

The Whittington Hospital



NHS Trust

**NLOSS**  
**North London Obesity Surgery**  
**Service**



**Healthy Recipes**  
**Following Weight Loss**  
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# Soups

*Lentil soup* (Serves 1)

## Ingredients

5ml / 1 teaspoon oil  
1 small onion, peeled and chopped  
1 medium carrot, peeled and chopped  
50g / 4 tablespoons red lentils  
450ml water  
Chopped parsley to garnish (optional)  
Pepper to season

## Method

1. Heat the oil in a saucepan.
2. Add the onion and carrot and fry on a low heat until softened, about 3 minutes.
3. Add all the other ingredients, put a lid on the pan and turn up the heat until the soup is boiling. Reduce heat and simmer gently for about 35 minutes or until the lentils are soft, stirring occasionally. Add a little more water if required.
4. For a smoother soup put in a blender or through a sieve.
5. Sprinkle with the chopped parsley before serving.

*Minestrone soup* (Serves 4)

## Ingredients

One onion, roughly chopped  
2 x 400g cans chopped tomatoes  
2 large carrots, peeled and roughly chopped  
2 large celery stalks, roughly chopped  
Piece of swede, diced  
1 courgette, roughly chopped  
2 tbsp tomato puree  
1 litre water  
2 bay leaves  
One teaspoon mixed herbs  
Black pepper  
50g soup pasta or small pasta shapes

## Method

1. Place all ingredients except pasta in a large saucepan.
2. Bring to the boil.
3. Simmer for 15 minutes.
4. Add the soup pasta and cook until tender
5. Serve

### ***Leek and potato soup*** (Serves 4)

#### **Ingredients**

10ml / 2 teaspoons sunflower oil  
2 large leeks, washed and sliced  
2 medium potatoes, peeled and diced  
850ml water or chicken stock

#### **Method**

1. Heat the oil in a large frying pan over a medium heat.
2. Add the leeks and cook for 3 minutes, stirring frequently.
3. Add the potatoes and cook for a further minute before adding the stock.
4. Place a lid on the pot and bring to the boil over a high heat. Turn down the heat to a low level and simmer the soup for 20 minutes or until the potatoes are soft.
5. For a smoother soup put in a blender or through a sieve.

#### **Alternatives**

- Substitute 280ml of the stock with semi-skimmed milk.

### ***Chickpea, Chilli and Coriander Soup*** (Serves 4)

#### **Ingredients**

2 large can of chickpeas  
2 small red chillies, halved, de-seeded and chopped  
1 tablespoon of coriander seeds  
1 tablespoon of fresh coriander leaves  
1 tablespoon of cumin seeds  
1 teaspoon of ground tumeric  
1 tablespoon of olive oil  
6 fat cloves of garlic, chopped  
Grated lemon zest from 1 lemon  
1 x 200g tub of very low fat fromage frais  
2-3 tablespoons of lemon juice  
850ml water or vegetable stock  
Salt and pepper to taste

## Methods

1. The coriander and cumin seeds should be dry roasted in a small pre-heated pan for 2-3 minutes, then crushed in a pestle and mortar.
2. After that, heat the oil in the pan, add the crushed spices along with the chopped garlic and chillies and cook over a low heat for about 5 minutes. Now add the turmeric, stir and heat that gently before removing the pan from the heat.
3. Put the chickpeas to a liquidiser together with a couple of ladles of vegetable stock/water and purée them until fine and smooth. Now add the lemon zest, coriander stalks and spices from the pan along with another ladleful of stock/water and blend once more until fine and smooth.
4. Next, the whole lot needs to go back into the saucepan. Bring it all up to a gentle simmer; give it a good stir, season, then simmer gently for a further 30 minutes.
5. Stir in half the fromage frais and the lemon juice, taste to check the seasoning, and then serve in hot soup bowls with the rest of the fromage frais swirled in.
6. Scatter with shredded chilli and coriander leaves as a garnish

