

# BREAKFAST RECIPES

## SCRAMBLED EGG WITH SPINACH & TOMATO

**Serves 1 - Free Food**

Scramble 2 eggs with skimmed milk and serve on a bed of wilted spinach with grilled tomatoes and a toasted 60g wholemeal bagel.



## BANANA PORRIDGE WITH POMEGRANATE SEEDS & CINNAMON

**Serves 1 - Free Food**

60g porridge made with skimmed milk, topped with ½ banana, 1 tbsp pomegranate seeds, and a sprinkle of cinnamon.

## BLUEBERRY BRAN FLAKES

**Serves 1 - Free Food**

Top up to 60g Bran flakes with skimmed milk and a handful of blueberries



## CREAM CHEESE & SMOKED SALMON BAGEL

**Serves 1 - 0.5 Bites**

Spread a toasted wholemeal bagel with 30g extra light cream cheese and top with a slice of smoked salmon. Sprinkle with black pepper and a squeeze of lemon juice.

# BREAKFAST RECIPES

## BAKED OATS

### Serves 1 - Free Food

Mix 40g porridge oats with  $\frac{3}{4}$  tbsp sweetener, 2 medium eggs, beaten, 175g fat free natural yogurt, a tsp of vanilla extract, grated zest and juice of  $\frac{1}{2}$  a lemon and 50g blueberries. Pour into a small ovenproof dish, and bake at 200c/180c/ gas 6 until browned. Top with a few more berries and serve with a dollop of 0% Greek yogurt.



## MEXICAN EGGS

### Serves 1 - Free Food

Warm a wholemeal wrap in a pan and transfer onto a plate. Spray the pan with low cal spray oil and cook 1 diced tomato and 2 chopped spring onions until soft. Season and spread over the wrap. Dry fry or poach 2 eggs and place on top of the wrap. Sprinkle with 1tsp chilli sauce, fold the wrap and serve.

## SHREDDED WHEAT WITH APPLE & BERRIES

### Serves 1 - Free Food

Top 2 shredded wheat with  $\frac{1}{2}$  a grated apple and a handful of blueberries and serve with skimmed milk or low-fat natural yogurt.



# LUNCH RECIPES

## NUTTY CHICKEN SATAY STRIPS

**Serves 2 - 1.5 Bites per serving**

Heat the oven to 200c/180c/gas 4 and line a baking tray with non-stick paper. In a bowl, mix 2tbsp no added sugar, chunky peanut butter with 1 finely grated garlic clove, 1 tsp Madras curry powder, a few shakes of soy sauce and 2 tsp lime juice. Add a dash of boiling water, if necessary, to get a coating consistency. Cut 2 chicken fillets into strips and add to the mix. Stir well to coat the chicken, then arrange on the baking sheet, spaced apart, and bake for 8-10 minutes until cooked, but still juicy. Eat warm with a side salad.



## APPLE & TUNA SALAD

**Serves 1 - Free Food**

Drain a tin of tuna in brine or spring water and put in a bowl with 1 chopped apple, 1 sliced celery stick, and 1 little gem lettuce, torn into bite sized pieces. Combine 1 tbsp lighter than light mayo with 85g live natural yogurt, 2 tsp lemon juice, salt and pepper and stir through the tuna mix. Serve with a 65g seeded roll.

## BROCCOLI & CAULIFLOWER SOUP

**Serves 4- Free Food**

Preheat the oven to 200c/180c/Gas 6. Put 200g cauliflower florets (approx. ½ a small cauliflower) on a baking tray. Sprinkle with ½ tsp cumin seeds and season. Spray with low cal oil and roast for 15mins until the florets are just starting to char. Spray a lidded saucepan with low cal oil and gently fry a chopped onion until soft. Add 2 minced garlic cloves to the pan and cook for a further minute. Add the cooked cauliflower to the pan with any cumin seeds left on the tray. Add 1.2L vegetable stock and 400g broccoli florets (approx. 1 small head of broccoli, stem included), bring to the boil, then reduce to a gentle simmer for about 20 minutes until the cauliflower and broccoli are both tender. Blitz the soup until smooth, check the seasoning and serve with a 65g seeded roll.



