



UNISLIM

Easter

eats

**It's that time of year again** – when we get together with family and friends, to enjoy delicious food. But this Easter, let's kick things up a notch. These hearty healthy Easter recipes are full of flavour and will nourish your body. So roll up your sleeves, dust off your apron, and get ready to create delicious dishes in kitchen this Easter.

**Wishing you a very Happy Easter from US to YOU!**



## Pea & Mint Bruschetta

**FREE FOOD | Serves 6**

### Ingredients:

- Low cal spray oil
- 4 shallots, minced
- $\frac{3}{4}$  cup fresh or frozen peas
- Salt & freshly ground black pepper to taste
- 2 tbsp chopped fresh mint
- 6 x 60g slice wholemeal sourdough bread
- 1 tbsp extra-virgin olive oil
- 1 clove garlic, peeled

Spray a pan with oil and cook shallots and peas until soft, about 5 minutes. Season with salt and pepper. Transfer to a food processor and pulse until coarsely pureed. Mix in mint. Drizzle the sourdough slices with olive oil, and rub with garlic. Preheat the grill. Toast sourdough slices on a baking sheet until lightly browned, about 3 minutes. Spread with pea mixture and serve promptly.

## Roast Leg of Lamb

**3.5 Bites per 120g serving | Serves 8**

### Ingredients:

- 2 kg leg of lamb
- 1 bulb of garlic
- $\frac{1}{2}$  a bunch of fresh rosemary, leaves picked
- 1 lemon, zested
- 2 tbsp Olive Oil
- Salt & Pepper



Remove the lamb from the fridge 1 hour before you want to cook it, to let it come up to room temperature. Preheat the oven to 200°C/400°F/gas 6. Peel the garlic, and throw into a food processor along with the rosemary leaves, the lemon zest, 2 tbsp of olive oil and blitz. Add a few slits in the lamb to allow the marinade to penetrate. Cover the lamb in the marinade and let it sit as it comes to room temperature. Cook the lamb for 1 hour 15 minutes if you want it pink, or 1 hour 30 minutes if you like it more well done. Use the resting juices to create a tasty gravy, skimming off any visible fat. (we use a gravy separator) Thicken with a little cornflour. (allow 1 Bite per ladle) Serve with plenty of veggies and 200g mashed potatoes (using skimmed milk).

## Warm Spring vegetables

**FREE FOOD | Serves 6**

### Ingredients:

2 large courgettes, sliced into ribbons with a vegetable peeler  
Juice 1 lemon  
200g asparagus spears, washed and trimmed  
100g frozen peas  
100g frozen broad beans  
1 tbsp extra virgin olive oil  
Small pack parsley, roughly chopped



Put the courgette ribbons in a large bowl with a pinch of salt and the lemon juice. Bring a large saucepan of water to the boil and cook the asparagus for 2 mins, adding the frozen peas and broad beans for the final min. Drain well, pod the broad beans and toss together with the courgette ribbons. Drizzle over the olive oil, sprinkle on parsley and season to taste.



## Honey Roasted Parsnips

**½ Bite per serving | Serves 8**

### Ingredients:

600g parsnips, peeled and quartered  
Low Cal Spray Oil  
3 tbsp maple syrup or honey  
3 thyme sprigs, leaves picked

Heat oven to 220C. Put the parsnips in a large tin, spray with oil and add the maple syrup, thyme leaves and some sea salt flakes. Roast for 35-40 mins until soft and sticky. Scatter over a few more sea salt flakes before serving.

## Apple Crumble

**1.5 Bites per serving | Serves 6**

### Ingredients:

Low cal spray oil  
6 large, sweet dessert apples  
200g/7oz frozen strawberries  
1 tbsp finely grated orange zest  
1 tbsp cornflour  
1 tsp ground ginger  
1 tsp ground cinnamon  
pinch of grated nutmeg  
3 tbsp maple syrup

### For the crumble:

150g porridge oats  
1 tsp ground cinnamon  
2 tbsp maple syrup  
1 tbsp coconut oil, melted if solid



Preheat oven to 180C/160C Fan/Gas 4. Grease a 20 x 25cm/8 x 10in baking dish. Dice apples into 1.5cm pieces and mix with berries, orange zest, spices, and maple syrup. Mix well, spread in dish & press gently. Combine oats, syrup, and oil for topping, then crumble over fruit. Bake 50-60 mins until golden. Cool 20-30 mins before serving.

# Easter Bites Guide

Don't forget, you've got 15 extra BITES you can earn each week (especially as Easter approaches). Just hop around more to earn your BITES. Time to get cracking!



16B

Aero Bubbles Egg, 230G



16B

Cadbury Mini Eggs, 232G



13B

Cadbury Wispa, 82.5G



7.5B

Cadbury Buttons, 96G



5½B

Milkybar White Chocolate Mini Eggs, 80G



5½B

Cadbury Mini Eggs, 80G



6½B

Lindt Lindor Milk Chocolate Eggs, 80G



3½B

Green & Blacks Dark choc, per 35g



2B

Cadbury's Creme Egg



2½B

Hot Cross Bun (per 1, shop bought)



1B

Lindt Bunny (10g)



2B

Malteser Bunny (29g)



19B

Galaxy Egg, with 2 bars



28B

Lindt Milk Chocolate Egg & Truffles 348G



17B

Maltesers Egg, 246G



14B

Terry's Chocolate Orange Egg, 200G



½B

After Eight (per 1)



12B

Terry's Chocolate Orange



1B

Cadbury Roses (per 1)



½B

Milky Way Bar