



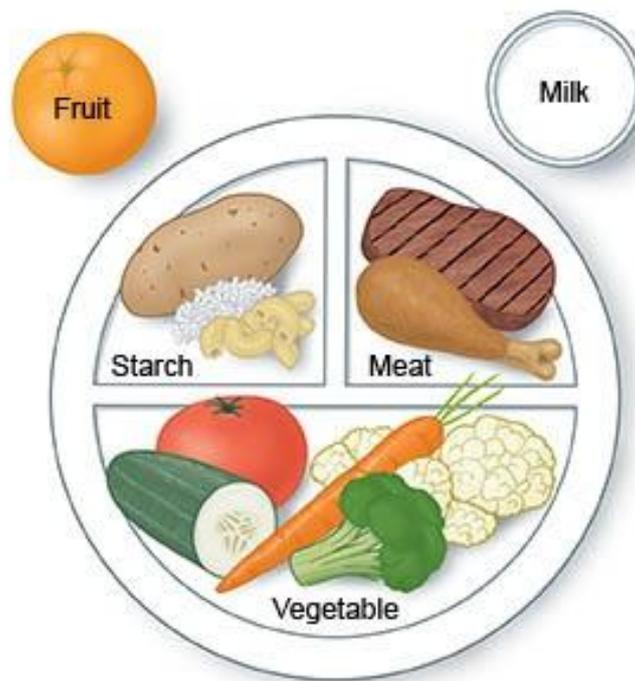
# Fake-away recipes

**Department of Clinical Nutrition and Dietetics**



# HEALTHY EATING

The **plate model** is a useful guide to plan nutritionally-balanced meals. You are recommended to use a plate between 9-10 inches in diameter for lunch. Aim for ½ meal or plate to be made up of vegetables or salad vegetables and remember to count your portions of carbohydrates.



- ✓ **1-2 carbohydrate “choices”** at breakfast (max 30g carbohydrate)
- ✓ **3-4 carbohydrate “choices”** at other main meals (45-60g carbohydrate)
- ✓ and **1 carbohydrate “choice”** at snacks (10-15g carbohydrate).

| <b>Carbohydrate type</b>      | <b>Carbohydrate content</b> |
|-------------------------------|-----------------------------|
| 1 starchy carbohydrate choice | 15g                         |
| 1 fruit carbohydrate choice   | 15g                         |
| 1 milky carbohydrate choice   | 10g                         |

## Easy Veggie Curry (serves 4)

- 4 scallions
- half a red chilli
- thumb sized piece of ginger
- 3 cloves of garlic
- 200g peas
- 1 red pepper
- 1 head of broccoli
- 250g cherry tomatoes
- 1 tsp cumin seeds
- 1 tin coconut milk
- 1 tin chopped tomatoes
- 1 tin chickpeas
- 2 tbsp curry powder
- 1 1/2 tsp salt
- 1/2 tsp black pepper
- Cashew nuts to serve
- Brown/basmati rice

### Instructions

1. Add 2 tbsp oil to pan on a high heat.
2. Once heated, add your chopped onion, garlic, chilli and scallions. Cook for 2 minutes.
3. Chop your red pepper into strips, broccoli into florets and tomatoes into quarters and add to pan. Cook for two minutes and add the cumin seeds while the broccoli starts to brown.
4. Pour in the coconut milk, chopped tomatoes and peas with the curry powder, salt, pepper. Heat throughout.
5. Serve with 100-150g cooked rice and a sprinkle of cashew nuts.

100g rice = 2 starchy carbohydrate choices.

150g rice = 3 starchy carbohydrate choices.

## Fajitas (serves 4)

- 4 chicken breasts
- 4 wholewheat wraps
- 2 teaspoons smoked paprika
- 1 teaspoon of ground cumin
- 2 limes
- 1 onion
- 1-2 peppers
- 2 avocados
- Lettuce, tomatoes, onions
- Sour cream
- Grated cheese

### Instructions

1. In a bowl, mix the juice of 1 lime with the paprika and the cumin.
2. Slice the chicken into strips and add to bowl, coating the chicken in spices.
3. Heat 1 tbsp olive oil in a pan.
4. Slice the onion and peppers into strips. Add these along with the chicken to the pan.
5. Fry until chicken is cooked through.
6. To make the guacamole; mash 2 avocados and mix with the juice from the second lime. (Can also add a pinch of salt/chilli)
7. Warm the tortillas in the oven.
8. Wrap up your chicken and add salad / sour cream / cheese and guacamole as you wish! Great served with corn on the cob.

