



**A range of  
healthy and  
tasty recipes  
recommended  
by Nursing  
Students at  
MMU**



**Simple to  
Make and Easy  
to Eat**

**A collection of some of the tried and tested recipes some of the student nurses at Manchester Metropolitan recommend for contributing to a healthy balanced diet.**

Recipes provided are not tested by a nutritionist and are for information and inspiration only.

## **Healthy Breakfasts (Recommended by Student Nurse Amanda Wild and her husband)**

### **Apple & cinnamon porridge**

Cinnamon has a natural sweetness, reduces the speed at which the stomach empties and has been shown to lower blood sugar.

*Serves 1*

- 25g rolled oats
- 175ml semi-skimmed milk
- 1 apple, grated
- ½ tsp ground cinnamon

• CALORIES 260 • PROTEIN 9g • FAT 9g • FIBRE 4g • CARBS 38g

Put oats and milk in a saucepan, with grated apple and cinnamon. Add pinch of salt to enhance flavours. Bring to boil and simmer for 5 minutes, stirring frequently so it doesn't stick to the pan.

### **Kipper and tomatoes**

Packet kippers take 2-3 minutes in a microwave to warm through. For extra oomph, sprinkle with chilli flakes and black pepper.

*Serves 1*

- 1 smoked kipper (or mackerel fillet)
- Knob of butter
- 100g tomatoes
- CALORIES 230 • PROTEIN 10g • FAT 20g • FIBRE 1g • CARBS 3g

Grill or microwave the smoked fish with a knob of butter, according to instructions. Serve on a bed of tomatoes, either cold or cooked.

### **Avocados with pre-baked tomatoes**

*Serves 2*

- 200g tomatoes (about 3)
- ½ tsp dried tarragon, oregano or rosemary
- 2 ripe avocados
- ½ tsp paprika
- Pinch of chilli flakes (optional)
- CALORIES 300 • PROTEIN 4g • FAT 29g • FIBRE 7g • CARBS 8g

Cut tomatoes in half, scatter with herbs and bake for 30 minutes at 180c. Meanwhile, cut avocados in half, scoop out flesh and divide between two plates. Mash roughly, top with baked tomatoes and sprinkle with paprika, chilli and black pepper.

### **Greek yoghurt with nuts, seeds and berries**

Toasting nuts and seeds transforms their taste as the heat sets off a chemical reaction, enhancing the flavor.

*Serves 1*

- 2 large tbsp Greek yoghurt
- 1 tbsp (15g) toasted seeds or nuts
- Small handful of berries
- CALORIES 200 • PROTEIN 9G • FAT 18G • FIBRE 2G • CARBS 5G

Nicely uncomplicated. Just assemble it in a bowl and tuck in.

## Healthy Treats

### Chocolate brownies

MAKES 16

- < 60g pitted dates, finely chopped
- 60g coconut oil (or unsalted butter, softened), plus extra to grease
- 3 eggs
- 100g ground almonds
- 1 pear, quartered and cored,
- 140g dark chocolate (70%)
- 25g Brazil nuts, chopped
- Pinch of salt

CALORIES 155 • PROTEIN 3g • FAT 12g • FIBRE 1g • CARBS 10g

Preheat the oven to 180c and grease a 20cm square cake tin. Simmer the dates in a saucepan with a splash of water for 3-5 minutes, allow to cool then blitz with the coconut oil in a food processor. Transfer to a large bowl and add the eggs, then the ground almonds, and beat until everything is incorporated. Dice the pear into ½cm squares and stir it in. Melt the dark chocolate (over steaming water or in a microwave), allow to cool slightly, then stir into the brownie mixture. Pour into the tin and bake for 15-20 minutes, or until a knife comes out clean. Cut the brownies into squares and freeze any left over. These make a great pudding — delicious with a dollop of creme fraiche (adds 90 calories).

### Fruit sponge pudding

SERVES 6

- 400g plums, halved and stoned (or any frozen fruit)
- 100g coconut oil (or butter)
- 2 eggs
- Zest of 1 lemon
- 100g pitted dates, finely chopped
- 100g ground almonds
- 1 tsp ground cinnamon (optional)
- 1 tsp baking powder

CALORIES 350 • PROTEIN 7g • FAT 28g • FIBRE 3g • CARBS 18g

Preheat the oven to 160c. Place the fruit in a greased 20cm ovenproof dish. Beat together the coconut oil or butter, eggs and lemon zest, then stir in the dates, ground almonds, cinnamon and baking powder and mix well. Spoon the mixture on top of the fruit and bake for 35-40 minutes. Serve with 1 tbsp full-fat Greek yoghurt (adds 30 calories) or creme fraiche (adds 90 calories).

## MONDAY

### BREAKFAST BLUEBERRY AND GREEN TEA SHAKE

100 CALS

Serves 1

- 200ml water
- 2tbsp Greek yoghurt
- 1 green teabag
- 1tbsp almonds
- 50g blueberries
- 1tbsp flaxseeds

BOIL water, add teabag and steep for 4 minutes. Take out the bag and chill tea in fridge (preferably overnight). Put in blender with other ingredients and whizz together.

### LUNCH PEPPER WITH JEWELLED FETA

220 CALS

Serves 1

- 1 red pepper
- 25g feta, diced
- 1tbsp roughly chopped mint
- 1tbsp roughly chopped coriander
- 1 spring onion, roughly chopped
- 1tbsp pistachio nuts, roughly chopped
- 4 cherry tomatoes, cut in half
- 5cm piece of cucumber, diced
- Seeds from a pomegranate
- Juice from half a lemon



HALVE pepper and remove seeds. Brush the outside with olive oil and place skin-side up on a baking tray. Heat the grill to high and place the pepper under it for 5 minutes. Put the other ingredients in a bowl and toss together. Remove pepper from grill and stuff with feta mixture.

### DINNER AUBERGINE, LAMB & POMEGRANATE

490 CALS Serves 2



- 2 aubergines, halved lengthways
- 1tbsp olive oil
- 1 onion, finely chopped
- ½ tsp ground cumin;
- ½ tsp paprika;
- ½ tsp cinnamon
- 200g lean minced lamb
- 1tbsp pine nuts
- 1tbsp tomato puree
- 2tbsp seeds from a pomegranate
- Handful of flat-leaf parsley, chopped

PREHEAT oven to 220c/gas 7. Place aubergines in a roasting dish skin-side down. Lightly smear with olive oil, season and bake for 20 minutes. Meanwhile, heat the remaining oil in a pan, add the onion and spices and cook over a medium heat for 8 minutes. Add meat, pine nuts and tomato puree and cook for another 8 minutes. Just before the end, stir in pomegranate seeds. Remove aubergines from oven and divide lamb mixture between them. Return to oven for 10 minutes. Serve with parsley.

## TUESDAY

### BREAKFAST POACHED EGG WITH AVOCADO

200 CALS Serves 1

SCOOP out the flesh from half an avocado and cut it into thick slices. Sprinkle with a pinch of paprika. Poach an egg, place it on top of the avocado and season well.



### LUNCH NO-CARB PLOUGHMAN'S

290 CALS

Serves 1

ON A plate, arrange 1 cored, thickly sliced apple with 2 sticks of celery, a matchbox-sized piece of Cheddar, 2 slices of ham, a handful of walnuts and a dollop of chutney (look for a low-sugar option not a sweet pickle).