# Meat and poultry

## *Roasted Pork Tenderloin with Red Wine & Mushroom Sauce* (Serves 4)

### Ingredients

Pork tenderloins (2-4 oz/ 50-100g per person)  
Salt and freshly ground black pepper  
Olive oil  
8 oz mushrooms  
1 garlic clove crushed  
½ a glass of red wine (125mls)  
½ a cup of beef stock (125mls)  
1/2 teaspoon dried thyme  
1 tablespoons butter

### Method

1. Preheat oven to 200 degrees C / Gas mark 6.
2. Heat small amount of olive oil in a frying pan over medium high heat and sauté mushrooms until tender.
3. Add garlic and brown lightly. Add the red wine to the hot pan and cook until the volume is reduced. Add the stock and reduce by half.
4. Reduce the heat to low, add thyme and stir in the piece of butter until the sauce is creamy and slightly thickened. Season with salt and pepper.
5. Keep warm until ready to serve.
6. Remove all of the silver skin and fat from the pork tenderloins with a thin bladed sharp knife. Season with salt and black pepper.
7. Roast in the oven for 20 minutes. Remove from oven and allow the meat to rest for 5-10 minutes before carving so that the juices reabsorb into meat.
8. Slice and serve with the mushroom sauce.

## ***Braised Pork with Apples and Onions*** Serves 4

### **Ingredients**

Pork tenderloin (4oz/100g per person)  
2 tablespoons of olive oil  
2 cloves of garlic, crushed  
¼ teaspoon of nutmeg  
1 tablespoon of fresh grated ginger or 2 teaspoons of dried ginger  
2 onions cut into large chunks  
2 medium granny smiths apples, peeled, cored and cut into chunks  
2 teaspoon of artificial sweetener  
½ teaspoon of cinnamon  
125mls of water

### **Methods**

1. Preheat the oven to 180°C/gas mark 4
2. Place the pork in a baking tray that has been coated with oil
3. In a small bowl combine garlic, nutmeg and ginger and rub onto the meat
4. Surround the pork with alternating wedges of onion and apple. Drizzle oil over the onion and apple wedges, sprinkle with sweetener and cinnamon and pour water over the onions and apples
5. Cover with foil and bake for 20 minutes. Remove foil and bake for 10 minutes more
6. Slice the meat thinly and serve

## ***Braised Italian Pot Roast*** (Serves 4)

### **Ingredients**

Boneless beef chuck shoulder cut into pieces (2-4 oz/ 50-100g per person)  
1 small can Italian-seasoned chopped tomatoes in juice  
2-3 cloves of garlic cloves, peeled  
1 glass red wine or beef stock (225mls)

### **Methods**

1. Preheat oven to 150° C / Gas mark 2.
2. Place the meat in a large ovenproof covered pot / casserole dish.
3. Pour tomatoes with juice over the meat and scatter garlic cloves around it. Season with salt and pepper and add enough wine to come about two-thirds way up sides of roast.
4. Braise in middle of oven, covered, until very tender, 3 ½ to 4 hours.

### ***Bolognese sauce*** (Serves 4)

#### **Ingredients**

1 onion, chopped  
1 garlic clove, crushed  
1 tablespoon olive (or corn or sunflower) oil  
Lean minced beef (2-4 oz/ 50-100g per person)  
6-8 mushrooms, sliced  
1 red or green pepper, deseeded and sliced  
400g can chopped tomatoes  
1 tablespoon tomato puree (optional)  
Pinch of mixed herbs (optional)

#### **Method**

1. Gently fry the onion and garlic in oil on a low heat for 5 minutes.
2. Add minced beef and cook until it turns brown.
3. Add sliced mushrooms and pepper and cook for 5 minutes.
4. Stir in canned tomatoes, puree and herbs.
5. Cook on low heat for 20 minutes.
6. Serve with spaghetti or other pasta if able to tolerate it.

