



## HEALTHY CHICKEN KORMA WITH BASMATI RICE



This tasty curry is made with fat-free yoghurt instead of single cream, making it a much healthier version of our take away favourite. The chicken and almonds make it a protein packed recipe. Served it with chapattis for extra fibre.

Serves: 4

### What you need:

#### Korma:

- 1 onion
- 2 garlic cloves
- Thumb-sized piece ginger
- Small bunch coriander
- 4 skinless, boneless chicken breasts
- 1 tbsp sunflower oil
- 2-4 tbsp korma paste
- 50g ground almonds, plus extra to serve (optional)
- 400ml chicken or veg stock
- 150g pot 0% fat Greek yoghurt
- Sea salt and freshly ground black pepper

#### Rice:

- 200g basmati rice
- 1 tbsp vegetable oil
- Pinch salt
- 1 tsp cumin seeds (optional)
- 400ml boiling water

#### To serve:

- Basmati rice, chapati's, naan breads, poppadum's, mango chutney



Prep time: 25 mins

Cooking time: 40 mins

### Equipment:

Chopping board, sharp knife, teaspoon, grater, wooden or heatproof spoon, large saucepan or wok/frying pan with lid, sieve, small saucepan with lid for the rice, teaspoon and tablespoon measure.

### Prep before you start:

- Have all of the ingredients weighed out ready.
- Collect together all of the equipment.
- Fill a washing up bowl or the sink with hot soapy water.
- Have a hand towel, tea towel, oven gloves and dish cloth ready.
- Put the kettle on to boil for the rice.



### STEPH'S TOP TIPS

For a quick, healthy raita to serve with the curry - dice 1/4 cucumber and mix with a pinch of sea salt, 150g fat-free yoghurt and 1 tbsp finely chopped mint leaves.

### What to do:

- 1 Korma:** peel and chop the onion, peel and crush the garlic, peel and grate the ginger. Chop the coriander.
- 2** Using a sharp knife cut the chicken into bite sized pieces. Wash your hands after handling raw chicken.
- 3** Heat the oil in a large saucepan, add the onion and cook for 3-5 mins until softened. Add the garlic and ginger and cook, stirring for a further 2 mins.
- 4** Add the korma paste and cook for a further 2 mins.
- 5** Add the chicken breasts and stir over a low heat for a few mins until coated in the curry paste and cooked slightly. Stir in the ground almonds and stock.
- 6** Give everything a good mix, then cover and simmer for 10-15 mins or until the chicken is cooked through. Cook for a little longer, uncovered, if you want to thicken the sauce.
- 7** Remove the pan from the heat, stir in the Greek yoghurt and season with salt and freshly ground black pepper, then sprinkle over the coriander.
- 8 Rice:** cook whilst the curry is simmering. Rinse the basmati rice in a sieve under cold running water. Heat 1 tbsp vegetable oil in a saucepan, add 1 tsp cumin seeds (optional) cook for a minute. Stir in the rice and coat in the oil. Add a pinch of salt and 400ml boiling water. Bring to the boil and stir once. turn the heat down to the lowest setting, cover and simmer for 12-14 mins until the water has absorbed and the rice is tender. Don't be tempted to stir it, fluff with a fork and serve with the korma.





## FRUIT AND NUT GRANOLA



This recipe shows you how to make your own energy boosting healthy breakfast. Packed with slow releasing carbohydrates and fibre it will keep you going all morning. Delicious served with milk, yoghurt and fresh fruits. You can vary the nuts too, try hazelnuts, macadamia or pecans.

Makes: 500g

### What you need:

- 50g whole almonds
- 150g mixed dried fruit and dried berries (apricots, sultanas, cranberries, blueberries, raisins)
- 2 tbsp coconut or vegetable oil
- 3 tbsp maple syrup or honey
- 200g rolled oats
- 50g mixed seeds (pumpkin, sunflower and sesame)
- 50g coconut flakes or desiccated coconut (optional)
- 1 tsp ground cinnamon (optional)

### What to do:

- 1 Heat the oven to 180°C/160°C fan/gas 4. Line 1-2 baking trays with baking parchment. Carefully chop the almonds. Cut any large fruits like dried apricots into small pieces and set to one side.
- 2 Combine all the dry ingredients together in a bowl apart from the dried fruit.
- 3 In a small pan, melt the coconut or vegetable oil with the maple syrup or honey on a low heat. Pour over the dry ingredients in the bowl and mix well to coat.
- 4 Tip onto the baking sheets and spread evenly into a thin layer. Bake for 15 mins until lightly toasted.
- 5 Leave to cool then mix with the dried fruit and cinnamon if using, transfer to an airtight container.