### DINNER

### VEG CURRY WITH CAULIFLOWER RICE

270 CALS Serves 3



- 1 courgette, diced
- 1 red onion, chopped
- 100g mushrooms, roughly chopped
- 1 small butternut squash, peeled and diced
- 1 red pepper, chopped
- 2-3 tsp curry paste of your choice
- 400g chopped tomatoes
- 1 large cauliflower
- Olive oil

HEAT a drizzle of oil in a large pan, add red onion and cook for 8 minutes until softened. Add diced courgette, chopped red pepper, chopped mushrooms and butternut squash. Mix in the curry paste of your choice and the tin of chopped tomatoes and bring to the boil. Allow the mixture to simmer for 25-30 minutes, adding a splash of water if needed.

To make the cauliflower rice, preheat the oven to 200c/gas 6. Discard the stalk of the cauliflower, place the florets in a food processor and blitz for 30 seconds. Transfer to a bowl, then add a drizzle of olive oil and toss gently. Spread the cauliflower into a thin layer on a baking tray and bake for 10 minutes.

## WEDNESDAY

### BREAKFAST NO-CARB BIRCHER

180 CALS

Serves 1

- 2tbsp ground flaxseeds
- 2tbsp plain yoghurt
- 1tbsp raisins
- Pinch ground cinnamon
- 50ml apple juice
- 1tbsp walnut pieces

POUR apple juice into a bowl and add the raisins. Chill in the fridge for at least 1 hour. When ready to eat, mix in the ground flaxseeds and yoghurt and sprinkle the cinnamon and walnut pieces over the top.

### LUNCH BEETROOT FALAFELS

290 CALS

Serves 2

- ½ tsp olive oil
- 1 red onion, chopped
- 1tsp cumin seeds
- Pinch cayenne pepper
- 4 mushrooms, chopped
- 1 x 400g tin chickpeas
- 250g raw beetroot, washed and grated
- 1 egg
- 1tbsp tahini paste
- 1tsp Squeeze lemon juice
- Vegetable oil, for brushing
- 2tbsp Greek yoghurt
- 1 bag rocket leaves



PREHEAT oven to 200c/gas 6. Fry onions for 5 minutes. Add cumin seeds, cayenne pepper and mushrooms and cook for 2 minutes, then transfer into a food processor with the chickpeas, two-thirds of the beetroot, egg, tahini and lemon juice. Whizz to a paste, transfer into a bowl, stir in

the remaining beetroot and season. With damp hands, shape into 8 balls and place on a lined baking sheet. Brush the balls with vegetable oil and bake for 25 minutes. Serve with Greek yoghurt and a handful of rocket.

### DINNER

### VEG FRITTATA

320 CALS

Serves 2

- Drizzle olive oil
- 3 spring onions, roughly chopped
- 2 cloves garlic, crushed
- 2 red peppers
- ½ x 400g tin chickpeas
- 1tsp smoked paprika
- 4 large eggs, beaten
- 100g baby spinach
- Pinch salt and freshly ground black pepper



DESEED peppers and cut in half. Brush lightly with oil, place skin-side up on a baking sheet and grill on high, until skin blackens. Place peppers in a heat-proof bag and seal. Leave to cool. Peel off charred skin and chop up the peppers. Heat oil in a large frying pan over a medium heat and saute spring onions and garlic. Add the pepper, chickpeas and paprika. Saute for 5 minutes. Add spinach and stir until it wilts. Mix in eggs and seasoning, then cook over a medium heat for 2 minutes. Preheat grill to high and slide pan under grill to set the top of the frittata. It will take a minute to become golden and puffed up.

## THURSDAY

**BREAKFAST**  
**PORTOBELLO 'TOAST'**  
WITH GOAT'S CHEESE  
AND PINE NUTS  
**150 CALS** Serves 1

- 2 portobello mushrooms
- 30g goat's cheese
- 1 tbsp pine nuts
- Handful of chives, snipped

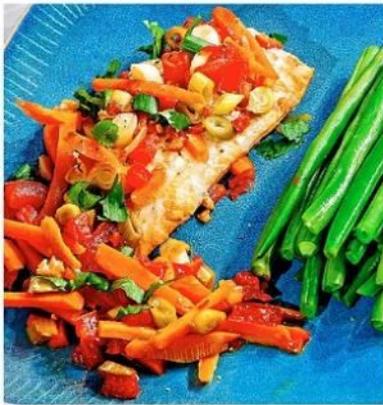


**TURN** grill to high. Place mushrooms on baking tray, drizzle with oil and season. Place under the grill for 3 minutes. Remove mushrooms from grill, add cheese and pine nuts. Return to the grill for a further 2 minutes. Sprinkle on the chives to serve.

**LUNCH**  
**SARDINE DIP**

**20 CALS**  
PLACE 2 tbsp soft cheese in a bowl. Add a small tin of drained, boned sardines and a squeeze of lemon juice. Season with plenty of black pepper and mix well. Have 1 celery stick, 1 carrot, a 3 in piece of cucumber and 1 red pepper — all cut into sticks — to dip.

**DINNER**  
**FOIL-STEAMED FISH**  
**370 CALS** Serves 2



- 2 pieces skinless fish fillet (halibut, cod, haddock, etc), 120g each
- 2 tomatoes, chopped
- 4 spring onions, trimmed and cut diagonally
- 1 red chilli, deseeded and shredded
- 1 carrot, peeled and cut into julienne strips
- Juice of a lime
- 1 tbsp soy sauce
- Handful fresh coriander, chopped
- 100g green beans, topped and tailed

**PREHEAT** oven to 220c/gas 7. Place each fish fillet on a sheet of kitchen foil and put on a large baking tray. In a bowl, mix the tomatoes, spring onions, chilli and carrot, then pile half of the mixture on top of each fish fillet. Divide the lime juice and soy sauce and drizzle over both fillets, then wrap in the foil to make a parcel. Bake in the oven for 15 minutes. Meanwhile, add the green beans to a pan of boiling water and allow to simmer for 4-5 minutes. Serve the fish alongside the beans, and scatter with fresh coriander.

## FRIDAY

**BREAKFAST**  
**ALMOND BUTTER WITH APPLE, SEEDS  
AND GOJI BERRIES** **110 CALS**  
Makes 4 portions of almond butter

- For the butter**
- 300g skin-on almonds
  - 2 tsp mixed seeds and goji berries
  - 1 apple, cored and sliced

**HEAT** the oven to 190c/gas 5. Place the almonds on a baking sheet and bake in the oven for 10 minutes. Remove from the oven and allow to cool, then place in a food processor and blitz until smooth. (The butter keeps in the fridge for 2-3 days). Serve 2 tbsp of the butter in a dish and sprinkle with the mixed seeds and goji berries; add apple wedges for dipping.

**LUNCH**  
**WARM HALLOUMI SALAD**  
**280 CALS** Serves 2



- ½ tsp chilli powder
- Handful of mint, roughly chopped
- Zest and juice ½ lemon
- 1 courgette, cut into 1 cm rounds
- 1 tbsp olive oil
- 150g pack halloumi cheese, cubed
- 4 handfuls rocket
- 1 red pepper, diced
- 1 tbsp sliced black olives

**MIX** chilli powder, half the mint, lemon zest and juice, oil, courgette and halloumi. Marinate for 30 minutes. Soak 8 wooden skewers for 20 minutes. Thread courgettes and halloumi on to skewers. Cook on a barbecue, or under a grill, for 7-8 minutes, turning halfway through and basting with marinade. Place rocket in a bowl with pepper, olives and remaining mint and marinade.

