

THE FOLLOWING RECIPES ARE A SMALL SELECTION FROM OUR LIFESTYLE PLAN

Egg & Bacon Jacket

Grill 2 bacon medallions and slice into bite size pieces; bake potato and remove filling, mix with bacon, chopped cherry tomatoes and chives; pop back into potato and top with poached egg.

Colcannon

Boil potatoes with cabbage, just before cooked add sliced spring onions, mash and season. (Look out for bags of prepared cabbage and leek at the supermarket ideal for this recipe, extra portions are delicious "fried" in one cal spray.

Corned Beef Gravy

Simmer 1 small chopped onion until soft, add 2 heaped tspns of gravy granules and 84g (3oz) corned beef. Simmer gently for 10 mins. Serve with 140g (5oz) boiled potatoes, carrots and broccoli.

Corned Beef Toastie

Mash 56g/2ozs corned beef with finely shredded onion, fill two slices of granary bread pop into health grill and serve with rocket salad and cherry tomatoes.

Slimtone Shepherd's Pie

Brown 112g (4oz) (raw weight) extra lean minced beef/turkey or lamb in a non stick pan, drain off all fat, add sliced onion, carrot, a tblspn tomato puree and a pinch of mixed herbs. Make stock with 2 tspns gravy granules and ¼ pint of water, cover and simmer for 15 mins. Spoon meat mixture into a small ovenproof dish and top with 140g (5oz) cooked mashed potato. Pop under grill until crisp and brown. Serve with your favourite vegetables.. This recipe is also tasty when the meat is substituted for Quorn or lentils.

Chicken & Mushroom Curry

In a non-stick pan, dry fry 450g (1lb) uncooked diced boneless chicken, 1 medium chopped onion, 2 cloves crushed garlic and 336g (12oz) sliced mushrooms for about 15 mins. Once the juices start to flow add 2 tblspns curry paste and 2 tblspns on curry powder. Stir well to ensure all the chicken and vegetables are coated with the spices. Cook for 2-3 mins. Add ¾ pint stock made with chicken stock cube, bring to the boil then turn down the heat, cover and simmer for 35-45 mins (ensure chicken is cooked through). Mix 1 tblspn flour with a little water to form a paste and stir into the curry to thicken. Cook for a further 4-5 mins until thick.

Marie's Top Tip: Curry in a Hurry

In a non-stick pan add chicken, onions and mushrooms. Stir in a jar of low fat curry sauce and a ½ cup of water, simmer until cooked.