1 wrap = 2 starchy carbohydrate choices.

1 ½ wraps = 3 starchy carbohydrate choices.

## Stir fry with noodles (serves 4)

- 1 tbsp toasted sesame seed oil / vegetable oil
- 500g chicken/beef/pork fillet, cut into thick slices
- 1 garlic clove, thinly sliced
- 400g Tenderstem broccoli
- 2 red onions, cut into thick half moons
- 2 packets baby corn
- 2 red pepper
- 50g toasted unsalted cashew nuts
- Egg noodles / brown or basmati rice

For the sauce:

- 1 tbsp dark soy sauce
- 1 tbsp red wine vinegar
- 1 tbsp rice vinegar
- 1 teaspoon chilli flakes
- 1 tbsp liquid chicken stock

### Instructions

1. In a small bowl, mix together the sauce ingredients and set aside.
2. Chop all veg into slices/chunks
3. Heat the oil in a large wok. Season the meat/chicken and sear in batches, then remove and set aside.
4. Fry the garlic until golden then add the broccoli, pepper, babycorn and onions. Stir-fry for 2 mins, then add the meat and cashews along with the sauce. Keep stir-frying for another 2-3 mins until everything is hot and simmering.
5. Serve with 100-150g rice or noodles.

100g noodles/rice = 2 starchy carbohydrate choices.

150g noodles/rice = 3 starchy carbohydrate choices.

## Burrito Bowl (serves 1)

- 100g of cooked brown rice/sweet potato cubes
- ½ tin black beans/kidney beans
- 1 chicken fillet
- 1 tsp smoked paprika
- ½ pepper, chopped into strips
- ½ onion, chopped
- 25g grated cheese
- 2 large handfuls lettuce
- 1 tomato, chopped
- 1 avocado
- 1 lime
- Sour cream if desired

### Instructions

1. Chop chicken fillet and dust with smoked paprika
2. Heat 1 tbsp olive oil in a pan.
3. Add chicken, onion and pepper to pan and fry until cooked through.
4. To make the guacamole; mash the avocado and squeeze lime into bowl.
5. To serve: place 2 handfuls of lettuce and top with rice/quinoa/sweet potato, tomatoes, chicken, vegetables, beans, cheese and avocado. Add extra squeeze of lime or sour cream if desired.

1 bowl = 3 starchy carbohydrate choices.

## Chili con carne (serves 4)

- Low calorie cooking spray
- 1 large onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 fresh chillies, deseeded and chopped
- 1 large grated carrot
- 2 sticks sliced celery
- 2 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp paprika
- Pinch cayenne pepper
- 400g tin chopped tomatoes
- 1 level tbsp tomato purée
- 300ml beef stock
- Salt and freshly ground black pepper
- 500g lean beef mince (5% fat or less)
- 200g can red kidney beans
- 250g uncooked brown / basmati rice
- Optional: Sour cream / guacamole/ cheese

### Instructions

1. Spray a large saucepan with low calorie cooking spray and fry the onions gently over a low heat for 6-8 minutes, until softened and golden. Add the mince, carrot and celery and stir fry for 5-6 minutes.
2. Add the garlic, chillies and all the spices and continue frying, stirring occasionally, for 2-3 minutes.
3. Add the tinned tomatoes, tomato purée and stock. Stir well and bring to the boil. Reduce the heat and simmer gently for 15 minutes, until the liquid is slightly reduced.
4. Season with salt and pepper and the drained kidney beans. Heat through gently for about 5 minutes.
5. Serve with 100-150g rice and a side salad (see salad section). Top with cheese, sour cream and or guacamole if desired.

100g rice = 2 starchy carbohydrate choices.

150g rice = 3 starchy carbohydrate choices.