**DINNER**  
**SPICY CHICKEN AND LENTILS**  
**470 CALS** Serves 1

- ½ fennel, sliced
- ½ red onion, cut into wedges
- 1 clove crushed garlic
- Handful fresh thyme
- Drizzle olive oil
- Pinch chilli flakes
- 1 chicken breast
- 200ml vegetable stock
- ½ x 400g tin green lentils
- 50g mangetout

**PREHEAT** the oven to 200c/gas 6. Place the fennel, onion wedges, garlic and thyme in a roasting tin, drizzle with a little olive oil and sprinkle on the chilli flakes. Place the chicken breast on top. Roast for 20 minutes, then remove from the oven and reduce temperature to 150c/gas 2. Add stock and lentils to the tin, season well and return to the oven for another 20 minutes. Meanwhile, steam or boil the mangetout for 3-4 minutes and serve with the chicken.

## SATURDAY

**BRUNCH**  
**CHEESY BAKED BEANS** **260 CALS** Serves 1  
SEASON 2 portobello mushrooms and place under a grill for 2 minutes. Heat half a tin of baked beans in a pan, add a splash of Worcestershire sauce and melt in a handful of grated mozzarella. Serve on the mushrooms.

**DINNER**  
**STEAK WITH PEPPERCORN SAUCE**  
**510 CALS** Serves 2

- 200ml beef stock
- 100ml red wine
- 2 sirloin steaks (approx 225g each)
- Pinch steak seasoning
- 1 tsp butter
- 1 tsp olive oil
- 2 tbsp creme fraiche
- 2 tsp mixed peppercorns, roughly crushed
- Two large handfuls of mixed leaf salad

**POUR** stock and wine into a small pan, boil for about 10 minutes to reduce and season with salt. Flavour steaks with seasoning or rub and allow to reach room temperature. Place frying pan over a high heat and add butter and oil, add steaks to hot pan and, keeping heat high, give them 3 minutes on one side for medium or 2 minutes for rare. Turn over and give them 2 minutes on the other side for medium or 1 minute for rare. Pour in reduced stock, creme fraiche and crushed peppercorns. Stir well and cook for a further minute. Serve with a green salad.

## SUNDAY

**BRUNCH**  
**POACHED EGG AND SALMON STACK**  
**320 CALS** Serves 2

- 4 portobello mushrooms
- 2 handfuls watercress, roughly chopped
- 2 slices (approx 50g) smoked salmon
- 1 tbsp pine nuts, toasted
- 1 tbsp half-fat creme fraiche
- 1 tsp wholegrain mustard
- Squeeze lemon juice
- 2 eggs, poached and seasoned

**TURN** grill to high. Place mushrooms on baking tray, drizzle with oil and season. Place under grill for 3 minutes. Put a slice of smoked salmon on each mushroom. Mix together the creme fraiche, wholegrain mustard and lemon juice and spread over the salmon. Top each with a handful of watercress, a poached egg and a scattering of pine nuts.



**DINNER**  
**HARISSA CHICKEN** **420 CALS** Serves 2

- 2 skinless chicken breasts
- 4 tsp harissa paste
- 1 tbsp olive oil
- 1 tbsp pine nuts
- 4 large handfuls baby spinach leaves
- 2 spring onions, chopped
- ¼ cucumber, chopped
- 2 tomatoes, chopped
- 200g haricot beans, drained and rinsed
- 1 tbsp raisins
- Handful parsley, chopped
- Handful mint, chopped

**PREHEAT** oven to 170c/gas 3. Smear each chicken breast with 2 tsp harissa paste and place in ovenproof dish. Drizzle over oil, season and bake for 20-25 minutes until cooked through. Remove from oven, allow to cool slightly, then shred. Put pine nuts in a dry frying pan and place over a medium heat to toast — remove as soon as they turn golden. Place spinach leaves in a bowl and add spring onions, cucumber, tomatoes, beans, raisins and herbs. Place chicken on top and sprinkle with pine nuts.

## MONDAY

### BREAKFAST SCRAMBLED EGG WITH CHILLI CHEESE

230 CALORIES Serves 1

SCRAMBLE 2 eggs with ½ tsp finely chopped chilli. When the eggs are half-cooked, add a handful of grated Parmesan cheese and continue cooking until done to your liking.

### LUNCH MINTED PEA HUMMUS

170 CALS Makes 3 portions and can be kept in the fridge for 2 to 3 days

- 200g cooked peas
- 1 garlic clove, crushed
- 1 tbsp tahini
- Squeeze lemon
- 1 tbsp tinned chickpeas
- 2 tbsp olive oil
- Handful mint leaves



PLACE all ingredients in a food processor and blitz to form a thick paste. Add 1 tbsp to 2 tbsp water, then blitz again. Serve with your choice of vegetable crudites.

### DINNER CHICKEN AND ASPARAGUS SALAD

270 CALS Serves 2



- 2 skinless chicken breasts
- 1 bundle asparagus (about 200g), tough ends snapped off and discarded
- 1 red pepper, deseeded and thinly sliced
- Olive oil, for drizzling
- 2 tbsp yoghurt
- 1 tbsp sour cream
- 1 tbsp white wine vinegar
- 1 tbsp chopped dill
- ½ clove garlic, crushed
- 120g bag mixed salad leaves
- 2 tbsp pine nuts, toasted
- Salt and freshly ground black pepper

PREHEAT the oven to 220c/gas 7. Arrange the chicken, asparagus and red pepper in a large, shallow roasting tin and drizzle with olive oil to coat. Season well and then roast in the oven for 20 minutes, mixing after ten minutes, until the chicken is cooked through and the vegetables are tender and starting to caramelise. In a small bowl, whisk together the yoghurt, sour cream, vinegar, and garlic to make a dressing. Season to taste. Divide the salad leaves between two plates, scatter the pine nuts over the top and add the chicken and vegetables. Serve with the dressing.

## TUESDAY

### BREAKFAST YOGURT WITH PASSION FRUIT AND ALMONDS 170 CALS Serves 1

- 150g plain yogurt
- 1 passion fruit
- 1 tbsp flaked almonds, lightly toasted

TOAST the flaked almonds in a dry frying-pan over a low heat for a few minutes, until they turn golden. Remove from the pan and allow to cool. Spoon the yogurt into a bowl and stir in the almonds. Cut the passion fruit in half, scoop out the seeds and stir them into the yogurt.

### LUNCH BEETROOT, APPLE AND CANNELLINI BEAN SOUP 200 CALS

Makes 3 portions; can be kept in the fridge for 3 days or frozen for up to a month

- 1 tbsp olive oil
- 2 medium onions
- 2 bramley apples, peeled and quartered
- 1 x 400g cannellini beans, drained
- 2 star anise
- 1 tsp cumin seeds
- 500g raw beetroot, grated
- 1 litre chicken or veg stock
- Salt and freshly ground black pepper
- Handful of chives, chopped
- Greek yogurt, to serve

PUT the oil in a large saucepan over a medium heat, then add the cumin seeds and chopped onions and cook for 10 minutes with the lid on. Add the grated beetroot and apple, stir well, replace the lid and cook for a further 10 minutes. Pour in the stock, turn up the heat, add the star anise and season. Bring to the boil. Simmer for 5 minutes. Remove from the heat, take out the star anise and blitz the soup in a blender until pureed. Return to the pan, add the beans and allow to simmer for 20 minutes. Serve with a swirl of Greek yogurt and some chopped chives.

