



Tomato, squash & spinach curry

Serves 4

✔ Prep 5 mins ✔ Cook 25 mins

Ready in 30 mins

Ingredients

- 1 large onion , halved and sliced
- 1 tsp of olive oil
- 2 tbsp madras curry paste
- 1 small butternut squash, about 500g, cut into chunks
- 5 tomatoes, quartered
- 100g spinach, roughly chopped
- Brown rice, to serve

1. Cook the onion in 1 tsp/ spritz of oil for 5 minutes until softened. Add the curry paste and cook for 3 minutes. Add the squash, tomatoes and 200ml water, stir well.
2. Cover and simmer for 15 minutes until the squash is just cooked and the tomatoes have broken down. Stir through the spinach and leave for a couple of minutes to wilt. Serve with basmati or brown rice and a homemade naan bread (see recipe)



Add chicken for your protein portion

together
we can

Healthier | Happier | St Helens



St. Helens
Council



Sweet & sour chicken & veg

Serves 4

🔴 Prep 15 mins 🟢 Cook 15 mins

Low-fat, Super healthy

Ingredients

- 425g can pineapple chunks, drained, juice reserved
- 2 tbsp each tomato ketchup , malt vinegar and cornflour
- 1 tsp vegetable oil
- 1 onion, chopped
- 1 red chilli , deseeded and sliced
- 1 red and green pepper, chopped
- 2 carrots, sliced on the diagonal
- 2 skinless chicken breasts , thinly sliced
- 125g packs baby corn , sliced lengthways
- 2 tomatoes , quartered
- cooked brown rice , to serve

1. Make the sweet & sour sauce by whisking together the pineapple juice, tomato ketchup, malt vinegar and cornflour. There should be 300ml - add water or stock if you're short.
2. Heat the oil in a frying pan or wok over a high heat. Add the onion, chilli, peppers, carrots and chicken and stir-fry for 3-5 mins until the vegetables are starting to soften and the chicken is almost cooked.
3. Add the corn and sauce. Bubble for 2 mins, add tomatoes and cook for 2 mins until the sauce thickens, the chicken is cooked and the vegetables are tender. Serve with rice, if you like.

Tip: Add garlic and fresh grated ginger for an extra zing

together
we can

Healthier | Happier | St Helens



St. Helens
Council



Healthy fish and chips with tartare sauce

Serves 2

🔴 Prep 5 mins 🟢 Cook 40 mins Ready in 40-45 mins

Ingredients

- 450g potatoes , scrubbed and cut into chips (skin left on)
- 1 spritz olive oil , plus a little extra for brushing
- 2 white fish fillets about 140g/5oz each
- grated zest and juice 1 lemon
- small handful of parsley leaves, chopped
- 1 tbsp capers , chopped
- 2 heaped tbsp 0% Greek yogurt
- lemon wedge, to serve

1. Heat oven to 200C/fan 180C/gas 6. Toss chips in oil. Spread over a baking sheet in an even layer, bake for 40 mins until browned and crisp. Put the fish in a shallow dish, brush lightly with oil and pepper. Sprinkle with half the lemon juice, bake for 12-15 mins. After 10 mins sprinkle over a little parsley and lemon zest to finish cooking.
2. Meanwhile, mix the capers, yogurt, remaining parsley and lemon juice together, set aside and season if you wish. To serve, divide the chips between plates, lift the fish onto the plates and serve with a spoonful of yogurt mix. Add peas for one of your fruit and veg portions.



Try Making it again Swap the potatoes for sweet potatoes for a more exotic flavour. Or use turkey or skinless chicken fillets instead of fish if you prefer - simply bake 10 mins extra.

together
we can

Healthier | Happier | St Helens



St. Helens
Council



Healthy Lemon and Thyme Turkey Burgers

Serves 4

👉 Prep 15 mins 🟢 Cook 25 mins

Ingredients

- 1 tsp/ spritz olive oil
- 1 onion finely chopped
- 500g pack minced turkey
- zest 1 lemon
- 2 tsp fresh thyme leaves or 1 tsp dried
- 2 tbsp chopped parsley
- wholemeal buns, lettuce leaves, sliced tomato and tomato sauce , to serve

1. Heat oven to 200C/180C fan/gas 6. Heat the oil in a small pan, add the onion, fry for a few mins until lightly browned and soft, then cool. Mix the turkey with the lemon zest, thyme, parsley, onion and black pepper until well combined.
2. Shape the mixture into 4 burgers. Put in a roasting tin, bake for 20-25 mins, then pan-fry for a few mins on each side brown. Serve in a bun with lettuce, sliced tomato, tomato sauce and vegetable chips (recipe below).



Vegetable chips Cut a selection of carrots, parsnips and potatoes, depending on what's in season (no need to peel) into large chips. Toss in 1 tsp/ 1 spray of olive oil and a good sprinkling of paprika and spread over a baking sheet. Roast at the same temperature as the burgers for 45-50 mins, turning halfway through the cooking time.

together
we can

Healthier | Happier | St Helens



St. Helens
Council



Superhealthy pizza

Serves 2-4

✔ Prep 15 mins ✔ Cook 12 mins plus rising (Vegetarian super healthy)

Ingredients

- 100g each strong white and strong wholewheat flour
- 1 tsp or 7g sachet easy-blend dried yeast
- 125ml warm water

For the topping

- 200g can chopped tomatoes , juice drained
 - handful cherry tomatoes, halved
 - 1 large courgette, thinly sliced using a peeler
 - 25g mozzarella , torn into pieces
 - 1 tsp capers, drained (optional)
 - 8 green olives, roughly chopped (optional)
 - 1 garlic clove, finely chopped
 - 1 tsp olive oil
 - 2 tbsp chopped parsley, to serve
1. Mix the flours and yeast with a small pinch of salt (this helps with the bread making process). Pour in the water and mix to a soft dough, then work for 1 min. Remove the dough and roll out on a lightly floured surface to a round about 30-40cm across. Lift onto an oiled baking sheet.
 2. Spread the canned tomatoes over the dough to within 2cm of the edges. Arrange the cherry tomatoes and courgettes over the top, then scatter with the mozzarella. Mix the capers, olives and garlic, then scatter over the top. Drizzle evenly or spray with the oil. Leave to rise for 20 mins. Heat oven to 240C/ fan 220C/gas 9 or the highest setting.
 3. Bake the pizza for 10-12 mins until crisp and golden around the edges. Scatter with the parsley and serve with a side salad.

together
we can

Healthier | Happier | St Helens



St. Helens
Council