### ***White Chicken Chilli*** (Serves 4)

#### **Ingredients**

1 medium onion, chopped  
2 garlic cloves, crushed  
1 tablespoon olive oil  
1 large can of Cannellini beans, drained  
1 tablespoons flour  
Cooked chicken or turkey diced (2-4 oz/ 50-100g per person)  
1 small can of unsweetened sweet corn  
1 fresh chopped green chilli  
1 can of chicken soup  
½ teaspoon cumin  
½ teaspoon chilli powder  
½ teaspoon oregano  
Salt and freshly ground black pepper

#### **Methods**

1. Sauté onion and garlic in olive oil in a large pot over medium high heat until onion is tender.
2. Puree one can of drained beans and set aside.
3. Stir the flour into the onion mixture and cook for one minute.
4. Add chicken, sweetcorn, chillies, broth, cumin, chilli powder, oregano, beans, reserved bean puree, and 1 glass of water / 225mls water.
5. Season with salt and pepper.
6. Reduce heat and simmer for 30 minutes.

### ***Italian Chicken and Sauce*** (Serves 4)

#### **Ingredients**

Boneless skinless chicken thighs (2-4 oz/ 50-100g per person)  
2 teaspoons olive oil  
A large jar of tomato pasta sauce  
Grated Parmesan cheese

#### **Method**

1. Brown the chicken thighs in olive oil, in a large covered frying pan, over medium high heat. Remove any excess fat remaining in pan.
2. Add the jar of sauce, bring to a boil, cover, reduce heat and simmer until very tender, about 35 to 40 minutes.
3. Serve with grated Parmesan cheese

### ***Chicken & black beans*** (Serves 4)

#### **Ingredients**

1 tablespoon olive oil  
Chicken breasts, diced (2-4 oz/ 50-100g per person)  
1 medium onion, chopped  
1 clove garlic, minced  
1 400g can diced tomatoes, drained  
4oz/100g of salsa  
1 teaspoon cumin  
1/4 teaspoon oregano  
1/4 teaspoon black pepper  
1 can black beans (400g), drained and rinsed

#### **Method**

1. In a large saucepan, sauté the chicken, onion, and garlic in the olive oil until chicken is cooked through.
2. Add tomatoes, salsa, cumin, oregano, black pepper, and black beans and simmer for 10 to 15 minutes until thickened.

## ***One-Pot Chicken Stew*** (Serves 2)

### **Ingredients**

Fresh skinless chicken breasts cut into Pieces (4oz/100g per person)  
1-2 tablespoon olive (or corn or sunflower) oil  
1 onion, finely chopped  
2 potatoes, peeled and cut into chunks  
2 carrots, peeled and chopped into chunks  
1 chicken stock cube  
1 teaspoon dried mixed herbs (optional)

### **Method**

1. Fry the chicken pieces in 1-2 tablespoons of oil over a medium heat for 5 minutes. Add the onion and cook for a further 3-5 minutes.
2. Add a teaspoon of mixed herbs and stir.
3. Add the potatoes and carrots and cook for a further 5 minutes.
4. Add enough water to the pan to cover all the ingredients by 2 inches and bring to the boil.
5. Turn down the heat (to simmer) and add the stock cube.
6. Simmer for 25 - 30 minutes.
7. Add pepper to taste.

## ***Mexican Turkey Mince*** (Serves 4)

### **Ingredients**

Minced turkey (2-4 oz/ 50-100g per person)  
1-2 tbs olive oil  
1 onion chopped  
2 cloves of garlic chopped  
1 tsp ground cumin  
1 tsp chilli powder  
1 large tin of tomatoes  
1 large can of kidney beans  
Salt and pepper, to taste  
Low fat cheddar cheese for a garnish

### **Method**

1. Heat the oil in a large frying pan over a medium-high heat. Add the mince turkey, onion and garlic
2. Fry for 5 minutes
3. Drain any fat from the pan
4. Add the cumin, chilli powder, tomatoes, beans salt & pepper and bring to a simmer. Simmer for 20-30 minutes.
5. Serve with low-fat cheddar cheese

