

Eat the rainbow FEEL THE ENERGY!

Bombarded with healthy eating advice and confused by all the information that's out there? Stress no more. With the help of GH nutritionist Anita Bean, we've hatched the definitive guide to eating well. Follow our month of Tried & Tested midweek recipes and you'll be bouncing with energy before you know it

PHOTOGRAPHY GARETH MORGANS



Fill your day with colourful fruit and veg – you'll harvest the rewards



MONDAY 1 FEBRUARY

Freekeh-Stuffed Squash

Green wheat freekeh is harvested young, then roasted for a distinctive smoky flavour.

Hands-on time **25min.**
Cooking time **about 1hr.**
Serves **4** 

- ◆ **1 large butternut squash**
 - ◆ **4tsp olive oil**
 - ◆ **Few thyme sprigs, leaves picked**
 - ◆ **1 courgette**
 - ◆ **1 carrot**
 - ◆ **2 red peppers**
 - ◆ **1 red onion**
 - ◆ **2 garlic cloves, finely chopped**
 - ◆ **50g (2oz) hazelnuts**
 - ◆ **250g pouch cooked freekeh**
 - ◆ **Small bunch parsley, chopped**
 - ◆ **Small bunch mint, chopped**
 - ◆ **50g (2oz) feta cheese**
- FOR THE DRESSING**
- ◆ **2tbsp olive oil**

- ◆ **Juice ½ lemon**
- ◆ **1tsp Dijon mustard**

1 Preheat oven to 220°C (200°C fan) mark 7. Slice butternut squash in half lengthways through root, then scoop out and discard stringy seeds. Place cut-side up on a baking tray and brush with 2tsp of the oil. Sprinkle over thyme and some seasoning. Cook in the oven for 30min.

2 Meanwhile, chop courgette, carrot, peppers and red onion into similar-sized pieces. Toss on a large baking tray with the garlic and remaining oil.

3 Add vegetables to oven with the squash (after initial 30min). Cook for 30-35min until squash and vegetables are tender.

4 Meanwhile, heat a dry frying pan and toast hazelnuts until golden and fragrant. Roughly chop, then put into a large bowl.

5 To the hazelnuts add the roasted vegetables, freekeh and herbs. In a small jug, whisk together dressing ingredients and stir through the vegetable mix.

6 Scoop out and roughly chop some of the central flesh from the squash. Mix chopped flesh into freekeh mixture and check seasoning. Spoon into squash halves. Crumble over feta and serve with a green salad.

PER SERVING
420cals, 11g protein, 22g fat (4g saturates), 39g carbs (15g total sugars), 11g fibre



Red, orange and yellow veg contain vitamin C and carotenoids, important for healthy skin and the immune system

Try something new

The basics

- ◆ **The emphasis in healthy eating should be on consuming lots of fresh and nutrient-packed ingredients – seasonal fruit and vegetables, as well as wholegrains, beans and lentils, fish, olive oil and other healthy fats.**
- ◆ **Minimal (but not no) sugar, salt and processed foods.**
- ◆ **Evidence-based nutrition is key – no fad diets (dairy-free, wheat-free, gluten-free, sugar-free), unless they're to treat a diagnosed condition. Avoid very extreme diets, and don't be lured in by unqualified claims.**
- ◆ **Moderate (not low) in fat – we know that the world's healthiest populations eat a diet that includes natural and healthy fats like olive oil, olives, nuts, fish and avocados. These fats help curb hunger.**
- ◆ **Aim to eat 80/20 (healthily 80% of the time, treating yourself 20% of the time).**

GF This recipe is **gluten free**, but always check that all your ingredients (eg stock or soy sauce) are suitable for those avoiding gluten.

DF This recipe is **dairy free**, but always check that all your ingredients (eg bread) are suitable for those avoiding dairy.

V This recipe is **vegetarian**, but always check that all your ingredients (eg cheese and condiments) are suitable for vegetarians.



Filled with good fats

TUESDAY 2 FEBRUARY

Rainbow Mackerel Salad

Like brown rice, black rice adds a nutty flavour and is high in fibre.

Hands-on time **10min.**
Cooking time **about 40min.** Serves **4**  

- ◆ **100g (3½oz) black rice**
- ◆ **100g (3½oz) quinoa**
- ◆ **100g (3½oz) frozen soya beans**
- ◆ **Finely grated zest and juice 1 lemon**
- ◆ **5cm (2in) fresh root ginger, grated**

- ◆ **1tbsp runny honey**
- ◆ **1tbsp tamari or soy sauce**
- ◆ **2 carrots, grated**
- ◆ **150g (5oz) red cabbage, shredded**
- ◆ **1 large avocado, peeled, stoned and chopped**
- ◆ **125g (4oz) smoked mackerel (skin removed), flaked**

1 In a large pan, cover rice with 600ml (1 pint) cold water. Bring to boil, cover and simmer for 20min. Add quinoa, cover and simmer for 15min (stir occasionally). The rice will dye the quinoa black. Add frozen soya beans, return to the boil and simmer for 2min until rice is al dente and

quinoa is cooked. Drain through a sieve and run under cold water to cool. Tip into a serving bowl.

2 Meanwhile, in a small bowl, whisk together lemon zest and juice, ginger, honey and soy sauce to make a dressing.

3 Toss dressing, carrots and red cabbage through

rice mixture. Check seasoning. Scatter over avocado and flaked mackerel. Serve.

PER SERVING
464cals, 16g protein, 23g fat (5g saturates), 43g carbs (10g total sugars), 8g fibre

Want to learn more about healthy wholegrains? Visit goodhousekeeping.co.uk/healthy-wholegrains

WEDNESDAY 3 FEBRUARY

Griddled Romesco Chicken

If you prefer, use 125g (4oz) chargrilled red peppers from a jar instead of grilling your own.