### DINNER FISH PIE WITH CELERIAC TOPPING

470 CALS Serves 4

- 2 celeriac, peeled, diced
- 1 tbsp milk
- 1 tbsp butter
- Salt and pepper
- Drizzle olive oil
- 1 large onion, diced
- 2 leeks, finely sliced
- 2 tbsp fresh parsley
- 1 tbsp fresh dill, chopped
- 400g white fish fillets
- 100g mushrooms
- 1 bay leaf
- 150g peeled prawns
- 250ml milk



PREHEAT oven to 180c/gas 4. Make celeriac mash by boiling the celeriac for about 10 minutes until tender. Drain, transfer to blender, add a little of the milk, butter and salt and pepper and whiz to a puree, then set aside. Heat the olive oil in a large pan and cook the onion, leeks and herbs for a few minutes. Remove to a plate. In same frying pan, cook the mushrooms until lightly golden, then set aside with the onion and leeks. Place the fish, in chunks, and prawns in a large pan, add milk and the bay leaf and bring to boil. Poach for 4 mins. Remove the fish and prawns from the pan and set aside but keep the milk, removing any bones or skin and the bay leaf. Arrange the fish on an ovenproof serving dish, layer the mushrooms, onions and leeks on top. Add 3-4 tbsp of the cooking milk to the dish. Cover with mashed celeriac and cook in the oven for 15 mins.

## WEDNESDAY

### BREAKFAST BLUEBERRY AND GREEN TEA SHAKE

100 CALS Serves 1

- 1 green teabag
- 50g blueberries
- 1 tbsp almonds
- 200ml water
- 2 tbsp Greek yoghurt
- 1 tbsp flaxseeds

ADD the teabag to boiling water and steep for 4 minutes. Remove the bag and chill tea in fridge (ideally overnight). Put in a blender with other ingredients and whizz together.

### LUNCH CHICKEN, BUTTERBEAN AND WALNUT SALAD 270 CALS Serves 2



- 200g diced chicken breast
- 2 sprigs of rosemary, leaves picked and finely chopped
- 1 clove garlic, finely chopped
- Drizzle olive oil
- 50g green beans, trimmed
- 100g tin butter beans, drained and rinsed
- 1 red onion, very thinly sliced
- 1 tbsp walnut pieces

#### For the dressing

- 1 tbsp olive oil
- 1 tbsp wholegrain mustard
- 1 tbsp white wine vinegar

PLACE chicken, rosemary and garlic in a bowl, drizzle with olive oil and toss together. Put a non-stick frying pan over a medium heat and add chicken pieces. Cook, stirring, for ten minutes or until chicken is browned and cooked through. Meanwhile, bring a pan of water to boil and add green beans. Boil for two minutes, add butter beans and cook for a further two minutes until the green beans are tender. Drain well. In a large serving bowl, mix the warm chicken, beans, red onion and walnuts. Whisk the oil, mustard and vinegar to make a dressing. Pour over chicken dish and toss gently to combine.

### DINNER CRABCAKES 440 CALS Serves 1

- 100g crab meat
- Pinch paprika
- 1 tsp mayonnaise
- Handful parsley, roughly chopped
- Drizzle olive oil
- 3 broccoli florets
- 1 tbsp tinned sweetcorn
- Worcestershire sauce
- 1 spring onion, chopped
- Juice half a lemon
- Flour for dusting
- Freshly ground black pepper

IN A bowl, mix the crab meat, sweetcorn, paprika, a splash of Worcestershire sauce, mayonnaise, spring onion and parsley. Season and stir in lemon juice. Place the bowl in the fridge for a few hours.

Sprinkle some flour, seasoned with black pepper, on a clean surface and on your hands and shape the crab mixture into two patties. Heat a little oil in a non-stick frying pan. When hot, fry the crabcakes for three minutes on each side. Serve with steamed broccoli.

## THURSDAY

### BREAKFAST NO-CARB BIRCHER

**180 CALS** Serves 1

- 50ml apple juice
- 2 tsp ground flaxseeds
- Pinch ground cinnamon
- 1 tbsp raisins
- 2 tbsp plain yoghurt
- 1 tbsp walnut pieces

**POUR** the apple juice into a bowl and add raisins. Chill in the fridge for at least 1 hour or overnight. When ready to eat, mix with the ground flaxseeds and yoghurt and sprinkle the cinnamon and walnut pieces over the top.

### LUNCH BACON AND AVOCADO LETTUCE CUP **290 CALS** Serves 1

**GRILL** two rashers of lean back bacon and, when cool enough to handle, cut into fine strips. Dice a radish and put in a bowl with the bacon and the flesh of half an avocado. Use the back of a spoon to combine together gently so the bacon and radish are held in the crushed avocado. Separate the leaves of a gem lettuce and add a dollop of avocado mix to each leaf.



### DINNER GRIDDLED CHICKEN ON WHITE BEAN MASH **460 CALS** Serves 2



- 2 skinless chicken breasts
- 1 tbsp olive oil
- Salt and black pepper
- 1 shallot, finely chopped
- 1-2 garlic cloves, chopped
- 1 x 400g tin cannellini beans, drained and rinsed
- Large handful of flat-leaf parsley
- Steamed green beans and/or broccoli to serve

**DRIZZLE** a little of the olive oil onto the chicken breasts and season well with a pinch of salt and plenty of black pepper. Heat a griddle pan and cook the chicken breasts for ten minutes, turning regularly, or until golden and cooked through. Meanwhile, heat the remaining oil in a saucepan and add the shallot. Cook gently for five minutes, then add garlic cloves and cook for another two minutes until soft. Add the cannellini beans and mash roughly, adding a little stock or water to loosen it. Stir in the parsley with plenty of seasoning. Serve with the green vegetables on the side.



## FRIDAY

### BREAKFAST PORTOBELLO 'TOAST' WITH WILTED SPINACH AND CHICKPEAS

**150 CALS** Serves 1

- 2 portobello mushrooms
- Drizzle olive oil
- 2 handfuls spinach
- Pinch nutmeg
- 2 tbsp tinned chickpeas, drained and rinsed
- Pinch paprika

**TURN** the grill to high. Place the mushrooms on a baking tray, drizzle with the oil and season with a pinch of salt and plenty of black pepper. Place under the grill for three minutes. Meanwhile, put the spinach in a small pan with a splash of water and place on a medium heat until wilted. Drain and sprinkle with nutmeg. Place the chickpeas in a bowl, sprinkle with paprika and roughly mash with a fork. Divide the spinach and chickpeas between the two mushrooms.

### LUNCH CRAYFISH SALAD

**250 CALS** Serves 1

- 1 small shallot
- 1 clove garlic
- Half a red chilli
- 1 tbsp olive oil
- 1 tbsp fish sauce
- Juice of a lemon
- 1 tbsp white wine vinegar
- 100g crayfish
- 4 radishes, halved
- ¼ cucumber, diced
- 1 stick celery, chopped
- 2 large handfuls rocket



**TO MAKE** dressing, chop the shallot, garlic and chilli and place in a jam jar with oil, fish sauce, lemon juice and vinegar. Shake well. Arrange the crayfish with the salad and dress with 1 tbsp of the dressing.

### DINNER CAULI 'RICE' WITH CHICKEN AND PEA PILAF

**200 CALS** 1 cauliflower will serve 4

**CUT** hard core and stalks from cauliflower and pulse the rest in a food processor until the size of rice. Then, tip into a heatproof bowl, cover with cling film, pierce and microwave for seven minutes on high (no need to add water) or spread the cauli grains on a tray and bake in a medium oven for ten to 15 minutes. Stir in chopped fresh coriander or toasted cumin seeds. Heat a drizzle of oil in a pan, add 100g cooked chicken pieces and 2 tbsp frozen peas. Cook until peas soften, then mix in cauli rice.