### **Indian Chicken Curry** (Serves 2)

#### **Ingredients**

1 tbsp Oil  
10g Butter  
3 Cloves Garlic, crushed  
1 Medium Onion, finely chopped  
2 tbsp Garam Masala  
1 tsp Ground Coriander  
½ tsp dried mint  
Boneless, Skinless Chicken Breast, diced (2-4 oz/ 50-100g per person)  
200 ml water

#### **Method**

1. Heat the oil and butter in a wok or large, heavy frying pan. Add the garlic and onion and stir-fry for about 5 minutes until onion is golden.
2. Stir in the garam masala, coriander and mint. Add the chicken and cook over a moderate heat for 5 minutes, stirring occasionally.
3. Add the water, stir, and simmer without a lid for 10-15 minutes until the chicken is cooked and sauce has thickened.
4. If you like fresh coriander, stir in a tablespoon, chopped, prior to serving.

### **Citrus Chicken** (Serves 2)

#### **Ingredients**

5ml / 1 teaspoon sunflower oil  
1/2 onion, peeled and chopped  
Chicken fillet (2-4 oz/ 50-100g per person)  
1/2 red pepper, sliced  
The juice of 1 orange, or 75ml orange juice plus 25ml water  
1 small carrot, peeled and sliced  
4-6 baby potatoes or 1-2 medium potatoes, cut into chunks  
Chopped parsley (optional)  
Season with pepper

#### **Method**

1. Heat the oil in the pan
2. Brown the onions over a low heat
3. Cut the chicken fillet into large pieces and toss in the flour to coat each piece
4. Add the chicken to the pan and brown for 2 minutes, stirring all the time to make sure it doesn't stick
5. Add the other ingredients
6. Place a lid on the pan and simmer over a low heat for about 20 minutes or until the vegetables are soft and the chicken is no longer pink in the centre. Check the pot whilst it is cooking to make sure there is enough liquid, adding a little extra water if required.

### ***Spicy chicken with raisins*** (Serves 4)

#### **Ingredients**

1 dessertspoon vegetable oil  
Boned chicken thighs with skin removed (2-4 oz/ 50-100g per person)  
1 onion, chopped  
4-5 cloves garlic, crushed  
2 tsp ground cumin  
3 tbsp raisins  
2 level tbsp tomato paste  
1 bay leaf  
200ml water  
250g frozen spinach, thawed and drained

#### **Method**

1. Heat the oil in a non-stick saucepan and cook the onion gently for 5 minutes. Add the cumin, bay leaf and garlic and continue cooking until the onion is soft, adding a little water if the mixture starts to stick.
2. Add the chicken thighs and continue to cook over a low heat for 5-10 minutes, stirring occasionally.
3. Stir in the tomato paste, water and raisins.
4. Cover and simmer for 15 minutes.
5. Finally add the thawed, drained spinach and cook until for another five or so minutes until the whole mixture is heated through.
6. Serve with couscous, brown rice or potatoes and with a hot green vegetable such as broccoli or green beans.

# Fish

## ***Honey Mustard Ginger Roasted Salmon*** (Serves 4)

### Ingredients

3 tablespoons of Dijon mustard  
3 tablespoons Sugar Free Orange Marmalade  
1 tablespoon finely grated fresh ginger  
2 garlic cloves, crushed  
Four, (4 oz/ 100g per person) salmon fillets

### Method

1. Preheat oven to 220°C/Gas mark 6.
2. Whisk together the mustard, marmalade, ginger, and garlic.
3. Arrange salmon pieces in a shallow baking dish.
4. Spread the sauce over the fillets and roast for 8 to 10 minutes, until just opaque throughout.
5. Transfer the fish to serving plates and spoon on some of the sauce.