Hands-on time 20min.
Cooking time about 30min. Serves 4 **GF DF**

- ◆ 200g (7oz) wholegrain rice, rinsed
- ◆ 4tbsp extra virgin olive oil
- ◆ 2 Romano or red peppers, quartered and deseeded
- ◆ 50g (2oz) skin-on almonds
- ◆ Finely grated zest and juice 1 lemon
- ◆ 1 garlic clove, peeled
- ◆ 1 red chilli, deseeded
- ◆ 1tbsp red wine vinegar
- ◆ 5 ripe tomatoes
- ◆ 4 chicken breasts, skinless
- ◆ 100g (3½oz) green salad

1 Tip rice into a large pan and cover with 450ml (15fl oz) cold, salted water. Bring to boil, cover and simmer for 20-25min until tender. When cooked, remove from heat and leave covered to keep warm.

2 Meanwhile, preheat grill to high. On a baking tray, drizzle 1tbsp of the oil over the peppers (skin-side up). Season. Grill for 5min until skins are blackened.

3 Tip into a food processor (with skins), add 2tbsp of the oil, the almonds, lemon zest and juice, garlic, chilli, vinegar, one chopped tomato and some seasoning. Whiz

for 2min to make the Romesco sauce. Set aside.

4 Heat a large griddle or frying pan over high heat. Put chicken breasts on a board, cover with clingfilm and bash with a rolling pin to flatten to an even 2cm (¾in) thickness. Rub with remaining 1tbsp oil and season. Griddle or fry breasts (in batches if needed) for 5min per side, until cooked.

5 Chop remaining tomatoes and toss through salad. Serve with rice, chicken and the Romesco sauce.

PER SERVING 540cals, 38g protein, 21g fat (3g saturates), 48g carbs (9g total sugars), 5g fibre

Spanish Flavour



THURSDAY 4 FEBRUARY

Lentil and Amaranth Patties

Amaranth adds texture and flavour to this Mediterranean-inspired supper.

Hands-on time 30min, plus cooling. Cooking time about 25min.
Serves 4 **V GF DF**

- ◆ 150g (5oz) red lentils
 - ◆ 100g (3½oz) amaranth
 - ◆ 3tbsp olive oil
 - ◆ 1 onion, finely chopped
 - ◆ 1 red chilli, deseeded and finely chopped
 - ◆ ¾tbsp wholegrain mustard
 - ◆ 40g (1½oz) sun-dried tomatoes, chopped
 - ◆ 40g (1½oz) pitted black olives, chopped
 - ◆ 75g (3oz) fresh brown breadcrumbs
 - ◆ Large handful parsley, chopped
- FOR THE SAUCE**
- ◆ 2 ripe avocados

- ◆ 1tbsp tahini
- ◆ 1tbsp lemon juice

1 Put the lentils and amaranth into a medium pan, add 600ml (1 pint) cold water and bring to the boil. Cover, and simmer for 15min until amaranth is tender - the mixture will be like porridge in consistency. Empty into a large bowl and leave to cool completely.

2 Meanwhile, heat ½tbsp of the oil in a medium pan. Gently fry onion until softened. Set aside to cool.

3 Add the cooled onion to the cooled lentil mixture and stir in the chilli, mustard, chopped tomatoes, olives,

breadcrumbs, chopped parsley and some seasoning.

4 Shape into eight patties. Heat remaining oil in a large frying pan over medium heat. Fry patties for 6min, carefully turning midway through, or until golden and piping hot.

5 Meanwhile, halve avocados (discard stone). Scoop flesh into a bowl and mash with tahini, lemon juice and some seasoning. Let down with water if you prefer a looser texture. Serve with the patties and a salad.

PER SERVING 563cals, 18g protein, 31g fat (5g saturates), 47g carbs (5g total sugars), 13g fibre

A few simple rules

PLATE Aim to fill about half your plate with fresh vegetables or salad. Your protein portion will take up about a quarter of the plate and your potatoes, pasta or rice the other quarter.

HEALTHY/NATURAL FATS Each meal should include at least one source of these, such as olive or rapeseed oil, or avocado, nuts or seeds.

VEGETABLES Include at least two types per meal. Eat a rainbow of colours to get a wide range of nutrients.

CARBS Eat a variety of grains (mostly wholegrain) or starchy veg eg, sweet potatoes. Moderation is the message.

PROTEIN Protein helps you feel full for longer, so include it in every meal. Try to eat fish at least twice a week (make one of those oily fish); poultry once/twice a week; plant sources (beans, lentils, nuts, seeds or tofu) twice a week; meat once/twice a week; avoid processed meat (like ham, bacon and sausages).

DESSERTS Base on fresh fruit, with no or minimal sugar, or substitute with small amounts of honey or maple syrup; can include nuts, oats and seeds.

DAIRY AND CHEESE Calcium rich. Try to include 2-3 portions daily. One portion equals a small glass (150ml/5fl oz) milk, a small yogurt or a thin slice (25g/1oz) cheese. If watching calories, go for low fat products (they have as much calcium as higher fat versions).



TRIED, TESTED, TRUSTED

You can always rely on Good Housekeeping's recipes to work first time. One of the Cookery Team develops each recipe we feature until they're happy it's perfect. Another member of the team then makes it again to ensure the method is foolproof (at which stage the food is also tasted by lots of other key magazine members). Our third and final test happens on the photoshoot. So that's a minimum of three tests for every single recipe - our guarantee to you that they'll work! Remember to always use calibrated measuring spoons and accurate scales for ultimate success.

FRIDAY 5 FEBRUARY

Spelt Paella

Spelt contains all eight essential amino acids, so is a well-balanced source of protein. It's also high in fibre.

Hands-on time **15min**. Cooking time **about 40min**. Serves **4** DF

- ◆ 1tbsp olive oil
- ◆ 2 onions, finely chopped
- ◆ 2 mixed peppers, deseeded and finely chopped
- ◆ 2 garlic cloves, chopped
- ◆ 2tsp paprika
- ◆ 2tbsp dry sherry, optional
- ◆ 300g (11oz) spelt
- ◆ 500ml (17fl oz) fish or chicken stock
- ◆ Finely grated zest and juice 1 lemon, plus wedges to serve
- ◆ Pinch of saffron
- ◆ 250g (9oz) chicken thigh fillets, cut into bite-size pieces
- ◆ 325g (11½oz) cherry tomatoes
- ◆ 250g (9oz) frozen seafood mix

1 Heat oil in a large frying pan (that has a lid) and fry the onions and peppers for 5min until beginning to soften. Add the garlic, paprika and sherry (if using), stirring for 1min.