## SATURDAY

### BRUNCH NO-CARB WAFFLES **290 CALS** Serves 1

- 2 egg whites
- 1 whole egg
- ½ tsp baking powder
- 2 tbsp coconut flour
- 2 tbsp milk
- Strawberries to serve

**WHIP** whites to peaks. Stir in coconut flour, milk of choice, baking powder and a whole egg. Heat up waffle iron (or hot frying pan) and grease or spray. Pour in batter and cook until browned, about 3-4 minutes. Serve with strawberries.

### DINNER SKINNY CHILLI

**460 CALS** Serves 8

- 500g mushrooms
- 2 tbsp rapeseed oil
- 500g beef mince
- 2 red onions, finely chopped
- 2 sticks celery, roughly chopped
- ½-1 tbsp dried chilli flakes
- ½ tsp cumin powder
- 2 x 400g tin chopped tomatoes
- 400g tin black-eyed beans, drained and rinsed
- Salt and freshly ground black pepper
- Handful coriander
- ½ tsp dried oregano
- 500ml beef or veg stock
- 400g tin kidney beans, drained and rinsed
- 1 cinnamon stick
- 75g plain chocolate, roughly chopped
- Greek yogurt to serve



**PRE-HEAT** oven to 150c/gas 2. Blitz mushrooms in food processor. Heat half the oil over a medium-high heat in a large casserole dish. Add beef mince and fry. Remove from pan and set aside. Add remaining oil to pan and cook onions and celery for 3-4 minutes. Stir in mushrooms, chilli flakes, cumin and oregano. Cook for 3 minutes. Return mince to pan, stir in tomatoes, stock, kidney beans and black-eyed beans. Snap cinnamon stick in half and add. Bring to boil, then reduce the heat and cover. Cook in the oven for 2-3 hours. Stir in the chocolate pieces and scatter chopped coriander. Serve with yogurt.

## SUNDAY

### BRUNCH VEGETABLE FRITTATA **270 CALS**

For recipe, see yesterday's pullout, or go to [www.dailymail.co.uk/diabetesdietweek1](http://www.dailymail.co.uk/diabetesdietweek1)

### DINNER PORK WITH APPLES AND SHALLOTS

**450 CALS** Serves 8

- 1 boneless rolled pork leg joint (approx 3.5 kg)
- 2 leeks, diagonally sliced
- 16 shallots
- 1 tbsp of butter
- 8 garlic cloves, crushed
- 1 bunch fresh sage
- 5 tbsp olive oil
- 6 apples, quartered
- 1 glass cider

**HEAT** oven to 240c/gas 9. Unroll pork and score. Mix garlic, sage, salt and pepper and 3 tbsp of oil and spread over meat. Roll and tie pork. Place leeks in roasting dish, toss with 2 tbsp oil then sit pork on top. Roast for 25 minutes. In a frying pan, brown shallots and apple wedges in butter. Reduce oven to 180c/gas 4. Place shallots and apple around pork and roast for 45 mins to 1 hr, until a meat thermometer reads 75-80c. Remove pork, apples and shallots from oven and keep warm. Strain pan juices into a saucepan, add cider, bring to boil then simmer until thickened. Serve with apples, shallots and gravy.

# MONDAY

## BREAKFAST

### AVOCADO WITH TUNA AND SPRING ONION

**200 CALS** Serves 1

SCOOP flesh from half an avocado and place in bowl. Add small tin of tuna, drained (from water, not oil), and a squeeze of lemon juice. Mash together and mix in a chopped spring onion. Serve on slices of beef tomato.

## LUNCH

### CHICKPEA AND HAZELNUT SALAD **270 CALS** Serves 2

- 100g butternut squash, peeled and diced
- 1 tbsp olive oil
- ½ tsp allspice
- 80g green beans
- 200g tin chickpeas, drained and rinsed
- 1 tbsp hazelnuts
- 2 handfuls watercress leaves
- 8 cherry tomatoes, cut in half
- 2 spring onions, roughly chopped
- ½ cucumber
- 1 tbsp balsamic vinegar

HEAT oven to 190c/gas 5. Place butternut squash in a saucepan, cover with boiling water and simmer for 5 minutes. Drain, then spread out on a baking sheet. Drizzle with half the oil, sprinkle on allspice and bake for 15 minutes. Steam green beans and set aside. Put butternut squash in a bowl and add chickpeas, hazelnuts, watercress, tomatoes, spring onions, cucumber and beans. Toss together and dress with remaining olive oil and balsamic vinegar.

## DINNER

### COURGETTI PRAWNS

**390 CALS** Serves 2

- 1 leek (or 2 baby leeks), thickly sliced
- 1 courgette, spiralsised or shaved into ribbons with a peeler
- 1-inch piece fresh ginger, peeled and grated
- ½ red chilli, finely chopped
- 1 clove garlic
- Juice 1 lemon
- 1 tbsp olive oil
- ½ x 400g tin cannellini beans
- 200g raw prawns
- 2 handfuls of fresh coriander, roughly chopped
- Salt and freshly ground black pepper



STEAM leeks for 4-5 minutes until tender, add courgettes for the final 2 minutes. Set aside. Using small grinder, processor or pestle and mortar, make a paste with the ginger, chilli, garlic and lemon juice. Heat oil in pan over medium heat, tip in paste and saute for a couple of minutes. Add prawns and beans. Cook for 10 minutes until prawns are pink and cooked through. Add the leeks and courgettes to pan and toss together. Add salt and pepper to taste. Scatter with chopped coriander before serving.

# TUESDAY

## BREAKFAST

### SCRAMBLED EGGS WITH TOMATO AND CHIVE

**200 CALS** Serves 1  
WHISK two eggs with a pinch of salt and plenty of black pepper. Heat knob of butter in a pan and add the eggs. Push eggs around pan for 30 seconds to 1 minute until cooked to your liking. Stir in a sprinkle of snipped chives. Serve on a couple of thick slices of beef tomato.

## LUNCH

### SPANISH CHICKPEA AND SPINACH SOUP

**210 CALS** Makes 2 portions  
● 50g Spanish chorizo, diced  
● 1 tsp olive oil  
● 1 large leek, rinsed well and thinly sliced  
● 1 red pepper, diced  
● 2 medium cloves garlic, finely chopped  
● Pinch of chilli flakes  
● 1 tsp paprika  
● 1 tsp tomato puree  
● 1 litre chicken stock  
● 200g tinned chickpeas, drained and rinsed  
● 150g baby spinach leaves



PLACE a small non-stick pan over medium heat and add the chorizo; allow to cook, stirring occasionally, for about 5 minutes until most of the fat melts out. Set aside to drain on paper towels and discard fat. Add the olive oil to large pan and place over medium heat. Add leek and cook, stirring frequently, for about 5 minutes until just soft. Add pepper, garlic, chilli flakes and paprika and cook for 1 minute. Add tomato puree and cook, stirring frequently, for a further

2 minutes. Add stock and chickpeas and bring to the boil. Reduce heat to simmer, partially cover and cook for 20 minutes. Finally, add spinach leaves and cooked chorizo and heat through for a further 2 minutes until spinach is wilted.

## DINNER

### STIR-FRY CHICKEN WITH LIME AND COCONUT MILK

**340 CALS** Serves 2  
● 2 tsp rapeseed oil  
● 2 skinless chicken pieces

- 1 green chilli, deseeded and finely chopped
- 150ml coconut milk
- 1 tbsp Thai fish sauce
- 4 spring onions, chopped
- Large handful of coriander, chopped
- Juice of 1 lime

HEAT oil in wok over a high heat, add chicken pieces and stir-fry for 5 minutes, until golden brown. Add the chilli, stir-fry for 1 minute then add the coconut milk, fish sauce, coriander and spring onions. Cook for another 3 minutes, then serve, drizzled with the lime juice. You could serve with 2 tbsp of cooked brown rice (adds 70 cal).

