

# A Taste of Romance

## Valentine's Menu

### Starters

#### Smoked Salmon Pâté

Serves 2 | 1 Bite per serving

Blitz 150g smoked salmon, trimmings are fine, 60g light cream cheese, 2 tbsp 0% Greek yogurt and the juice of half a lemon. Leave it a little chunky or if you want it smooth blitz a little more. Then add some chopped dill or chives, season with salt and pepper and taste. It may need a little more lemon or seasoning, adjust to your taste. Spoon into 2 ramekins, cover and chill until ready to serve.

#### Tomato Soup

Serves 6 | FREE

Spray a saucepan with low cal oil and add 1 small onion chopped, 1 large celery stick chopped, 1 red pepper chopped, 3 carrots sliced, 2 cloves of garlic chopped, sweat off for a few minutes. Add 2 tins of tomatoes, 1 veg or chicken stock cube, a tsp of oregano and a tsp dried rosemary, bring to a simmer, cover and cook for 20mins. Blitz ingredients until soup is smooth taste and season if needed.

### Main Courses

#### Steaks with Peppercorn Sauce & Sweet Potato Fries

Serves 2 | 0.5 Bite per serving

Heat the oven to 200c/180c/gas 6. Peel 400g sweet potatoes and cut into thin chips. Toss the chips in 2 tps. rapeseed oil and 1 tbsp fresh thyme leaves. Place the chips on a baking tray and put them in the oven and bake for approx. 15 minutes. While the chips are baking make the peppercorn sauce. Spray a heavy pan with low cal oil, sweat ½ an onion till translucent. Turn up the heat and add 4 tbsps worcestershire sauce, and boil until reduced and thick. Add 2 tsp lightly crushed peppercorns and crumble in 1 beef stock cube. Turn down the heat and add 200ml low fat milk. It will split more than likely, don't worry, heat through and add up to 1 tbsp gravy granules or more if needed to create desired consistency. Pan fry 2 fillet steaks to your liking in a non-stick pan. Rest the steaks for 5 minutes. Spoon pepper sauce onto the steaks or into a warm jug and serve with the chips and some wilted spinach.

### Desserts

#### Passion Fruit Mini Pavlovas

Serves 2 | 1 Bite per serving

Cut 2 passion fruit in half and scoop out the seeds. Mix with 2 tbsp 0% Greek Yogurt and use to fill 2 shop bought meringue nests. Decorate with blackberries and strawberries.

#### Chocolate & Berry Mousse Pots

Serves 2 | 2 Bites per serving

Melt 40g 70% dark chocolate in a heatproof bowl over a pan of simmering water, making sure the bowl doesn't directly touch the water. Once melted let it cool for 5 mins, then stir in 2 tbsp low fat yogurt. Whisk the white of a large egg until stiff and then add 1 tsp caster sugar and beat until stiff again. Start by folding in a small amount of the egg white mix first to loosen the chocolate, then carefully fold in the rest, keeping as much air as possible. Cover the bottom of 2 small glasses or ramekins with a mix of berries, divide the mousse on top and chill in the fridge until set. Garnish with a few sliced berries and a mint leaf before serving.

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