2 Add spelt, stock, lemon zest and juice, saffron and chicken. Bring to boil, cover and simmer for 20min until chicken is cooked. Remove lid, stir in tomatoes and scatter over seafood. Cover and cook for 8-10min until seafood is cooked. Season to taste. Serve with lemon wedges.

PER SERVING 548cals, 40g protein, 12g fat (2g saturates), 65g carbs (12g total sugars), 9g fibre



Wholesome supper

MONDAY 8 FEBRUARY

Satay Sweet Potato Soup

Look for peanut butter without added palm oil, salt or sugar.

Hands-on time **15min**.
Cooking time **about 30min**. Serves **4**

V GF DF

- ◆ 425g (15oz) sweet potatoes (peeled weight, reserve peelings), cut into 2.5cm (1in) chunks
- ◆ 2tbsp oil
- ◆ 2 onions, sliced
- ◆ 2 carrots, chopped
- ◆ 2 garlic cloves, crushed
- ◆ 5cm (2in) fresh root ginger, grated
- ◆ 1-2 red chillis, deseeded and chopped
- ◆ 400g tin chopped tomatoes
- ◆ 125g (4oz) red lentils
- ◆ 1.4 litre (2½ pint) vegetable stock

- ◆ Juice 2 limes, plus wedges to serve
- ◆ 3tbsp good-quality peanut butter
- ◆ 25g (1oz) natural roasted peanuts, roughly chopped

1 Preheat oven to 200°C (180°C fan) mark 6. Scatter the sweet potato peelings on a baking tray. Toss through 1tbsp of the oil and some seasoning. Cook for 15-20min until golden and crisp.

2 Meanwhile, heat the remaining 1tbsp oil in a large pan and fry onions and carrots for 5min until beginning to soften. Add garlic, ginger and most of the chilli, stirring for 1min. Add sweet potato

chunks, tomatoes, lentils, stock and lime juice. Bring to boil, then simmer for 20min, or until the sweet potatoes are tender.

3 Add the peanut butter. For a chunky texture, mash the soup. For a smooth texture, whiz in a blender (in batches, if necessary), then return to pan. Check seasoning, adding water to loosen if needed.

4 Reheat the soup, if necessary. Ladle into warm bowls and garnish with remaining chilli and the peanuts. Serve with the crisp potato peelings and lime wedges.

PER SERVING 484cals, 18g protein, 20g fat (3g saturates), 53g carbs (18g total sugars), 11g fibre



TUESDAY 9 FEBRUARY

Pork and Grapefruit Stirfry

If you can't find red grapefruits, white or ruby work too.

Hands-on time **20min**.
Cooking time **about 15min**.
Serves **4** DF

- ◆ 200g (7oz) wholewheat noodles
- ◆ 2 red grapefruit
- ◆ 2tbsp toasted sesame oil
- ◆ 300g (11oz) pork loin fillet, cut into finger-sized strips
- ◆ 200g (7oz) tenderstem or purple-sprouting broccoli, trimmed into shorter lengths (halve thick stems lengthways)
- ◆ 200g (7oz) sugar snap peas
- ◆ 5cm (2in) fresh root ginger, grated
- ◆ 1 red chilli, deseeded and finely sliced

1 Bring a medium pan of water to the boil and cook noodles according to pack instructions. Drain and keep warm.

2 Meanwhile, prepare grapefruit. Using a small serrated knife, slice off skin and pith, then cut away segments from membranes - put into a bowl. Squeeze in remaining juice from membranes (discard membranes), and mix through 1tbsp of the oil and some seasoning. Set aside.

3 Heat remaining 1tbsp oil in a large wok or frying pan over high heat. Stir fry pork strips until golden and cooked through. Empty into a bowl.

4 Return wok/frying pan to

high heat. Add broccoli, sugar snap peas and a splash of water to create steam. Stir-fry until veg are almost tender. Return pork to wok/frying pan, along with ginger and chilli. Heat through, then carefully fold through contents of grapefruit bowl (try to avoid breaking up segments). Check seasoning and serve with noodles.

PER SERVING 434cals, 28g protein, 14g fat (3g saturates), 46g carbs (10g total sugars), 6g fibre

Red and yellow fruit are rich in antioxidants and phytonutrients. They're packed with vitamin C and lycopene, which may help reduce the risk of some cancers.



Colourful and exotic

WEDNESDAY 10 FEBRUARY

Crisp Chicken with Colourful Sides

Popped amaranth makes a delightfully crunchy, gluten-free coating for your chicken. Try popping more amaranth to make your own breakfast cereal.

Hands-on time **30min.**

Cooking time **about 55min.**

Serves **4** **GF**

- ◆ **3 sweet potatoes (about 750g/1lb 10½oz), skin on and cut into wedges**
- ◆ **5-6tbsp rapeseed oil**
- ◆ **3tbsp amaranth**
- ◆ **4 chicken breasts, skinless**
- ◆ **50g (2oz) plain flour**
- ◆ **1tsp dried mixed herbs**
- ◆ **1 medium egg, beaten**

FOR THE COLESLAW

- ◆ **1 carrot, coarsely grated**
- ◆ **¼ small red cabbage, finely shredded**
- ◆ **¼ small white cabbage, finely shredded**
- ◆ **50g (2oz) natural yogurt**
- ◆ **½tbsp lemon juice**

1 Preheat oven to 200°C (180°C fan) mark 6. On a large baking tray, toss sweet potato wedges in 2tbsp of the oil. Season well and roast in oven for 40-45min, turning often, until golden and tender.

2 Meanwhile, pop the amaranth. Heat a large deep pan (that ideally has a clear lid) over high heat. Add 1tbsp of the amaranth; cover (the amaranth should immediately start to pop). Shake the pan a little to encourage more popping. As soon as about ¾ of the amaranth has popped, empty on to a baking tray to cool. Repeat process with remaining amaranth. Set aside.