## Sloppy Joe's Burger (serves 4)

- 500g mince steak
- 1 white onion, diced
- 1 clove garlic, diced
- 1 teaspoon Dijon mustard
- 1 teaspoon Worcestershire sauce
- Salt & pepper
- 4 wholegrain burger buns
- Fillings: tomatoes, lettuce, onions, gerkins
- Optional sauces: Mayonnaise, ketchup (up to 1 tbsp.), mustard

### Instructions

1. Turn on the grill to 200 degrees Celsius. Roll tin foil onto a baking tray.
2. Place mince steak in a large mixing bowl with salt and pepper to season.
3. Mix onion, garlic, mustard and Worcestershire sauce in a bowl. Add to mince steak and mix well by hand.
4. Divide the mince into four sections and make a burger from each section and place on the baking tray.
5. Grill until browned and cooked throughout.
6. Place on buns and add fillings and a small amount of a sauce mentioned.
7. Serve with salad (see salad section).

1 burger with bun = 2 starchy carbohydrate choices.

## Quick and easy chicken curry and rice (serves 4)

- 2 chicken fillets
- 1 onion, diced
- Olive oil spray
- ¼ jar curry paste
- 1 can chopped tomatoes
- 2 peppers
- 12 mushrooms
- 100g peas
- basmati rice
- Courgette (to serve)

### Instructions

1. Heat some olive oil spray in a non-stick frying pan.
2. Fry onions for 2 -3 minutes. Add chicken pieces to the pan and cook until browned.
3. Add ¼ jar of curry paste, stir, and mix in chopped tomatoes.
4. Stir in chopped vegetables and cook all together for 10 -15 minutes.
5. Cook basmati rice and serve with cooked green beans / courgette.

100g cooked rice = 2 starchy carbohydrate choices.

150g cooked rice = 3 starchy carbohydrate choices.

## Lasagne (serves 4)

- 500g lean beef mince (5% fat or less)
- 1 red pepper, deseeded and cut into bite-sized pieces
- 2 sticks of celery, chopped finely
- 2 carrots, chopped into bite-sized pieces
- 1 onion, peeled and finely chopped
- 200g mushrooms, chopped
- 4 garlic cloves, peeled and crushed
- 400g can chopped tomatoes
- 400g passata
- 2 tsp dried mixed herbs
- Low calorie cooking spray
- 500g fat free natural yogurt
- 2 eggs, lightly beaten
- A pinch of nutmeg
- Salt and freshly ground black pepper
- 12 whole-wheat dried lasagne sheets
- 160g reduced-fat cheddar cheese

## Instructions

1. Place a large, non-stick frying pan over a high heat. Add the beef mince, red pepper, carrots, celery, mushrooms, onion and garlic and stir-fry for 6-8 minutes. Add the tomatoes, passata and dried herbs, season well and cook for 12-15 minutes, stirring often.
2. Meanwhile mix together the yogurt, eggs and nutmeg until smooth. Season well.
3. Preheat the oven to 200°C/180°C Fan/Gas 6. Spray a medium-sized lasagne dish with low calorie cooking spray. Spoon half the mince mixture into the base and top with half of the lasagne sheets. Spread over half of the yogurt mixture and top with the remaining mince mixture. Top with the remaining lasagne sheets, spread over the remaining yogurt mixture and sprinkle over the cheese.
4. Bake in the oven for 25-30 minutes or until the top is golden. Remove from the oven and serve immediately with mixed salad.

1 Portion (1/4 lasagne) = 3 starchy carbohydrates + 1 yoghurt carbohydrate

## Mac 'n' cheese (serves 2)

- 300g cooked wholewheat pasta
- 120g light cream cheese
- 150ml semi-skimmed milk
- 75g reduced fat grated cheddar cheese
- 200g can sweetcorn
- 75g lean cooked ham, cut into cubes

### Instructions

1. Preheat the oven to 190 degree C/Gas 5.
2. Cook the wholewheat pasta according to instructions on pack.
3. In a bowl, mix the cream cheese, milk and half of the cheddar.
4. Drain the pasta and mix with the cream cheese mixture, sweetcorn and ham.
5. Pour into an ovenproof dish. Cover with rest of the cheese.
6. Bake for 15 minutes until light brown.
7. Serve with side salad (see salad section).

½ bake (150g pasta) = 3 starchy carbohydrate choices.