# WEDNESDAY

## BREAKFAST

### MELON, SPINACH AND BLUEBERRY SHAKE

**130 CALS** Serves 1  
● ¼ Gala melon, chopped  
● 50g blueberries  
● 200ml unsweetened almond milk  
● 2 handfuls spinach leaves  
● Sprinkle sunflower seeds

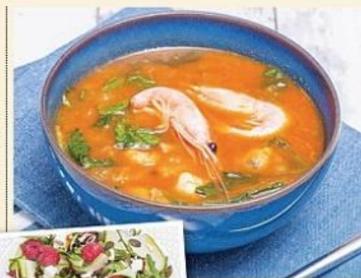
PUT melon, berries, spinach and milk into a blender. Whizz until smooth. Stir in seeds and pour into a container or flask. Leave to chill in fridge for at least an hour.

## LUNCH

### COURGETTE AND FETA SALAD

**270 CALS** Serves 1  
● 1 courgette  
● 2 large handfuls rocket  
● 50g raspberries  
● 1 tbsp balsamic vinegar  
● 1 tbsp pumpkin seeds  
● 40g feta  
● 1 tsp olive oil  
● Handful mint

PEEL courgette into long ribbons using a spiralsiser or potato peeler. Mix with rocket and raspberries. Drizzle with olive oil and balsamic vinegar and top with feta, seeds and some torn mint leaves.



- 300ml chicken stock
- 250g fresh seafood (prawns, crab, white fish)
- 200g (½ tin) chopped tomatoes
- 2-3 handfuls spinach leaves

HEAT oil in a large pan, add the shallot, fennel and garlic and cook for 5 minutes until softened. Add vermouth and let the mixture bubble for a minute. Pour in the chicken stock and tomatoes and bring to the boil. Simmer for 15 minutes, then stir in the seafood and spinach to heat through. Season to taste.

## DINNER

### FRENCH FISH STEW

**390 CALS** Serves 2  
● Drizzle olive oil  
● 1 shallot, finely chopped  
● Splash of vermouth or dry white wine  
● 1 clove garlic, finely chopped  
● Splash of vermouth or dry white wine

## THURSDAY

### BREAKFAST COTTAGE CHEESE WITH PEAR AND WALNUTS

**210 CALS** Serves 1  
SPOON 100g cottage cheese into a bowl. Core and dice a small pear. Stir into cheese and scatter over a handful of chopped walnuts.

### LUNCH LETTUCE CUP WITH CRAB AND MUSTARD

- 210 CALS** Serves 1
- 1 gem lettuce
  - 100g white crab meat
  - 1 tbsp creme fraiche
  - 1 tsp capers
  - 1 tsp Dijon mustard
  - Squeeze of lemon juice
  - Handful chopped dill

MIX crab meat with creme fraiche, mustard, lemon juice, dill and capers. Separate the leaves of the lettuce and add a dollop of filling to each leaf.

### DINNER HARISSA CHICKEN

- 420 CALS** Serves 2
- 2 skinless chicken breasts
  - 4 tsp harissa
  - 1 tbsp olive oil
  - 4 handfuls baby spinach
  - 1 tbsp pine nuts
  - ¼ cucumber



- 2 spring onions
- 2 tomatoes, roughly chopped
- 1 tbsp raisins
- Handful mint
- 200g haricot beans, drained and rinsed
- Handful flat-leaf parsley

PREHEAT oven to 170c/gas 4. Smear each chicken breast with 2 tsp of harissa paste and place in an ovenproof dish. Drizzle over the oil, season and bake in the oven for 20-25 minutes until cooked through. Remove from oven, allow to cool then shred. Put pine nuts in a dry frying pan and place over a medium heat for a few minutes to toast — remove from heat as soon as they turn golden as they can burn quickly. Place spinach leaves in a bowl and add the spring onions, chopped cucumber, tomatoes, beans, raisins and herbs. Place chicken on top and sprinkle on the pine nuts.

## FRIDAY

### BREAKFAST NO-CARB BIRCHER

- 180 CALS** Serves 1
- 50ml apple juice
  - 2 tbsp ground flaxseeds
  - 2 tbsp yoghurt
  - 1 tbsp raisins
  - Pinch ground cinnamon
  - 1 tbsp walnuts

POUR apple juice into a bowl and add raisins. Chill in the fridge for at least 1 hour or overnight. When ready to eat, mix with the ground flaxseeds and yoghurt and sprinkle the cinnamon and walnut pieces over the top.

### LUNCH GRAPEFRUIT AND MANCHEGO SALAD

- 280 CALS** Serves 2
- 1 pink grapefruit
  - 80g manchego cheese (or Cheddar), diced
  - 1 avocado, flesh diced
  - Juice 1 lime
  - 1 tbsp olive oil
  - ½ bulb fennel, thinly sliced
  - 1 tbsp balsamic vinegar
  - Large handful coriander, chopped

PEEL grapefruit and separate segments with a knife, catch juice in a bowl. Place cheese, avocado and fennel with grapefruit and juice in a bowl and toss together. Make up dressing by mixing lime juice, oil and vinegar. Pour over the salad and sprinkle on the fresh coriander.

## DINNER

### BRAISED COD WITH LETTUCE AND PEAS

- 440 CALS** Serves 1
- 100g frozen peas
  - 1 small gem lettuce, shredded
  - 1 tbsp olive oil
  - 140g boneless cod or white fish fillet
  - Salt and freshly ground black pepper
  - 2 spring onions, thickly sliced
  - 1 tbsp creme fraiche
  - Juice of ½ lemon



PLACE peas in pan of boiling water. Cook for 5 minutes, add lettuce and cook for a further 2 minutes. Drain well using a colander, then place the colander on in an empty pan and return to heat for 1 minute; to allow peas and lettuce to steam, removing excess water.

Heat the oil in large pan over a medium heat, season cod well with a pinch of salt and freshly ground black pepper and place in pan with the spring onions, cook for 3-4 minutes each side. Add lettuce, peas, creme fraiche and lemon juice to pan and cook together for a further 2 minutes until gently heated though.

## SATURDAY

### BRUNCH BAKED EGGS WITH MINTED PEA AND FETA SALAD

- 330 CALS** Serves 4
- 1 tsp butter
  - 3 large eggs
  - 125ml half-fat creme fraiche
  - 1 tbsp grated parmesan
  - Handful fresh basil leaves
  - 300g peas
  - 3 tbsp chopped mint
  - 1 avocado
  - Juice of a lemon
  - Olive oil
  - 50g fresh spinach leaves
  - 100g feta, crumbled

PREHEAT oven to 180c/gas 4 and grease 4 holes of a 12-hole muffin tray with butter. Whisk the eggs, creme fraiche, parmesan and basil leaves in a bowl until well combined and season with salt and black pepper. Divide the mixture among the muffin holes and bake in the oven for 10-12 minutes until the eggs are just set. Meanwhile, mix the peas, mint, avocado, lemon juice and olive oil in a bowl. To serve, divide the spinach on to 4 plates and spoon some pea and mint salad on top. Sprinkle over the crumbled feta and serve with the baked eggs.