## ***Salmon Patties*** (Serves 4)

### Ingredients

Canned salmon or tuna in brine (4 oz/ 100g per person)  
3 tablespoons of low calorie mayonnaise  
1/2 small red onion, finely chopped  
1/2 teaspoon herbs e.g. dill, parsley, mixed  
8 Ritz crackers, crushed in a food processor into very fine crumbs

### Method

1. Mash together the salmon with the mayonnaise add the onion, herbs, and half of the cracker crumbs; blend well.
2. In a small bowl, season the remaining cracker crumbs with a little additional herbs and set aside.
3. Using a spoon, roughly divide the mixture and form into 4 slightly flattened 'meatballs', and lightly dust in the remaining cracker crumbs.
4. Place on a plate in the refrigerator, as it will firm the mixture while you make your salad to complete your meal.
5. Heat a non-stick frying pan with a teaspoon of vegetable or olive oil over medium high heat and fry the salmon patties until golden brown on both sides, about 4 minutes per side.
6. Transfer to plates and serve immediately with tossed salad as a side dish

### ***Fishy Risotto*** (Serves 2)

#### **Ingredients**

1 onion, chopped  
1 red pepper, deseeded and sliced  
1 tablespoon olive (or corn or sunflower) oil  
150g basmati or quick-cook brown rice  
400ml vegetable stock (make up using a Vegetable stock cube and water)  
1 x 185g can of tuna or salmon, drained  
1 x 200g can of sweet corn or garden peas,

#### **Method**

1. Gently fry the onion and pepper in the oil for 5 minutes.
2. Add the rice and stir, then add the vegetable stock.
3. Bring to the boil and simmer for 10-15 minutes until all the water has been absorbed. (Note: you may need to add a little extra boiling water if the rice is not cooked).
4. Stir in the tuna or salmon and the sweet corn or garden peas. Heat through and serve.

### ***Fish pie*** (Serves 4)

#### **Ingredients**

700g potatoes, peeled and diced  
4 fillets of haddock (4oz/100g per person) - or kind of white fish or salmon  
425ml semi-skimmed milk  
25g margarine  
25g flour  
25g half-fat strong cheddar cheese

#### **Method**

1. Pre-heat oven to 200°C / Gas Mark 6.
2. Place the potatoes in a pan with boiling water. Bring back to the boil, lower the heat and simmer for 10-15 minutes until the potatoes are soft. Drain them and mash with a little semi-skimmed milk.
3. Chop the fish into chunks and place in an ovenproof dish.
4. Place milk, margarine and flour in a small pot over a medium heat.
5. Stir continuously with a whisk or wooden spoon until the sauce starts to bubble. Pour over the fish.
6. Top with the mashed potato. Sprinkle the cheese over the top of the potato.
  - Place in the centre of the oven for 30 minutes.
  - Serve with green vegetables, for example peas, broccoli or green beans

# Eggs

## ***Greek-style egg salad*** (Serves 4)

### Ingredients

4 hard-boiled eggs, chopped  
2 tablespoons finely chopped green onion  
2 tablespoons sliced Kalamata or black olives  
1 large tomato chopped,  
2 tablespoons reduced-fat mayonnaise  
2 teaspoons low fat milk  
Salt and black pepper to taste  
2 tablespoons crumbled Feta cheese

### Method

1. Cook the eggs in boiling water for 7 minutes.
2. When cooked run under cold water for 1 minute, before shelling.
3. Combine eggs, onion, olives and tomatoes.
4. Stir in mayonnaise, milk, and seasonings until well mixed.
5. Gently stir in cheese. Cover and chill.

## ***Broccoli Ham Cheese Quiche*** (Serves 4)

### Ingredients

1 tablespoon butter  
1 small onion, chopped  
4 slices ham, diced  
8oz / 200g of chopped broccoli, cooked and drained  
4 large eggs  
4oz/125 g reduced fat ricotta cheese  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/8 teaspoon ground nutmeg  
6oz/150g grated edam or reduced fat cheese

### Method

1. Preheat oven to 180°C/gas mark 4 and spray a 9-inch pie plate with light oil spray.
2. Melt the butter in a non-stick frying pan and sauté the onion and ham over medium high heat until golden, about 6 minutes.
3. Add broccoli and cook until mixture is tender, about 6 minutes; set aside to cool.
4. Beat eggs, ricotta, salt, pepper, and nutmeg in large bowl.
5. Fold in cheese and cooled vegetables.
6. Pour filling into prepared pan and bake until knife inserted near centre comes out clean, about 40-45 minutes.

