

Avocado tuna salad



Servings: 1 | Time: 10-mins | Estimated cost: £3

Average fibre per serving: 7g



Equipment



Bowl



Kinfe and
Cutting board

Ingredients

1 can **tuna** in water

Tomato, lettuce

1 avocado (optional)

Wholegrain bread (optional)

Olive oil, lemon, pepper and
a pinch of salt



Top tips

Unripened avocado is cheaper

Match with any salad you like

Omega 3: tuna, olive oil,
avocado

Good protein: tuna

Anti-inflammation: tuna, olive
oil, avocado, salad, lemon



Instructions



1. Buy can tuna in water with low sodium (better than in oil and regular brine)
2. Prepare and cut the salad, avocado in the size you like
3. Dressing with lemon juice, pepper, a pinch of salt and olive oil
4. Enjoy with wholegrain bread

Allergens (**in bold**): fish, gluten

Roasted Chickpea & Quinoa Bowl

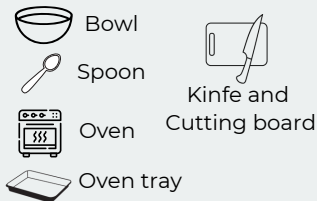
Servings: 4 | Time: 30mins | Estimated cost per person: £1

Average fibre per serving: 12g

High
Fibre

Low salt
tips

Equipment



Ingredients

1 can chickpeas/ tofu
1 cup cooked quinoa
200g greens
2 sweet potato
1 tbsp olive oil
1 tsp smoked paprika
1 tsp garlic powder
2 tbsp lemon juice



Top tips

Greens like salad leaves, cherry tomatoes or cucumber would be great.
Herbs and spices to add flavour.
Could add nuts and seeds.
Could replace quinoa with couscous.

Instructions



1. Toss chickpeas and sweet potato (in cubes) with olive oil, paprika, and garlic powder. Roast at 400°F (200°C) for 20 minutes.
2. Cook quinoa and let it cool.
3. Mix roasted chickpeas, sweet potato, quinoa, and greens in a bowl
4. Drizzle with lemon juice and enjoy!

Allergens (**in bold**): N/A

Lentil Tuna Salad

Servings: 3 | Time: 20mins | Estimated cost per person: £3

Average fibre per serving: 7g

Beneficial
Fats

High
Fibre

Low salt
tips

Equipment



Ingredients



For the salad:

1 can green lentils
1 in of **tuna**
1 tin of sweetcorn
½ of red or white onion
1 tomato
1 apple
1 **egg** (optional)

For the dressing:

1 tbsp of olive oil
1 garlic clove or powder
1 tbsp of lemon juice
Salt & pepper
Your favourite fresh or dried herbs - optional

Top tips



Replace **tuna** for cooked **salmon** or **tofu** for a vegan option.

Add mixed **seeds** for extra fibre and beneficial fats.

Add a boiled **egg** for extra protein and a more balanced meal.



Instructions



- 1.(Optional) Boil the egg for 10 minutes, then peel and dice.
- 2.Drain and rinse the lentils. Drain the tuna and sweetcorn.
- 3.Dice the tomato, apple, onion, and boiled egg.
- 4.In a large bowl, combine all salad ingredients.
- 5.In a small bowl, mix the dressing ingredients. Pour over the salad and toss well.
- 6.Sprinkle with seeds if desired. Serve chilled and enjoy!

Allergens (in **bold**): tuna & salmon (fish). Optional: **eggs**, **tofu** (soybeans), **seeds** (read label).

Jacket Potato

Servings: 1 | Time: 45mins-1 hour oven 30 minutes
microwave+oven | Estimated cost per person: £1.40-£1.80
Average fibre per serving: 7-8g:

Beneficial
Fats

High
Fibre

Low salt
tips

Equipment



Bowl



Tin
opener



Oven



Microwave



Knife and
Cutting
board



Ingredients

- 1 large baking potato
- 1 tbsp olive oil or butter
- ½ tsp salt

Toppings include:

- butter (classic)
- baked beans
- **tuna mayonnaise**
- **Sour cream** and chives

Top tips

- Types of large potatoes include Maris piper or King Edward

For faster cooking a microwave option also exists

- Follow steps 1-3
- Microwave the potato on high for 5-7 minutes (turning halfway).
- Transfer to a hot oven (220°C / 425°F) for 20-30 minutes to crisp up the skin.

Instructions

1. Preheat the Oven

Set your oven to 200°C (400°F).

2. Prepare the Potato

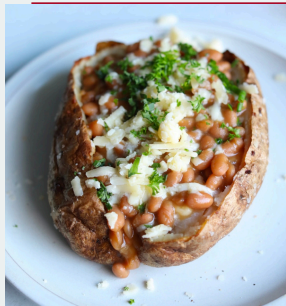
- Wash and dry the potato thoroughly.
- Prick it all over with a fork (this prevents it from bursting).
- Rub with olive oil and sprinkle with salt for a crispy skin.

3. Bake the Potato

- Place it directly on the oven rack or on a baking tray.
- Bake for 1 hour – 1 hour 15 minutes (until the skin is crisp and a knife slides in easily).

4. Serve & Enjoy

- Slice the potato open, fluff up the insides with a fork, and add butter or your favorite toppings.



Allergens (**in bold**): **mayonnaise** (eggs and maybe mustard - read the label), **tuna** (fish), **sour cream** (milk).