## Pizza (serves 4)

- 4 large pitta pockets / wholewheat wrap
- Tomato puree
- Toppings: favourite toppings

### Instructions

2. Preheat the oven to 200°C/180°C Fan/Gas 6. Cover a baking tray with tin foil.
3. Place pitas on baking tray. Spread tomato puree on pitta.
4. Choose your favourite toppings and place in the oven until warmed through.
5. Serve with salad (see salad section).

1 pitta pizza = 2 starchy carbohydrates.

## Homemade wedges (serves 4)

- 400g new or baby potatoes
- 1 cal olive oil spray
- Flavourings: salt, pepper, rosemary, cayenne pepper

### Instructions

1. Preheat oven to 220 degrees Celsius.
2. Cover baking tray with tin foil.
3. Wash potatoes (skin on) and cut into wedges.
4. Spray with olive oil and any flavourings of your choice.
5. Serve with salad (see salad section).

100g baked wedges = 2 starchy carbohydrate choices.

150g baked wedges = 3 starchy carbohydrates choices.

Great with baked salmon & salad!

## Salads

The following salads contains only traces of carbohydrate and do not need to be counted.

### **Fresh Broccoli Salad (serves 4-6):**

- 1 head of broccoli, chopped into bite size pieces.
  - 1 packet cherry tomatoes, halved
  - 120g hazelnuts
  - 150g light feta cheese
  - 2 tablespoons olive oil
  - 1 tablespoon red wine vinegar
  - 1 tablespoon wholegrain mustard
1. Toast hazelnuts in a pan for ~5 minutes until starting to brown.
  2. Combine olive oil, red wine vinegar and wholegrain mustard in a bowl. Mix well.
  3. Add broccoli, tomatoes and hazelnuts to a large bowl. Crumble in feta cheese.
  4. Dress and serve.

### **Healthier Coleslaw (serves 6)**

- ½ white/savoy cabbage, shredded
  - 3 carrots, grated
  - 3 tablespoons plain yogurt
  - Juice ½ lemon
  - 2 teaspoons apple cider vinegar
  - 2 teaspoons dijon mustard
1. To make the dressing, mix the yogurt, lemon juice, apple cider vinegar and mustard in a bowl.
  2. To a large bowl, add the cabbage and carrot.
  3. Mix dressing through and enjoy!

### **Simple mixed Salad (serves 4-6):**

- 1 head of iceberg lettuce, chopped
- 1 cucumber, chopped
- 3 tomatoes, chopped into small wedges
- 2 carrots, grated
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar

1. Make the dressing by whisking together the olive oil and balsamic vinegar.
2. Add the lettuce, tomato, cucumber and grated carrot to a bowl. Pour over the dressing and serve.

### **Spanish tomato and onion salad (serves 2-4)**

- 2 beef tomatoes, sliced
- 1 white onion, sliced
- Salt
- Olive oil

1. Spread the sliced tomatoes onto a plate. Sprinkle the white onion on top.
2. Pour a teaspoon of olive oil over the tomatoes, season with salt and serve.

### **Caesar salad (serves 2)**

- 2 tablespoons mayonnaise
- 2 tablespoons fresh lemon juice
- 2 tablespoons grated Parmesan
- 1 teaspoon Dijon mustard
- Salt and pepper
- 1 head romaine lettuce, cut into pieces

1. Place the lettuce on a plate.
2. Mix the rest of the ingredients in a bowl.
3. Pour over the dressing and serve.

## **Beetroot and feta salad (serves 6)**

- 4 cooked beets, cut into cubes
- 150g baby spinach
- 200g feta cheese (pasteurised), cut into cubes
- Handful hazelnuts
- Olive oil
- Balsamic vinegar

1. Mix the beet cubes, feta cubes, hazelnuts and baby spinach in a bowl.
2. Mix a teaspoon of olive oil and a dash of balsamic vinegar.
3. Pour over salad and serve.

## **Sauces / condiments**

- Red pesto
- Green pesto
- Light soy sauce
- Light mayonnaise
- Mustard
- Tabasco pepper sauce
- Tomato puree
- Vinegar
- Hummous
- Guacamole
- Sour cream
- Salad dressing (balsamic vinegar, olive oil, Dijon mustard, squeeze lemon)
- Homemade garlic mayonnaise (mayonnaise and garlic powder)
- Philadelphia cream cheese