## ***Low fat scrambled eggs*** (Serves 1)

### **Ingredients**

2 large eggs

1 tablespoon of low fat milk

1 heaped tablespoon of quark or cottage cheese

1 tablespoon of freshly snipped chives

Salt and pepper

You will also need a small non-stick saucepan and a wooden fork.

### **Method**

1. Begin by beating the eggs in a bowl, together with a good seasoning of salt and pepper.
2. Now place the saucepan over a gentle heat, then add the milk to moisten the pan, whirling it around the edges.
3. Add the eggs and, using a wooden fork or pointed wooden spoon, briskly stir backwards and forwards through the liquid egg.
4. Keep on scrambling until three-quarters of the egg is a creamy, solid mass and a quarter is still liquid.
5. Now add the quark or cottage cheese and chives and continue to scramble, then remove the pan from the heat and continue scrambling until no liquid egg is left.
6. Serve immediately, as the egg will continue to harden.

## **Cheese Souffle Omelette** (Serves 1)

### Ingredients

30z/75g low fat cheese, grated

3 large eggs, separated

2 tsp's of oil

1 tablespoon of freshly snipped chives

Salt and pepper

You will also need a 7 inch (18 cm) solid frying pan

### Method

1. First pre-heat the grill, then put the frying pan on to a medium heat.
2. Whisk the egg whites to soft peaks and leave them on one side while you beat the egg yolks in a separate bowl and season them well.
3. Now heat the oil in the hot pan, being careful not to let it burn, then quickly fold the egg yolks and half of the cheese, plus the chives, into the egg whites.
4. When the butter is foaming, pour the mixture into the pan, shaking the pan to make sure the mixture is evenly distributed – don't be tempted to stir it, though, or you will knock the air out of it.
5. Cook the omelette for about 1 minute and then slide a palette knife around the edge to loosen it from the pan.
6. Now scatter the remaining cheese all over the surface, then place the pan under the grill, 4 inches (10 cm) from the heat, and let the surface cook for about 1 minute, until it is lightly tinged brown and the cheese is melting.
7. Then remove the pan from the grill and, using the palette knife, carefully loosen the edges, fold one half of the omelette over the other, slide it out on to a heated plate and serve immediately.

# Vegetarian

## **Sweet Potato & Spinach Curry** (Serves 4)

### Ingredients

500g of sweet or regular potatoes  
2 tablespoons olive (or corn or sunflower) oil  
2 garlic cloves, crushed  
1 onion, finely chopped  
1 teaspoon turmeric  
1 teaspoon fish or soy sauce (optional)  
1 red chilli, deseeded and finely chopped  
400ml coconut milk  
(Choose light variety if possible)  
250g fresh spinach, washed (or use frozen)  
1 can of chickpeas

### Method

1. Peel the sweet potato and cut into chunks. Boil in a pan of water for 10 minutes until tender. Drain and put to one side. In a large saucepan, heat 2 tablespoons of oil. Add the garlic, onion and turmeric and gently fry for 3 minutes.
2. Add the fish or soy sauce and chilli and fry for a further
3. 2 minutes.
4. Add the coconut milk and simmer for 5 minutes until slightly thickened.
5. Stir in the sweet potatoes and simmer for a further 5 minutes.
6. Add the spinach to the pan and stir in. Allow to wilt for
7. 2 minutes before serving.

## **Orange and Ginger Tofu** (Serves 4)

### Ingredients

125mls of orange juice  
1 tablespoon orange zest  
225mls/8oz of chicken stock  
1 tablespoon dry sherry  
1 tsp of artificial sweetener  
1-tablespoon sesame oil  
1 tablespoon of fresh ginger grated  
2 large cloves of garlic chopped  
2 large leeks thinly sliced  
450g/1lb firm tofu, drained and cubed

### Methods

1. Combine orange juice, zest, chicken stock, sherry, sweetener and sesame oil in a small bowl and set aside
2. Heat the oil in a medium non-stick frying pan until hot but not smoking. Stir fry the ginger and garlic for 30 seconds. Add leeks and stir-fry for 3 minutes.
3. Add tofu and stir-fry for 4 minutes. Remove tofu-vegetable mixture from pan

