

Vegetable and mince curry



Serving: 2-3 | Time: 30 min | Estimated cost per serving: £3

Average fibre per serving: 7.5g

Equipment



pot



Hob



Knife and
Cutting board

Ingredients

- 250g minced lamb or chicken
- 2 diced potatoes
- ¼ cup peas, 2 bell peppers, 1 small onion, 1 tomato (or 2 tbsp puree)
- 1/4 tsp black pepper, 1/2 tsp salt
- 1 tsp ginger-garlic paste, 1 tbsp oil
- 1/2 cup water



Optional ingredients for extra flavours

- 1/2 tsp turmeric powder, cumin powder & coriander powder
- 1/4 tsp garam masala
- Red chili for more heat
- **Yoghurt** to reduce spice
- Fresh coriander



Instructions

1. Sauté onions in oil until golden, then add ginger-garlic paste.
2. Cook minced meat until browned and lumps are broken, add seasoning and tomatoes.
3. Add your choice of vegetables and water, simmer for 15–20 minutes.
4. Add peas in the last 5 minutes, sprinkle garam masala (if using).
5. Serve with **chapati**, rice, or **pitta bread**.

Allergens (**in bold**): Dairy (if yogurt added) gluten (if accompanied by bread/chappati)



Lentil & Vegetable Stir-Fry

Servings: 4 | Time: 30mins | Estimated cost per person: £1

Average fibre per serving: 10g

High
Fibre

Low salt
tips

Equipment



Frying pan



Spatula



Microwave



Hob



Knife and
Cutting board

Ingredients

200g dry **lentils**

1 onion, 2 cloves garlic

1 large carrot, sliced

1 medium bell pepper

1 medium zucchini

1 tbsp olive oil

2 tbsp **sauce**

200g cooked brown rice

Top tips

Limit the portion for savoury sauces to 2tbsp and add herbs and spices for flavours.

Replace lentils with chicken for protein if you are a meat lover.

Instructions

1. Cook **lentils** in boiling water for 15 minutes, drain.
2. Heat oil in a pan, sauté onion and garlic for 3 minutes.
3. Add carrot, bell pepper, and zucchini. Stir-fry for 5 minutes.
4. Add lentils, your preferred **sauce** and spices. Cook for another 3 minutes.
5. Enjoy with microwaved brown rice!



Allergens (**in bold**): May contain gluten (lentils), read the labels carefully for the sauces

One-pot Curry Chickpea Stew

Servings: 4 | Time: 40mins | Estimated cost per person: £3.50

Average fibre per serving: 9g

High
Fibre

Low salt
tips

Equipment



Pan



Stirring spoon



Tin opener



Knife and
Cutting board



Sieve



Hob

Ingredients

1 tbsp of olive oil
1 garlic clove
1 onion
1 can of chickpeas
1 leek
1L **chicken / veg broth** or water
1 butternut squash
Salt & pepper
1tbsp curry



Top tips



Use frozen butternut squash to reduce the stress of cutting it.

Add your protein of choice (**tofu**, boiled **eggs**, chicken).



Remember to check for a low salt broth.

Instructions



1. Dice all vegetables finely, cut the butternut squash into big cubes.
2. In a large saucepan with oil, add onion, garlic, butternut squash and leek and fry until cooked for 5mins in medium heat.
3. Add chickpeas and curry powder, mix well, and add the water or broth.
4. Turn the heating to low and cook for approx. 30mins until tender.
5. Remove from the heat and serve. Enjoy as a starter!

Allergens (**in bold**): Read the labels carefully for the broth, as they may vary.

eggs **tofu**
(soybeans).

One-pot Green Pea Pasta

Servings: 4 | Time: 20mins | Estimated cost per person: £1.50

Average fibre per serving: 11g

Beneficial
Fats

High
Fibre

Low salt
tips

Equipment



Pan



Stirring spoon



Tin opener



Hob



Kinfe and
Cutting board

Ingredients

1 tbsp of olive oil
1 garlic clove
1 onion
1 can of chickpeas
2 handfuls of frozen peas
500ml **chicken / veg broth** or water
220 grams of wholemeal pasta
Salt & pepper



Top tips

Add salmon for extra flavour and beneficial fats.

Add turmeric for extra flavouring, benefits and colouring.

Remember to check for a low salt broth.



Instructions

1. In a large saucepan, add onion and garlic in oil and fry until cooked for 5mins in medium heat. Stir in peas and cook while stirring frequently.
2. Add the broth (or water). Raise the heat and bring to boil.
3. Add the pasta and salt and mix well all ingredients, while stirring occasionally.
4. Reduce the heat and cover with a lid for 5mins until pasta is ready.
5. Season to taste and serve with parmesan and salmon if desired.
6. Serve and enjoy!



Allergens (**in bold**): Read the labels carefully for the broth, as they may vary.

Lentil Soup

Servings: 1 | Time: 30mins | Estimated cost per person: £5

Average fibre per serving: 11g

Equipment



Kinfe and
Cutting board



Bowl



Pot

Ingredients

1 cup **lentils**

1 carrot, onion, celery,
tomatoes (chopped)

1 tsp **cumin**

2 cups vegetable **broth**
(low salt)

Pepper



Top tips

- Choose low salt version of broth
- Or try to add less broth if you think it is tasty enough

Instructions

1. Sauté carrot, onion, celery, tomato
2. Add lentils and broth
3. Simmer for 20–30 minutes
4. Add pepper and enjoy!



Allergens (**in bold**): May contain gluten (broth), lentils, seeds (cumin)

Chicken fillet with beans

Beneficial
Fats

High
Fibre

Servings: 1 | Time: 30-40 minutes | Estimated cost per person: £2

Average fibre per serving: 8-10g

Low salt
tips

Equipment



Bowl



Oven



Ingredients

- 2 boneless, skinless chicken fillets
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- ½ tsp salt
- ½ tsp black pepper
- broad beans (fava beans)/black beans
- **margarine**

Top tips

- You can use either chicken thigh or breast, with chicken breast being a less fattier option
- other optional ingredients include
- ½ tsp dried oregano (or thyme)
 - ½ tsp chili flakes (for spice)
 - ¼ cup grated **Parmesan cheese** (for extra flavor)
 - Fresh parsley (for garnish)

Instructions



- Preheat the oven to 400°F (200°C). Line a baking tray with parchment paper or lightly grease it.
- Prepare the chicken: Pat the chicken fillets dry with a paper towel.
- Season: In a small bowl, mix olive oil, garlic powder, onion powder, paprika, salt, pepper, oregano, and chili flakes.
- Coat the chicken: Rub the seasoning mixture all over the chicken fillets. If using Parmesan cheese, sprinkle it on top.
- Bake: Place the fillets on the prepared baking tray and bake for 18-22 minutes, or until the internal temperature reaches 165°F (75°C).
- Broil (optional): For a golden-brown top, broil for 2-3 minutes at the end.
- Rest & Serve: Let the chicken rest for 5 minutes before slicing.
- Add a knob of margarine to the beans and sprinkle them with salt and pepper



Allergens (in bold): **eggs**, **gluten** (oats), **margarine** (check label), **parmesan** (milk).