### DINNER LAMB AND PINE NUT MEATBALLS WITH MOROCCAN SALAD

- 480 CALS** Serves 2
- For the meatballs**
- 200g minced lamb
  - 1 small onion, grated
  - 2 garlic cloves, crushed to a paste
  - 50g pine nuts, lightly toasted and chopped
  - ½ tsp paprika
  - ¼ tsp ground allspice
  - ½ tsp ground cumin
  - 1 egg white, lightly whisked
  - Small bunch fresh parsley, finely chopped
  - Small bunch of fresh mint, finely chopped

- 1 tbsp vegetable oil
- Salt and freshly ground black pepper
- For the salad
- 100g baby spinach leaves
- 1 tbsp sliced almonds
- ½ cucumber, peeled, seeded and cut into small chunks
- 2 tbsp chickpeas, drained and rinsed
- 2 spring onions, roughly chopped
- 1 tsp olive oil
- 1 tbsp balsamic vinegar
- Squeeze juice from ½ a lemon

IN A LARGE bowl, mix minced lamb, onion, garlic, pine nuts, paprika, allspice and cumin. Add the lightly whisked egg white and mix again. Stir in chopped fresh herbs and season to taste with salt and freshly ground black pepper. Shape the mixture into 6 evenly sized balls. Heat vegetable oil in frying pan and fry the meatballs over a medium heat, turning occasionally, for 10 minutes, until golden brown on all sides and completely cooked through. Place the spinach leaves in a bowl. Add the sliced almonds, cucumber, chickpeas, onions, balsamic vinegar, olive oil and lemon juice and toss together. Serve with the meatballs.

## SUNDAY

### BRUNCH SKINNY KEDGEREE

- 360 CALS** Serves 2
- 1 cauliflower
  - 1 tbsp olive oil
  - 2 eggs
  - 1 red onion, chopped
  - 1 red chilli, finely chopped
  - 2 tbsp medium curry powder
  - 1 tsp mustard seeds
  - 1 tsp cayenne pepper
  - 2 smoked mackerel fillets, flaked
  - 4 spring onions, sliced
  - Handful flat-leaf parsley
  - Salt and freshly ground black pepper

TO MAKE cauliflower rice: preheat oven to 200c/gas 6. Discard the stalk and blitz florets in food processor for 30 seconds. Transfer to a bowl with drizzle of olive oil, spread out on a tray and bake for 10 minutes. Meanwhile, boil eggs for 7 minutes. Heat oil in a pan over a medium heat and soften onion and chilli for 5 minutes. Add spices and fry for a further 1-2 minutes. Stir the cauliflower into the onion mixture and add the mackerel. Season well and heat through for a few minutes. Peel and quarter boiled eggs. Stir spring onions and parsley into the mixture, divide

between two bowls and top with the egg quarters.

### DINNER SPICY TURKEY AND APRICOT BURGERS WITH SALAD

- 460 CALS** Serves 2
- For burgers**
- 5 mushrooms
  - 250g turkey mince
  - ½ onion, finely chopped
  - 6 dried apricots, sliced
  - 1 tbsp flat-leaf parsley
  - 1 tsp baharat spice mix
  - 1 egg, beaten
  - 1 tbsp olive oil
  - 3 spring onions
  - 100g rocket
  - 50g blanched almonds
  - 50g pomegranate seeds
  - 100g cherry tomatoes
  - Squeeze lemon juice

BLITZ mushrooms in food processor. Place all other burger ingredients in a bowl, season and mix together. Form evenly sized, small balls. Heat oil in a frying pan and sear the balls for 5 minutes, then turn down the heat and cook for 10 minutes until cooked through. Remove from the pan and keep warm. Fry chopped spring onions for 3 minutes then toss with rocket. Add almonds, pomegranate, tomatoes and lemon juice and serve with burgers.

## MONDAY

### BREAKFAST YOGHURT WITH RHUBARB COMPOTE

160 CALS Serves 1

- 500g rhubarb, trimmed and cut into small chunks
- Zest and juice 1 orange
- Zest and juice 1 lemon
- Knob fresh ginger, peeled and finely chopped
- 150g plain yoghurt

PREHEAT oven to 180c/gas 4. Put the rhubarb, orange and lemon zest and juice, and ginger in a dish. Cook in the oven, uncovered, for 30 to 40 minutes. Allow to cool and then transfer to an airtight container. It will keep in the fridge for up to two days. Swirl 2 tbsp of the rhubarb mixture through the yoghurt to serve.

### LUNCH MEDI PLATTER

220 CALS Serves 1

ON A plate, put 2 tbsp of hummus, a matchbox-sized piece of feta, a small handful of olives, 2-3 anchovies, 1 thinly sliced red pepper, a 3in piece of cucumber cut into sticks and a handful of cherry tomatoes.



### DINNER BRAISED COD WITH LETTUCE AND PEAS

440 CALS See yesterday's pullout or go to [www.dailymail.co.uk/diabetesdietweek3](http://www.dailymail.co.uk/diabetesdietweek3)

## TUESDAY

### BREAKFAST SCRAMBLED EGG WITH TOMATO AND CHIVE

200 CALS Serves 1

CRACK 2 small eggs into a bowl and whisk together with a pinch of salt and plenty of black pepper. Heat a knob of butter in a pan and add the eggs. Use a spatula to push the eggs around the pan for 30 seconds to 1 minute until cooked to your liking. Stir in a sprinkle of snipped chives and serve on a couple of thick slices of beef tomato.

### LUNCH PRAWN PHO

170 CALS Makes 2 portions

- 1 litre vegetable stock
- 50g baby sweetcorn
- Handful beansprouts
- 50g mangetout
- 50g sugar snap peas
- Knob ginger, peeled and grated
- 1 tbsp fish sauce
- Juice from half a lime
- 12 large prawns, shelled and deveined
- Handful each of basil leaves, mint, coriander
- ½ red chilli, finely sliced

POUR the stock into a large saucepan and bring to the boil, add the sweetcorn, beansprouts, mangetout, peas and ginger and cook for 3-4 minutes. Add the fish sauce and lime juice, and season. Cook prawns in the broth until pink, it should take about 2-3 minutes. Serve topped with the herbs and red chilli.

### DINNER SMOKED MACKEREL AND ORANGE SALAD

460 CALS Serves 2

- 200g small beetroot
- 2 tbsp red wine vinegar
- 1 tbsp olive oil
- 1 head chicory



- Zest and juice of ½ orange
- 2 oranges
- Pinch salt and freshly ground black pepper

- 2 spring onions, sliced diagonally
- 2 small smoked mackerel fillets
- 20g walnut halves

**HEAT** the oven to 200c/gas 6. Put the beetroot in a roasting tin with a couple of centimetres of water in the bottom. Cover with foil and roast in the oven for 30 minutes. Meanwhile, put the vinegar, juice, zest and oil into a screw-top jar, season with salt and pepper and shake until well combined. When they are done,

remove the beetroot from the oven — they should be tender when pierced with a knife. When they are cool enough to handle, peel off the skins, top and tail them and slice into rounds. Toss them in a little of the dressing in the jar. Peel the oranges, following the contour of the fruit, then cut each one into thin slices. Trim the head of the chicory and separate the leaves, discarding the outer ones. Arrange the leaves in a salad bowl and then add the cooked, sliced beetroot, orange rounds and chopped spring onion. Flake the smoked mackerel fillets on top, add the walnut halves and drizzle with the remaining dressing.

# WEDNESDAY

## BREAKFAST

### YOGHURT WITH PASSION FRUIT AND ALMONDS

170 CALS Serves 1

- 150g pot plain yoghurt of your choice
- 1 tbsp flaked almonds
- 1 passion fruit

**TOAST** the flaked almonds in a dry frying pan over a low heat for a few minutes until they turn golden. Remove from the pan and allow to cool. Tip the yoghurt into a bowl and stir in the almonds. Cut the passion fruit in half, scoop out the seeds and stir them into the yoghurt.