3 In a large bowl, combine the coleslaw ingredients. Season and set aside.

4 Lay chicken on a board, cover with clingfilm and bash with a rolling pin to an even thickness.

5 Combine flour with the mixed herbs. Put the flour mixture, egg and popped amaranth into three separate bowls. Coat chicken first in the flour (shake off excess), then the egg, and finally coat in popped amaranth.

6 Heat remaining 3tbsp oil in a large frying pan over medium heat. Fry chicken for 5min per side, until cooked through (if you need to fry in batches, add another 1tbsp oil to pan). Serve chicken with the coleslaw and wedges.

PER SERVING 565cal, 38g protein, 18g fat (2g saturates), 59g carbs (15g total sugars), 10g fibre

Don't believe the hype!

◆ Gluten-free has become a major food trend, with advocates claiming it cures numerous health conditions and aids weight loss. Actually, it has no real advantages – unless you have coeliac disease or a wheat allergy, for example. For the rest of us, going gluten free has no proven benefits and can mean missing out on important nutrients found in wholegrains. If you suspect you have gluten sensitivity, speak to your doctor and get tested for coeliac disease before cutting anything out.

◆ Many believe coconut oil can help you lose weight, boost metabolism, lower cholesterol levels, ward off heart disease and even prevent Alzheimer's due to its high levels of medium chain triglycerides (MCTs). But there's no scientific evidence to support these claims, which are based on studies using MCT oil (which contains a different blend of fatty acids), not coconut oil. The latter raises good cholesterol, but also raises levels of artery-clogging bad cholesterol as it's loaded with saturated fat. The British Heart Foundation does not recommend it.



THURSDAY 11 FEBRUARY

Thai Salmon Parcels with Coconut Rice

Wrapping this in a parcel traps steam and cooks the salmon and veg gently.

Hands-on time **20min.** Cooking time **about 35min.** Serves **4** **GF**

- ◆ **200g (7oz) wholegrain rice**
- ◆ **400ml tin light coconut milk**
- ◆ **120g pack baby pak choi, cut into quarters lengthways**
- ◆ **2 red peppers, deseeded and sliced**
- ◆ **200g (7oz) baby corn, halved**
- ◆ **4 salmon fillets, skinless**
- ◆ **2tbsp Thai green curry paste**
- ◆ **Finely grated zest and juice 1 lime**
- ◆ **2 spring onions, finely sliced**
- ◆ **Small bunch coriander, chopped**

1 Put rice, 200ml (7fl oz) of the coconut milk and 350ml (12fl oz) water into a large pan. Bring to boil, cover and simmer for about 30min until rice is tender and liquid absorbed. When ready, turn off heat and leave covered for 5min.

2 Meanwhile, preheat oven to 200°C (180°C fan) mark 6. Prepare four squares of baking parchment roughly 38 x 38cm (15 x 15in). Fold each square in half, then open. Place ¼ of pak choi, red peppers and baby corn on one side of each piece of parchment. Top each vegetable stack with a salmon fillet.

3 In a small bowl, mix remaining coconut milk, curry paste and lime zest and juice. Pour ¼ mixture over each stack. Working one at a time, fold top half of parchment paper over salmon, then fold over edges well to make a parcel. Repeat with remaining parcels, then put on baking trays.

4 Cook parcels in oven for 12min (press salmon through parcel – it should flake under your finger). Fluff up rice with a fork. Split open parcels and sprinkle over spring onions and coriander. Serve with coconut rice.

PER SERVING 493cal, 27g protein, 21g fat (8g saturates), 48g carbs (8g total sugars), 5g fibre

FRIDAY 12 FEBRUARY

Spinach, Ricotta and Spelt Gnocchi

If cooking for vegetarians, make sure to use vegetarian Parmesan-style hard cheese.

Hands-on time **25min, plus chilling.** Cooking time **about 10min.**

Serves **4** **V**

- ◆ **250g (9oz) spinach**
- ◆ **150g (5oz) ricotta**
- ◆ **100g (3½oz) spelt or wholemeal flour**
- ◆ **Large handful parsley, roughly chopped**
- ◆ **2 medium eggs**
- ◆ **50g (2oz) Parmesan, grated, plus shavings to serve**
- ◆ **40ml (1½fl oz) extra virgin olive oil**
- ◆ **Finely grated zest 1 lemon**
- ◆ **40g (1½oz) pumpkin seeds**

1 Put 200g (7oz) of the spinach in a colander in sink. Pour over a full kettle of boiled water to wilt spinach. Cool under cold running water. Lift out handfuls of spinach and firmly squeeze out as much moisture as you can.

2 Put squeezed spinach into a food processor with ricotta, flour, parsley, eggs, Parmesan and plenty of seasoning. Whiz to combine. Scrape gnocchi mixture into a bowl, cover and chill for 30min.

3 Bring a large deep frying pan of water to boil. Add teaspoonfuls of gnocchi mixture to the boiling water until pan is full (you will

need to cook gnocchi in batches). Initially, gnocchi will sink. Once they bob to the surface, cook for 1min more, then lift into a bowl with a slotted spoon. Cook remaining mixture as before. Drain pan.

4 Heat oil in empty pan; add lemon zest, pumpkin seeds and some seasoning. Add drained gnocchi and fry to heat through, then fold through remaining spinach. Check seasoning. Divide among four plates, sprinkle with Parmesan and serve.

PER SERVING 376cal, 19g protein, 23g fat (8g saturates), 20g carbs (2g total sugars), 4g fibre

Green leafy veg are loaded with vitamin C, potassium, fibre, calcium and carotenoids



Twist on a favourite

New family favourite

MONDAY 15 FEBRUARY

Roast Cauliflower Tagine

Roasting cauliflower adds a smoky flavour, transforming this simple supper.