4. Pour orange juice mixture into pan, bring to a boil, reduce heat and cook for 10 minutes or until reduced by half
5. Stir in tofu-vegetable mixture and simmer for 1 minutes

### ***Tofu and Vegetable Curry***

(Serves 4)

#### **Ingredients**

8oz/225g light coconut milk  
3 tsp artificial sweetener  
2 tbs light soy sauce  
1 ½ tbs fresh ginger grated  
2 cloves garlic chopped  
1 tsp green curry paste  
1-2 tbs vegetable oil  
1lb/450g firm tofu, drained and cubed  
1 red chilli cut into strips  
1 green cabbage shredded  
8oz/225mls of vegetable stock  
1 bunch of chopped spring onions  
3 tbs of fresh coriander chopped

#### **Methods**

1. In a small bowl, combine coconut milk, sweetener, soy sauce, ginger, garlic and curry paste
2. In a large non-stick frying pan heat the cooking oil. Add tofu and sauté for 10 minutes, stirring occasionally or until golden brown. Remove from the pan and keep warm
3. Add the chilli to the pan and sauté for 1 minute. Add the cabbage and stock, lower the heat and cover. Simmer for 15 minutes
4. Stir in the coconut milk mixture, spring onions, coriander and tofu and cook for 2 minutes.

### ***Indian Vegetable Curry*** (Serves 2)

#### **Ingredients**

1 Tbsp Oil  
2 Cloves Garlic, crushed  
1 Med Onion, finely chopped  
3 Stalks Celery, sliced  
1 small Apple, peeled cored and diced  
1tsp Chilli Powder  
1tsp Ground Ginger  
1tsp Turmeric Powder  
100g Green Beans, sliced  
200g Cauliflower, broken into small florets  
100g Carrots, sliced  
100g Potatoes, diced  
1tsp Tomato Puree  
20g Sultanas

### Method

1. Heat the oil in a large pan and stir fry garlic, onion, celery and apple for 5 minutes. Add chilli, ginger and turmeric and continue to stir-fry gently for a further minute.
2. Add the green beans, cauliflower, carrots and potatoes plus 300ml water. Stir in tomato puree, sultanas and a pinch of salt. Bring to the boil, reduce heat, cover and simmer for 35 – 40 minutes.
3. Enjoy the aroma until ready to serve!

### ***Parsnip and cauliflower layer bake*** (Serves 4)

#### Ingredients

- 3 medium parsnips, peeled and cut into chunks
- 1 large carrot, peeled and cut into chunks
- 1 small leek, washed and sliced roughly
- Half a medium cauliflower, washed and broken into florets
- 2 eggs
- 5 tablespoons (approximately 250g) plain very low fat fromage frais.
- 1 teaspoon mixed herbs
- 2 slices bread containing seeds, spread with sunflower spread (or similar)

#### Method

1. Lightly grease a large ovenproof dish. Preheat oven to 180°C, gas mark 6 or 170°C (fan oven).
2. Cook the carrots and parsnips in boiling water for 10 minutes until soft. Place the leek and cauliflower in a steamer and steam over the pan containing the carrots and parsnips, until tender. Alternatively cook the cauliflower and leek in a separate pan in a small amount of water.
3. Drain the parsnips and carrots and mash roughly. Spread over the base of the ovenproof dish.
4. Add the leek and cauliflower to the dish, spooning over the top to make another layer.
5. Beat the eggs in a bowl and stir in the fromage frais and herbs. Season with a little black pepper to taste.
6. Carefully pour over the vegetables covering evenly.
7. Lastly spread the bread with the sunflower spread and cut into cubes. Sprinkle over the top of the vegetable layers.
8. Bake for 30 minutes until the bread is crisp and golden brown and the egg mixture set.

#### Alternatives

- Add chopped walnuts or cheese to the bread topping
- Use broccoli instead of cauliflower, or add fennel or celery