# LUNCH RECIPES

## TUNA MELT TOASTIES

**Serves 2 - 1 Bite per serving**

Mash a tin of tuna in brine or water with 4 chopped spring onions and 2 tbsp lighter than light mayo. Toast 4x30g slices wholemeal bread and spread with the tuna mix. Sprinkle with 60g, grated, reduced fat cheddar and pop under a hot grill until the cheese has melted. Serve with a tbsp no added sugar relish.



## CLASSIC CLUB SANDWICH

**Serves 1 - Free Food**

Spread 2x30g slices of wholemeal bread with lighter than light mayo. Pile 1 slice with lettuce, diced tomato & diced red onion. Top with a grilled bacon medallion and sliced, cooked chicken breast. Top with the second slice of bread, cut in two and serve with any Unislim soup.

## EASY PIZZA

**Serves 1- 1 Bites per serving**

Spread a whole-wheat tortilla with tomato puree. Top with ½ a sliced red onion, ½ a diced red pepper and ½ a diced yellow pepper. Dot with some diced ham and sprinkle with 30g, grated, low fat cheddar. Finish with some chopped oregano or basil and bake in the oven until crisp and golden. Serve with a crispy salad.

## HAM & CHEESE WRAP

**Serves 1- 1 Bite**

Fill a warmed wholemeal wrap with 2 slices lean ham, 30g grated low fat cheddar cheese, rocket leaves and sliced red onion. Top with a tbsp no added sugar relish, roll up, cut in two and serve.



# DINNER RECIPES

## COD IN ORANGE SAUCE

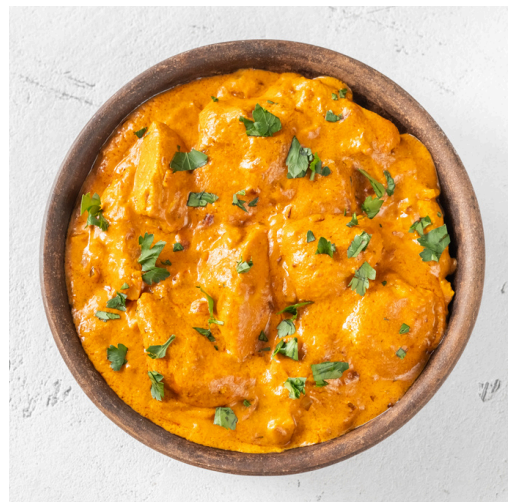
**Serves 4 - Free Food**

Pre heat the oven to 180c. Line an ovenproof baking dish (with a lid) with baking paper. Spray paper with low cal oil and lay 4 cod fillets on top. Pour over the juice of an orange and sprinkle with 1tsp Herbs de Provence, a crushed garlic clove and the zest of the orange. Season, cover and bake for 20 mins until the cod is just cooked. Serve the fish, drizzled with a spoonful of the sauce with ¼ plate baby boiled potatoes steamed broccoli and carrots.

## SLOW-COOKER BUTTER CHICKEN

**Serves 4 - 1.5 Bites per serving**

Make a marinade by mixing the juice of a lemon with 2tsps ground cumin, 2tsps paprika, 1-2 tsps hot chilli powder and 200g low fat natural yogurt. Cut 500g skinless, boneless chicken thighs into bite sized pieces, toss in the marinade, cover and chill for at least an hour or overnight. In a large heavy saucepan, heat 2 tbsp of butter or vegetable oil. Add a large chopped onion, 3 crushed garlic cloves, 1 deseeded and finely chopped green chilli, a thumb sized piece of ginger, grated, and some seasoning. Fry on a medium heat for 10 mins or until soft. Add 1 tsp garam masala, 2 tsp ground fenugreek and 3 tbsp tomato puree and cook until fragrant. Add 250ml chicken stock and the marinated chicken. Tip everything into the slow cooker and cook for 6-7 hours on low until the chicken is tender. Serve with ¼ plate basmati rice sprinkled with chopped coriander and 30g toasted, flaked almonds. Squeeze over some lime wedges if you like.