Hands-on time **20min.**
Cooking time **about 35min.** Serves **4**

- ◆ 1 large cauliflower, cut into florets
- ◆ 2tbsp olive oil
- ◆ 1tsp cumin seeds
- ◆ 1 onion, chopped
- ◆ 1tsp ground coriander
- ◆ 1tsp ground cinnamon
- ◆ 1tbsp harissa paste
- ◆ 400g tin chickpeas, drained and rinsed
- ◆ 50g (2oz) dried apricots, roughly

- chopped
- ◆ 100g (3½oz) pitted green olives
 - ◆ 400g tin chopped tomatoes
 - ◆ 50g (2oz) spinach
 - ◆ Small bunch coriander, chopped
 - ◆ Natural yogurt, to serve
 - ◆ Wholegrain couscous or quinoa (optional), to serve

1 Preheat oven to 220°C (200°C fan) mark 7. On a

large baking sheet, mix cauliflower with 1tbsp of the oil, the cumin seeds and some seasoning. Roast for 30-35min, turning halfway, until just tender and edges are charred. 2 Meanwhile, heat remaining 1tbsp oil in a large pan; gently fry onion until softened – about 10min. Add coriander, cinnamon and harissa and cook for 1min. Stir in chickpeas, apricots and olives. Empty in

tomatoes, then fill empty tin with water and add water to pan. Bring to boil; simmer for 15min. 3 Stir in spinach and roasted cauliflower. Check seasoning. Sprinkle over the coriander and serve with a dollop of yogurt and wholegrain couscous or quinoa, if you like. **PER SERVING** (without couscous) **264cals, 11g protein, 12g fat (2g saturates), 24g carbs (13g total sugars), 10g fibre**

White veg are good sources of folic acid, fibre, potassium and flavanols, which have anti-inflammatory and anti-cancer effects



TUESDAY 16 FEBRUARY

Cod à la Française

To peel shallots more easily, put in a small bowl, cover with boiling water for 1min. Drain, then cool briefly before slipping off skins.

Hands-on time **5min.**
Cooking time **about 45min.** Serves **4**

- ◆ 1tbsp oil
- ◆ 12 small shallots, peeled and halved if large
- ◆ 1 little gem lettuce, quartered lengthways
- ◆ 1 garlic clove, sliced
- ◆ 200g (7oz) baby new potatoes, halved if large
- ◆ 500ml (17fl oz) vegetable stock
- ◆ 300g (11oz) frozen peas
- ◆ 4 x 100g (3½oz) cod

- fillets, skinless
- ◆ 3tbsp half fat crème fraîche
 - ◆ 4 mint sprigs, leaves chopped

1 Heat oil in a large deep frying pan or shallow casserole (both with a lid) over medium heat and fry shallots and lettuce quarters until golden, about 5min. Lift out lettuce quarters and set aside. Add garlic to pan and fry for 1min, stirring. 2 Add potatoes and stock. Bring to boil, then simmer, covered, for

20-25min until potatoes are tender. 3 Add peas. Return to the boil. Nestle cod fillets into pan; simmer uncovered for 10min until cod is cooked and flakes easily when pressed. Dot through the crème fraîche and mint, and stir (without disturbing the fish). Return lettuce to pan for 1min to heat through before serving. **PER SERVING** **220cals, 25g protein, 4g fat (2g saturates), 18g carbs (5g total sugars), 8g fibre**



WEDNESDAY 17 FEBRUARY

Lamb Cutlets with Bulgur Salad

Zatar (or za'atar) seasoning is a mix of Middle Eastern herbs with sesame seeds and is available in many supermarkets.

Hands-on time **20min.** Cooking time **about 35min.** Serves **4**

- ◆ 2 courgettes, cut into 5mm (¼in) slices
 - ◆ 2 mixed peppers, deseeded and cut into wedges
 - ◆ 1 large red onion, peeled and cut into wedges
 - ◆ 250g (9oz) cherry tomatoes
 - ◆ 1tsp dried thyme
 - ◆ 3tbsp olive oil
 - ◆ 175g (6oz) bulgur wheat
 - ◆ 8 lean lamb cutlets, trimmed of excess fat
 - ◆ 1tsp zatar seasoning, we used Bart
- FOR THE DRESSING**
- ◆ 2tbsp olive oil
 - ◆ 2tbsp tahini
 - ◆ 2tsp zatar seasoning
 - ◆ Juice 1 lemon

1 Preheat oven to 220°C (200°C fan) mark 7. In a large shallow roasting tin, toss courgettes, peppers, onion, tomatoes and thyme in 2tbsp of the oil. Season well. Roast for 25min (tossing midway through), until vegetables are tender and beginning to char. 2 Meanwhile, in a large pan, bring bulgur wheat and 1.1 litre (2 pint) water to boil, then cover and simmer 15min. Drain and leave to steam dry for a few min. 3 In a large bowl, mix dressing ingredients. Add cooked veg (reserving tin) and bulgur wheat. Mix and check seasoning. Set aside. 4 Brush lamb with remaining 1tbsp oil and sprinkle over zatar. Arrange in reserved tin and roast in oven for 4-8min per side (depending on how well done you like your lamb). Serve with the bulgur salad. **PER SERVING** **485cals, 22g protein, 25g fat (3g saturates), 42g carbs (9g total sugars), 5g fibre**

THURSDAY 18 FEBRUARY

Mackerel with Caponata on Toast

This oily fish is jam-packed with omega 3 and relatively cheap, so perfect for a healthy midweek dinner. If you can't find mackerel, fresh or tinned sardines also work well.

Hands-on time **25min.**
Cooking time **about 25min.** Serves **4** **GF**

- ◆ 2 aubergines (about 550g/1¼lb), chopped into 1.5cm (½in) pieces
- ◆ 4tbsp olive oil, plus extra to drizzle
- ◆ 1tbsp chopped fresh rosemary leaves
- ◆ 1 onion, finely chopped
- ◆ 1 celery stick, chopped into 1cm (½in) pieces
- ◆ 1 garlic clove, crushed
- ◆ 2tbsp sundried tomato paste

- ◆ 2 x 400g tins chopped tomatoes
- ◆ 50ml (2fl oz) red wine vinegar
- ◆ 50g (2oz) pitted black olives
- ◆ 3tbsp capers, drained and rinsed
- ◆ 4 mackerel fillets (skin on)
- ◆ 4 slices rye or wheat and rye bread
- ◆ Salad leaves, to serve

1 Preheat oven to 200°C (180°C fan) mark 6. In a large roasting tin, mix aubergine with 2tbsp of the oil, the rosemary and

plenty of seasoning. Roast for 18-20min until golden and tender.

