

Sweet potato, spinach & lentil curry



Serves 4

A delicious curry high in taste, low in fat, sugar and salt

Ingredients

200g red lentils, rinsed
2 onions, chopped
2 cloves garlic, crushed
1-2 carrots, peeled and sliced thinly
2 tsp garam masala
700ml veg (or chicken) stock
4 small sweet potatoes, peeled, cut into in 3cm chunks
4 handfuls of spinach
300g rice

Method

1. Place all the ingredients except the potato and spinach in a pan and bring to a simmer and cook for 10 minutes
2. Add potatoes and cook for another 15 minutes or until the potatoes are tender (you can pierce them easily with a fork)
3. Finally, stir in the spinach and allow to wilt
4. Season then serve with some basmati rice or chapattis

Top tips

- Garnish with fresh coriander if you have some and add some chopped chilli if you like your curry with heat
- Curries can be high in fat because they contain creamy sauces and are cooked in lots of fat. You can make this creamier by serving with some natural yogurt
- This dish is low in fat, sugar and salt
- This dish still contains protein as obtained from the lentils which are a plant protein

Pitta Bread Pizza



Serves 3-6

A simple healthier version to a take-away

Ingredients

1 pack of wholemeal pitta bread (6)
2 balls of mozzarella
Tomato sauce or passata or tomato puree
Dried herb such as oregano
Toppings such as:
Sweetcorn, mushroom, onion, ham

Method

1. Place your pitta bread on a baking tray and place under a grill to brown one side
2. Remove from the grill and turn over
3. Spread approximately 2 tablespoons of tomato sauce on the bread leaving a gap at the edges
4. Sprinkle over a teaspoon of oregano
5. Rip some mozzarella and space evenly on the base
6. Add your topping
7. Place back under the grill until the mozzarella has melted and started to brown

Top tips

- Shop bought and take-away pizza can be very high in salt and fat so making your own lessens the amount
- Another way to keep fat and salt levels lower is to avoid using processed meats such as pepperoni. If you kids like a bit of spice then add some fine chopped up chilli or cayenne pepper
- If your kids are fussy vegetable eaters then blend cooked vegetables into the tomato sauce and then gradually increase their size until your child happily eats the vegetables
- Try using the ends of loaf as the base instead of pitta bread

Natural Yogurt with fruit



Serves 1

Design your own yogurt with natural goodness

Ingredients

½ cup of natural yogurt
Chopped up fruit of your choice
Sprinkling of seeds

Method

1. Put your fruit in a bowl
2. Add your yogurt
3. Then sprinkle over some seeds

Top tips

Yogurt

- Some natural yogurt can be quite sour so try Greek yogurt
- Greek yogurt is higher in fat but as part of a balanced diet this is acceptable
- Avoid 'lower fat' Greek yogurts as these tend to have added sugar

Fruit

- Vary the fruit you use to create interest
- Consider using a variety of fruit of different colours to get a colourful mix of nutrients
- If you don't have fresh fruit you can use dried fruit but dried fruit does have a higher concentration of sugar

Seeds

- Try a variety of different seeds such as pumpkin, sesame, sunflower, nigella, poppy or chia

Potato rosti



Serves 4-6

A simple meal served with a fried egg or as a side

Ingredients

400g Potato, grated
1 onion, finely cut
1 tbsp of plain flour
1 egg, beaten
Herbs such as sage or thyme

Method

1. Coarsely grate the potatoes into a large bowl then use your hands to squeeze out as much of the excess water as possible and disregard the water
2. Put all the ingredients into a bowl and mix well ensuring all the grated potatoes are covered in the flour and egg
3. Heat a little oil in a frying pan and add a heaped tbsp. of the mixture into the pan – 3 max at a time
4. Flatten the rosti's so that they are equal in height (this ensures even cooking) and fry lightly for 5 minutes on each side until they are golden brown

Top tips

- Using the same method of coarsely grating, if you use vegetables such as courgettes and carrots the end result is called a fritter.
- Changing the herb and adding spice makes for an interesting and healthy side dish. Courgette and carrot mixed together work nicely with fresh coriander and some cumin