas and parmesan cheese, recover to warm peas through and melt the cheese.
8. Can be served with a piece of chicken or fish, or just as it is!