# DINNER RECIPES

## TANDOORI CHICKEN WITH SWEET POTATO & MINT

**Serves 4 - 0.5 Bites per serving**

Preheat the oven to 200c. Place 8 skinless and boneless chicken thighs, 2 large sweet potatoes, peeled and cut into chunks, and 1 red onion, cut into wedges, into a roasting tray. Combine 6 tbsp low fat natural yogurt, 3 chopped garlic cloves, 6cm grated ginger, 1 tbsp sunflower oil, juice and zest of a lemon, 2 tbsp cumin, 1tbsp turmeric, 1 tsp chilli powder, 4 tsp paprika, 2 tsp garam masala 1.5 tsp sea salt and ground black pepper. Spread the mixture evenly over the chicken and sweet potatoes and mix well. Dust the chicken with another pinch of garam masala and paprika and put in the oven for 1 hour. Remove from the oven and allow to rest for 10 minutes. Serve with a crunchy salad of chopped red onion, fresh mint and cucumber and natural yogurt.

## ROASTED PEPPER LINGUINE WITH CRISP CRUMBS

**Serves 4 - 1.5 Bites per serving**

Heat the oven to 200c/180c/ gas 6. Put 4 sliced, mixed peppers in a roasting tray and spray with low cal oil. Season, spread in a single layer, and roast for 30minutes until tender. Spray a pan with low cal oil and tip in 2 finely sliced garlic cloves. Soften for 10 seconds and add in a pinch of chilli flakes and 90g fresh white breadcrumbs. Season and toast until golden brown and crisp. Tip onto a plate and set aside. Cook 240g linguine according to pack instructions, drain and reserve a few tbsp of cooking water. Toss the pasta with the roasted peppers, 18 green pitted olives, ½ small pack basil, torn, zest of half a lemon, the reserved cooking water and 3 tsps. olive oil. Sprinkle with the crisp crumbs and extra basil leaves before serving.

## CHICKEN & ASPARAGUS QUICHE

**Serves 4 - 0.5 Bites per serving**

Spray a pan with low cal oil and gently sauté 1 chicken breast, cut into chunks and 1 finely sliced onion for 2 minutes. Add 100ml chicken stock to the pan and simmer for 5 minutes until the onion is soft, the chicken is cooked and there's no liquid left in the pan. Beat 8 eggs and 2tbsp quark in a bowl until smooth. Add 30g, grated, reduced fat cheddar and season. Add the chicken and onion mix and 125g asparagus spears, trimmed and cut into ½ in pieces, to a 9" flan dish. Pour over the egg mixture and sprinkle with 30g, grated, reduced fat cheddar. Bake at 200c/180c/gas 6 for 25 minutes until set and golden on top. Serve hot or cold with a mixed salad.

# DINNER RECIPES

## VEGETABLE PESTO PASTA BAKE

**Serves 4 - 2 Bite per serving**

Preheat the oven to 190c/170cFan/Gas 5. Cut 1 red pepper and 1 yellow pepper into bite sized chunks. Finely chop 1 aubergine, 1 courgette, and a red onion. Put all the veg into a deep baking dish, season, spray with low cal oil and cook for 45 minutes turning twice, until the vegetables are tender and golden. Add 150g of halved cherry tomatoes, a tin of chopped tomatoes, 2 crushed garlic cloves and 3 tbsp roughly chopped basil. Cook for another 10- 15 minutes. Meanwhile cook 240g pasta according to packet instructions. Add 4-6 tbsp of the pasta cooking water to the vegetables to loosen the sauce. Stir the cooked pasta into the vegetables. Stir through 120g chopped, low fat mozzarella and 2 tbsp reduced fat pesto. Top with 30g grated Parmesan and return to the oven until the cheese has melted. Serve with a crunchy side salad. Slice the beef and serve with roast potatoes and onions.

## MEDITERRANEAN PORK CASSEROLE

**Serves 4 - 1 Bite per serving**

Cube 450g lean pork fillet and put in a casserole dish with 1, chopped, medium onion, 16 dried apricots, 6 stoned prunes, 2 whole cloves, 1 tsp ground cinnamon & some salt & pepper. Pour over 150ml dry white wine and enough chicken stock to barely cover. Sieve 1tbsp plain flour over the casserole and cook at 150c/gas 2 for 1 hour, stirring halfway through. Check the seasoning before serving with a 200g baked potato and lots of green veg.



# If you Bite it, Write it!

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