Prep time: 10 mins

Cooking time: 25-30 mins

### Equipment:

1-2 baking trays lined with baking parchment, mixing bowl, saucepan, wooden or heatproof spoon, sharp knife, chopping board, teaspoon and tablespoon measure.

### Prep before you start:

- Have all of the ingredients weighed out ready.
- Collect together all of the equipment.
- Fill a washing up bowl or the sink with hot soapy water.
- Have a hand towel, tea towel, oven gloves and dish cloth ready.

### STEPH'S TOP TIPS

*Kick start the day with an energy boosting healthy breakfast, choose high fibre wholegrains like oats, wheat and rye, protein packed eggs and wholemeal toast or a nutritious smoothie to fuel you throughout the morning.*

*The granola can be stored in an airtight container for up to a month.*





## FALAFEL BURGERS AND SWEET POTATO WEDGES



Prep time: 25 mins

Cooking time: 36 mins

### Equipment:

Kitchen paper, large roasting tin or baking tray, sharp knife, chopping board, mixing bowl, fish slice., frying pan, fork or potato masher or food processor, teaspoon and tablespoon measure.

### Prep before you start:

- Have all of the ingredients weighed out ready.
- Collect together all of the equipment.
- Grease a large baking tray or roasting tin.
- Fill a washing up bowl or the sink with hot soapy water for washing your hands.
- Have a hand towel, tea towel, oven gloves and dish cloth ready.
- Drain the chickpeas and pat dry with kitchen paper. Scrub the sweet potatoes leaving the skin on.



### STEPH'S TOP TIPS

*Try to have at least 1 meat free day a week. It's a fun and easy way to help the planet and boost our health at the same time.*

*Use only a very small amount of oil to cook the burgers, 1-2 tbsp is plenty. Use olive oil or sunflower oil.*

This recipe shows you how to make a delicious meat free burger that is healthy and filling too. The chickpeas are packed full of fibre and the sweet potatoes are a great non-starchy carbohydrate so count towards your 5 a day tally. Plus, they contain lots of vitamin C.

Serves: 4

### What you need:

#### Sweet potato fries:

- 2 large or 4 medium sweet potatoes
- 1-3 tsp smoked paprika
- 1 tsp ground cumin
- Sea salt and freshly ground black pepper
- 2-4 tbsp sunflower / olive oil

#### Falafel burgers:

- 1 large red onion
- 3 garlic cloves
- handful of flat-leaf parsley or curly parsley
- handful fresh coriander
- 2 x 400g cans chickpea, rinsed and drained
- 3 tsp ground cumin
- 3 tsp ground coriander
- 1 tsp harissa paste or chilli powder (optional)
- 4 tbsp plain flour

#### To serve:

- Salsa, salad, toasted pitta bread

### What to do:

- 1 Sweet potato fries: heat the oven to 200°C/fan 180°C/gas 6. Cut each sweet potato in half lengthways, cut each half into 4 wedges.
- 2 Place the sweet potatoes in a large mixing bowl, add the smoked paprika, cumin and season with sea salt and freshly ground black pepper. Drizzle with 1 tablespoon of oil, then toss everything together to coat.
- 3 Spread out in a single layer in a large baking tray, bake for 25-30 mins until golden and cooked through.
- 4 Falafel burgers: peel and finely chop the red onion, peel and crush the garlic. Finley chop the parsley and coriander.
- 5 Heat 1 tbsp oil in a frying pan, sauté the onion and garlic for 3-5 mins until softened but not brown. Leave to cool.
- 6 Place the chickpeas in a bowl. Mash well with a fork or potato masher. Add the parsley, coriander, cooked onion and garlic, ground cumin, ground coriander, harissa paste or chilli powder, plain flour and season with sea salt and freshly ground black pepper.
- 7 Mix together until blended and then shape into eight small or 4 large patties with your hands. It helps if your hands are a bit wet.
- 8 Heat the remaining oil about 2-3 tbsp oil in a non-stick frying pan, add the burgers, then quickly fry for 3 mins on each side until lightly golden.
- 9 Serve with toasted pitta bread, salsa and a green salad and the sweet potato fries.