2 Meanwhile heat 1tbsp of the remaining oil in a large frying pan. Gently fry onion and celery, stirring often, until softened – about 10min. Stir in the garlic and tomato paste and cook for 2min. Add chopped tomatoes and vinegar and simmer for 8-10min, until reduced and pulpy.

3 Preheat grill to high. Stir aubergine, olives and capers into tomato sauce and set aside. Brush

mackerel fillets with half the remaining oil and season well. Use the remaining oil to grease a baking tray, then put the mackerel on it, skin side up. Grill for 4-5min until the skin is crisp and the flesh is opaque.

4 Toast bread, then top each slice with caponata and a mackerel fillet. Serve with salad drizzled with oil, if you like.

PER SERVING 483cal, 25g protein, 30g fat (5g saturates), 24g carbs (12g total sugars), 9g fibre



FRIDAY 19 FEBRUARY

Cashew-Pesto Chicken with Cannellini Mash

Mashed tinned pulses make an easy and nutritious accompaniment.

Hands-on time **30min.**
Cooking time **about 25min.** Serves **4** **GF**

- ◆ 1 medium courgette
 - ◆ 1tsp extra virgin olive oil, plus extra to drizzle
 - ◆ 4 chicken breasts, skinless
 - ◆ Rocket, to serve
- FOR THE PESTO**
- ◆ 75g (3oz) unsalted cashews
 - ◆ 25g pack fresh basil
 - ◆ 25g (1oz) Parmesan, grated
 - ◆ 2 garlic cloves, crushed
 - ◆ Finely grated zest and juice ½ lemon
 - ◆ 50ml (2fl oz) extra virgin olive oil
- FOR THE BEAN MASH**
- ◆ 3 x 400g tins cannellini beans, drained and rinsed

- ◆ 100-150ml (3½-5fl oz) chicken or vegetable stock

1 Preheat oven to 200°C (180°C fan) mark 6. Start by making the pesto. In the small bowl of a food processor, pulse cashews until roughly chopped. Add basil (stalk and all), Parmesan, garlic, lemon zest and juice, oil and some seasoning. Whiz to a paste. Spoon just under half the pesto into a small bowl and set aside for the mash.

2 Trim ends off courgette and, using a Y-shape vegetable peeler, peel along length of courgette to make ribbons. Put ribbons in a bowl and mix in oil.

3 Cut a slit into the side of

each chicken breast and using your finger, make a pocket inside each breast. Stuff remaining pesto into chicken breasts, then wrap courgette ribbons around breasts as best you can.

4 Arrange chicken in a small roasting tin and cook in oven for 25min until cooked through.

5 A few minutes before chicken is due to be ready, heat mash ingredients in a pan, mashing the beans slightly. Check seasoning, then marble through reserved pesto. Serve with the chicken, drizzled with a little oil, and a helping of rocket.

PER SERVING 546cal, 51g protein, 23g fat (4g saturates), 28g carbs (3g total sugars), 13g fibre

Your daily rainbow

We've sorted your suppers, so what about the rest of the day?

BREAKFAST SUGGESTIONS

● Muesli with fruit and nuts

Mix 3tbsp (45g) muesli with milk or low fat plain Greek yogurt, then stir in a grated apple or a handful of berries and a few flaked almonds (or other nuts).

● Cinnamon porridge

Cook 3tbsp (45g) porridge oats with a little ground cinnamon and 250ml (9fl oz) milk. Add 1 sliced banana, and a drizzle of honey (optional).

● Eggs

Serve 2 poached or scrambled eggs on a slice of wholegrain toast with a few tomato slices.

LUNCH SUGGESTIONS

● Salmon and avocado salad

Toss together 1 cooked and flaked salmon fillet, ½ avocado (chopped), a handful of spinach and watercress salad, some red pepper slices and a few cherry tomatoes. Finish with 2 clementines.

● Fresh vegetable soup

(shop-bought or home-made)

Add 1tbsp grated Cheddar; serve with a wholegrain roll. Finish with fresh fruit.

● Omelette

Made with 2 eggs, 1 sliced tomato and 1tbsp cheese. Serve with mixed salad leaves and 1tbsp olive oil-based dressing. Finish with a pot of plain low-fat yogurt.

● Pitta, wrap or sandwich

Wholegrain pitta, wrap or sandwich filled with avocado slices, houmous or cooked turkey slices and a handful of baby spinach or watercress.

● Baked potato

A baked sweet potato filled with salmon or guacamole and a leafy salad.

SNACK SUGGESTIONS

● A handful of raspberries, blueberries or strawberries.

● A banana or any other type of fresh fruit.

● Oatcakes or rice cakes with a little peanut butter.

● A few skin-on almonds.

● A pot of plain yogurt (you can add a few berries or flaked almonds).

● Carrot, cucumber or celery sticks with salsa or houmous for dipping.