## LUNCH

### CHICKPEA AND HAZELNUT SALAD

270 CALS Serves 2

- 100g butternut squash, peeled and diced
- 1 tbsp olive oil
- ½ tsp allspice
- 80g green beans, drained and rinsed
- 200g tin chickpeas, drained and rinsed
- 1 tbsp hazelnuts
- 2 handfuls watercress leaves
- 8 cherry tomatoes, halved
- 2 spring onions, roughly chopped



- ½ cucumber, chopped into small chunks
- 1 tbsp balsamic vinegar

**PREHEAT** the oven to 190c/gas 5. Place the butternut squash in a pan, cover with boiling water and simmer for five minutes, drain well and spread out on a baking sheet. Drizzle with half the olive oil, sprinkle on the allspice and bake in the oven for 15 minutes until golden. Steam green beans and set aside. Transfer the baked butternut squash into a bowl and add the remaining ingredients. Toss together and dress with the leftover olive oil and balsamic vinegar.

## DINNER

### COURGETTI PRAWNS

390 CALS Serves 2

- 1 leek (or 2 baby leeks), thickly sliced
- 1 courgette, spiralised or shaved into ribbons with a peeler
- 1 in piece of fresh ginger, peeled and grated
- ½ red chilli, chopped
- 1 clove garlic, crushed
- Juice 1 lemon
- 1 tbsp olive oil
- 200g raw prawns
- ½ x 400g tin cannellini beans, drained and rinsed



- 2 handfuls of fresh coriander, chopped
- Salt and freshly ground black pepper

**STEAM** the leeks for five minutes until tender, adding the courgette ribbons for final two minutes. Set aside. Using a small grinder, food processor or pestle and mortar, make a paste with the ginger, chilli, garlic and lemon juice. Heat the olive oil in a pan over a medium heat, tip in the paste and saute for a couple of minutes. Add the prawns and beans and cook for ten minutes until the prawns are cooked through. Add the leeks and courgette to the pan and toss together. Season and scatter with the chopped coriander.

# THURSDAY

## BREAKFAST

### SCRAMBLED EGG WITH CHILLI CHEESE

230 CALS See Tuesday's pullout or go to [www.dailymail.co.uk/diabetesdietweek2](http://www.dailymail.co.uk/diabetesdietweek2)

## LUNCH

### MINTED PEA HUMMUS

170 CALS

This makes 3 portions and can be kept in the fridge for 2-3 days.

- 200g cooked peas
- 1 garlic clove, crushed
- 1 tbsp tahini
- Squeeze lemon
- 1 tbsp tinned chickpeas
- 2 tsp olive oil
- Handful mint leaves

**PLACE** everything in a food processor and blitz to form a thick paste. Add 1-2 tbsp water, then blitz again. Serve with veg crudités.

## DINNER

### SPICY CHICKEN & LENTILS

470 CALS Serves 1

- ½ fennel, thinly sliced
- ½ red onion, in thin wedges



- 1 clove garlic, crushed
- Handful fresh thyme
- Drizzle olive oil
- Pinch chilli flakes
- 1 skinless chicken breast
- 200ml vegetable stock
- 200g tin green lentils
- 50g mangetout

**PREHEAT** the oven to 200c/gas 6. Place the fennel, onion wedges, garlic

and thyme in a roasting tin, drizzle with a little olive oil and sprinkle on chilli flakes then place the chicken breast on top. Roast for 20 minutes, then remove from the oven and turn down the temperature to 150c/gas 2. Add stock and lentils to the roasting tin, stir around the chicken, season well and return to the oven for another 20 minutes. Meanwhile, steam or boil the mangetout for 3-4 minutes then serve with the chicken.

# FRIDAY

## BREAKFAST

### PORTOBELLO 'TOAST' WITH GOAT'S CHEESE AND PINE NUTS

150 CALS See Tuesday's pullout or go to [www.dailymail.co.uk/diabetesdietweek2](http://www.dailymail.co.uk/diabetesdietweek2)

## LUNCH

### CHICKEN AND ASPARAGUS SALAD

270 CALS See Tuesday's pullout or website

## DINNER

### MUSHROOM 'RISOTTO' WITH CAULIFLOWER RICE

240 CALS 1 cauliflower will serve 4

- 1 cauliflower
- Handful fresh coriander, chopped, or handful cumin seeds, toasted
- Olive oil
- 100g mushrooms, chopped
- Butter
- Handful rosemary
- 30g goat's cheese, diced

**CUT** hard core and stalks from cauliflower and pulse the rest in a food processor to make grains the size of rice. Then, either tip into a heatproof bowl, cover with cling



film, pierce and microwave for seven minutes on high — no need to add water; or spread on a baking tray and cook in a medium oven for 10 to 15 minutes. Stir in chopped coriander or toasted cumin seeds. Meanwhile, saute mushrooms in drizzle of olive oil and a tiny corner of butter. Add chopped rosemary leaves and goat's cheese, then mix in the cauliflower rice.

## SATURDAY

### BRUNCH MEXICAN HASH 340 CALS Serves 2

- 1 red chilli
- 1 tbsp rapeseed oil
- 200g baby mushrooms, halved
- 1 clove garlic
- 1 tsp Cajun seasoning
- 2 eggs
- 200g black beans



- Salt and pepper
- 1 chopped avocado
- Lime wedges

SLICE half the chilli into strips and set aside; finely chop the other half. Heat rapeseed oil over medium heat and fry mushrooms for 5 minutes. Add finely chopped chilli, chopped garlic, Cajun seasoning and rinsed beans and heat for 5 minutes. Season to taste and keep warm. Use the same pan to fry the eggs. Divide the mushroom mix between two bowls and top each one with a fried egg, chopped avocado and the sliced chilli. Serve with lime wedges.

### DINNER TROUT ON LIME AND CORIANDER-CRUSHED PEAS

480 CALS Serves 2

- Drizzle olive oil
- 2 × 120g trout fillets
- ½ tsp cumin powder



- 2 limes, 1 peeled and sliced and the other juiced
- Salt and pepper
- 200g frozen peas
- 1 tbsp Greek yoghurt
- Large handful coriander, chopped

PREHEAT oven to 180c/gas 4. Lay the trout fillets in an ovenproof dish and drizzle with olive oil. Place the lime slices on the fish, sprinkle with cumin, season and place in the oven for 8 minutes or until cooked through. Meanwhile, cook peas in boiling water for 3 minutes. Drain and place in bowl. Add the yoghurt and lime juice and use a masher to crush the peas. Stir through most of the coriander and season. Serve trout on top of the mashed peas and sprinkle with coriander.

## SUNDAY

### BRUNCH POACHED EGG AND SALMON STACK

320 CALS Serves 2

- 4 portobello mushrooms
- Drizzle olive oil
- 2 slices (50g) smoked salmon
- 1 tbsp half-fat creme fraiche
- 1 tsp wholegrain mustard
- Lemon juice
- 2 handfuls watercress
- 2 eggs, poached
- 1 tbsp pine nuts

TURN grill to high. Place mushrooms on baking tray, drizzle with oil and season. Grill for 3 minutes. Put a slice of smoked salmon on each mushroom. Mix the creme fraiche, mustard and lemon juice and spread over salmon. Top with watercress, poached egg and toasted pine nuts.

### DINNER CHICKEN BREAST WITH SPINACH AND RICOTTA

230 CALS Serves 1

FINELY chop a handful of spinach and place in bowl. Add 2 tbsp ricotta and 1 tbsp pine nuts. Cut lengthways along the chicken and spoon mixture into the middle. Drizzle with oil and season, then bake at 180c/gas 4 until golden.