MONDAY 22 FEBRUARY

Kale, Sprout and Tofu Salad

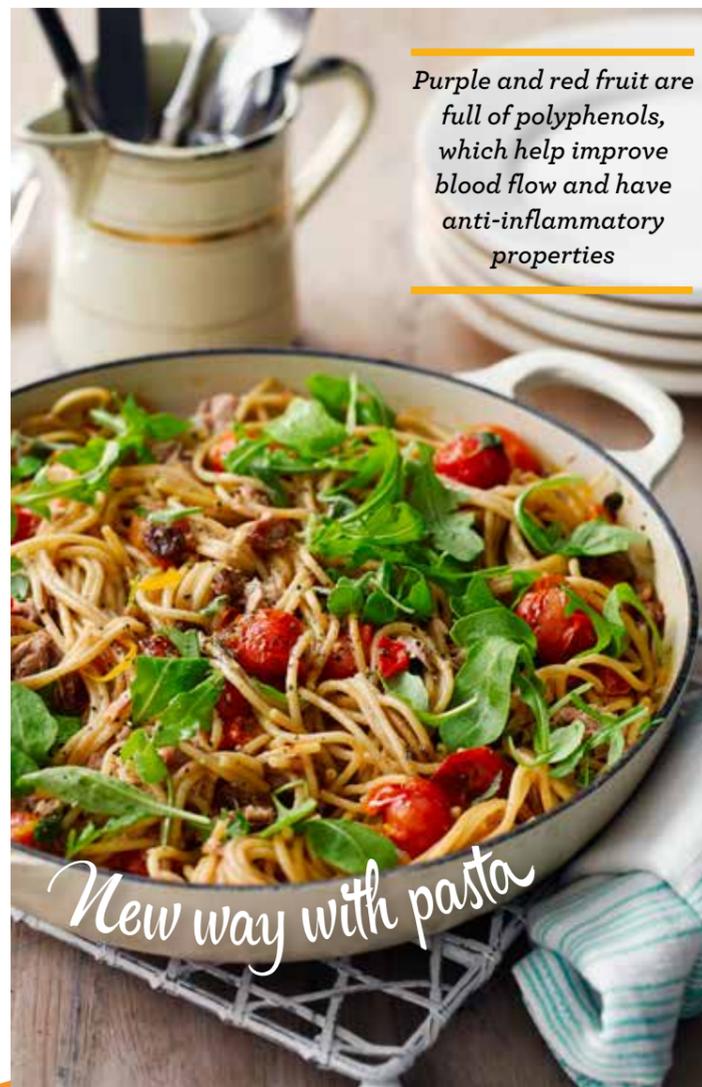
The acidic dressing 'cooks' the sprouts and kale while maintaining their beautiful green colour. The crunchy tofu adds wonderful texture and is a great source of protein, calcium and iron.

Hands-on time **20min**, plus draining. Cooking time **about 8min**.

Serves **4** **V**

- ◆ **396g block firm tofu (not silken), we used Cauldron**
- ◆ **250g (9oz) Brussels sprouts, finely sliced**
- ◆ **100g (3½oz) kale, finely shredded (woody stalks removed)**
- ◆ **200g pack cooked and peeled chestnuts, halved**
- ◆ **250g pouch cooked mixed grains, we used Merchant Gourmet**
- ◆ **40g (1½oz) Parmesan, or vegetarian hard cheese, grated**
- ◆ **6tbsp cornflour**
- ◆ **3tbsp rapeseed oil**
- FOR THE DRESSING**
- ◆ **2tbsp rapeseed oil**
- ◆ **2tbsp white wine vinegar**
- ◆ **1 garlic clove, crushed**
- ◆ **2tsp Dijon mustard**
- ◆ **Finely grated zest and juice 1 lemon**

- 1** Press tofu to drain excess moisture: line a baking tray with kitchen paper and place tofu on top. Cover with kitchen paper, then top with a plate or baking tray, weighted with some tins. Leave to drain for 30min, then cut into 2cm (¾in) cubes.
 - 2** To make the salad, in a large bowl mix sprouts, kale, chestnuts, grains and Parmesan. In a small jug, whisk together dressing ingredients. Mix into salad and set aside for flavours to develop.
 - 3** In a bowl, mix cornflour and some seasoning. Toss tofu cubes in the cornflour mixture. Heat oil in a large frying pan over medium heat. Fry tofu (in batches if needed) for 5-8min, turning until all sides are golden. Toss through salad and serve.
- PER SERVING** 553cals, 26g protein, 26g fat (4g saturates), 50g carbs (6g total sugars), 9g fibre



Purple and red fruit are full of polyphenols, which help improve blood flow and have anti-inflammatory properties

New way with pasta

TUESDAY 23 FEBRUARY

Sicilian All-in-One Pasta

The starch released when cooking the pasta mixes with the other ingredients to make a velvety sauce.

Hands-on time **10min**. Cooking time **about 15min**. Serves **4** **DF**

- ◆ **300g (11oz) wholewheat spaghetti**
- ◆ **400g (14oz) cherry tomatoes**
- ◆ **Finely grated zest and juice 1 orange**
- ◆ **50ml (2fl oz) olive oil**
- ◆ **50g (2oz) sultanas**
- ◆ **5cm (2in) piece cinnamon stick**
- ◆ **2 oregano sprigs, leaves picked, plus extra to garnish**
- ◆ **160g tin tuna in spring water, drained**
- ◆ **Large handful rocket**

- 1** Put pasta into a large, deep frying pan so it lies flat, breaking it up, if

- necessary. Add tomatoes, orange zest and juice, oil, sultanas, cinnamon, oregano and some seasoning.
 - 2** Pour in 750ml (1¼ pint) freshly boiled water from the kettle. Bring up to the boil over high heat, then bubble for about 15min, mixing occasionally, or until the pasta is just tender and there is a nice volume of sauce left.
 - 3** Mix through tuna and check seasoning. Discard cinnamon. Divide among four bowls and sprinkle with some oregano leaves and rocket. Serve.
- PER SERVING** 449cals, 22g protein, 12g fat (2g saturates), 60g carbs (15g total sugars), 10g fibre

WEDNESDAY 24 FEBRUARY

Cajun Turkey Burgers

Millet flakes, which are gluten free and full of magnesium, replace breadcrumbs in these burgers. We've used turkey thigh mince for juicier burgers, but use breast if you prefer.

Hands-on time **25min**. Cooking time **about 20min**. Serves **4** **DF**

FOR THE SALSA

- ◆ **3 tomatoes, deseeded and chopped**
- ◆ **195g tin sweetcorn, drained**
- ◆ **400g tin black beans, drained and rinsed**
- ◆ **Small bunch coriander, roughly chopped**
- ◆ **Finely grated zest and juice 2 limes**

FOR THE BURGERS

- ◆ **500g pack turkey mince**

- ◆ **75g (3oz) millet flakes**
- ◆ **1tsp ground cumin**
- ◆ **1tsp ground coriander**
- ◆ **1tsp smoked paprika**
- ◆ **½tsp dried oregano**
- ◆ **1tbsp olive oil**
- ◆ **2 avocados, peeled, stoned and sliced**
- ◆ **Juice ½ lime**
- ◆ **4 wholemeal burger buns or rolls**

- 1** Preheat oven to 200°C (180°C fan) mark 6. In a medium bowl, mix salsa ingredients and set aside.
- 2** In a large bowl, mix turkey with 25g (1oz) of

the millet flakes, the spices, oregano and some seasoning. Form into four even patties. Spread remaining millet flakes on a plate and roll each burger in flakes to cover.

- 3** Heat oil in a large frying pan over medium heat. Fry burgers for 2-3min per side until golden. Transfer to a baking tray and cook in oven for 12-15min until cooked through.
- 4** Meanwhile, heat a griddle pan over medium-high heat. Brush avocado slices with lime juice.

Griddle until charred on both sides. Serve burgers in buns with griddled avocado and salsa.

PER SERVING 684cals, 52g protein, 29g fat (7g saturates), 49g carbs (8g total sugars), 12g fibre



Fail-safe burgers

White and green fruit are rich in potassium and soluble fibre



FRIDAY 26 FEBRUARY

Fish Curry

This curry cleverly uses coconut water and ground almonds to make a sauce, rather than coconut milk, which is high in saturated fat. Coconut water is low in fat and high in potassium, and ground almonds are high in protein and vitamin E, as well as being packed with good fats.

Hands-on time **15min.**
Cooking time **about 35min.** Serves **4** **GF DF**

- ◆ 3tbsp rapeseed oil
- ◆ 2 onions, finely sliced
- ◆ ½tsp turmeric
- ◆ 1tbsp garam masala paste, we used Patak's
- ◆ 400g tin chopped tomatoes
- ◆ ½-1 green chilli, deseeded and finely chopped
- ◆ 400ml (14fl oz) coconut water
- ◆ 50g (2oz) ground almonds

- ◆ 350g (12oz) firm white fish, skinless and cut into 3cm (1¼in) chunks
- ◆ 300g (11oz) raw peeled king prawns
- ◆ Large handful coriander, roughly chopped
- ◆ Juice ½ lemon, plus wedges to serve
- ◆ Brown rice, to serve (optional)

1 Heat 2tbsp of the oil in a large pan. Gently fry onions, stirring often, until beginning to caramelize – about 15min. Stir in remaining oil, turmeric and garam masala paste; fry for

2min until aromatic.
2 Stir in tomatoes, chilli, coconut water and ground almonds and bubble for 5-8min until thickened.
3 Add fish and simmer for 3min, then add prawns and simmer for a further 3-5min until prawns are pink and fish is cooked. Stir through coriander and lemon juice. Check seasoning. Serve with lemon wedges and brown rice, if you like.
PER SERVING (without rice) **360cals, 35g protein, 17g fat (1g saturates), 15g carbs (12g total sugars), 3g fibre**

THURSDAY 25 FEBRUARY

Beef and Barley Casserole

Fork-tender beef, nutty barley and traditional vegetables.

Hands-on time **20min.** Cooking time **about 1hr 45min.** Serves **4** **DF**

- ◆ 1tbsp olive oil
- ◆ 400g (14oz) braising steak, cut into 2.5cm (1in) pieces
- ◆ 1 onion, roughly chopped
- ◆ 2 medium carrots, roughly chopped
- ◆ 2 celery sticks, roughly chopped
- ◆ 250g (9oz) chestnut mushrooms, roughly chopped
- ◆ 1 litre (1¾ pint) beef stock
- ◆ 1tbsp mixed dried herbs
- ◆ 100g (3½oz) pearl barley
- ◆ 75g (3oz) Savoy cabbage or kale, shredded

1 Heat oil in a large casserole (that has a lid) over medium-high heat and thoroughly brown beef. Lift beef into a bowl and set aside.
2 Lower heat slightly under casserole and add onion, carrots, celery and mushrooms. Fry for 5min until beginning to soften – add a splash of water, if needed.
3 Return beef to pan, with stock, herbs and some seasoning. Bring to boil, cover and simmer for 45min.
4 Stir in pearl barley, cover and simmer for 40min until beef and barley are tender, adding cabbage/kale for final 5min of cooking. Check seasoning and serve.

PER SERVING **410cals, 37g protein, 15g fat (6g saturates), 29g carbs (7g total sugars), 4g fibre**



Good-for-you curry

RECIPES: GH COOKERY TEAM; FOOD STYLING: MEIKE BECK; SUZANNAH BUTCHER; ELIZABETH HUTCHINSON; RECIPE TESTING: MADELINE BURKITT; PROPS: WEITANG



Packed with veg

MONDAY 29 FEBRUARY

Feijoada Chilli Bowl

A classic Brazilian dish that's sure to warm you up on a chilly day.

Hands-on time **15min.**
Cooking time **about 55min.** Serves **4** **V**

- ◆ ½ a butternut squash (skin left on), deseeded and chopped into 3cm (1¼in) chunks
- ◆ 2 mixed peppers, deseeded and cut into large chunks
- ◆ 2tbsp oil
- ◆ 1 red onion, sliced
- ◆ 3 garlic cloves, crushed
- ◆ 1tbsp chipotle paste
- ◆ 4 ripe tomatoes, chopped
- ◆ 500ml (17fl oz) vegetable stock
- ◆ 75g (3oz) pearl barley
- ◆ 2 x 400g tins black beans (not drained)
- ◆ Finely grated zest and juice 1 lime
- ◆ 2 avocados, peeled, stoned and chopped
- ◆ 4tbsp natural yogurt

1 Preheat oven to 200°C (180°C fan) mark 6. On a large roasting tray, toss squash and peppers in 1tbsp of the oil. Season and roast for 30min.
2 Meanwhile, heat remaining 1tbsp oil in a large pan or casserole. Fry onion for 5min until golden. Add garlic and chipotle paste, stirring for 1min. Add tomatoes, stock and pearl barley. Bring to the boil, then simmer for 30min.
3 Add contents of black bean tins, lime zest and juice and roasted squash and peppers. Simmer for 15min. Check seasoning. Serve in deep bowls topped with avocado and a dollop of yogurt.
PER SERVING **440cals, 17g protein, 23g fat (4g saturates), 34g carbs (15g total sugars), 17g fibre** □