

## Meat and poultry recipes

### Beef meatballs with tomato sauce

An Italian dish which is easy to make for friends and family, served with pasta.



Serves: 4

Time: 1 hour 5 minutes

#### Ingredients

- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- 200 grams lean beef mince
- 1 tablespoon oil
- 1 tin of chopped tomatoes
- 2 tablespoons tomato puree
- 2 teaspoons mixed dried herbs
- 200 grams mushrooms, sliced

- 100 grams fresh or frozen pepper, chopped

## Method

1. Mix a quarter of the chopped onion and garlic with the mince.
2. Shape the mince into small balls about half the size of a golf ball.
3. Heat the oil and fry the meatballs in a pan until browned all over.
4. Remove the meatballs from the pan and set aside on a plate.
5. Add the remaining onion to the pan and cook until soft.
6. Add the remaining garlic and cook for another minute.
7. Add the chopped tomatoes, tomato puree, herbs, mushrooms, peppers and meatballs to the pan.
8. Bring the sauce to the boil, cover with a lid and simmer for 30 minutes.
9. Serve with pasta or boiled rice.

## Nutritional information

Each serving provides	Amount in grams
Energy	741 kilojoules/176 kilocalories
Fat	5.7
Saturates	1.6
Sugar	10.7
Salt	0.17

Typical values per 100g: Energy 252kJ/60kilocalories

The information stated above is based on each serving of beef meatballs with tomato sauce and excludes suggested accompaniments.

Read more on our [Healthy recipes page](#).

## Chicken biryani

A great rice-based curry that combines some of your five a day.



Serves: 2

Time: 1 hour 10 minutes

## Ingredients

- 1 tablespoon of olive/vegetable oil
- 2 medium onions, chopped
- 2 medium cloves of garlic, chopped
- 2 medium mild chillies, chopped
- 2 large tomatoes, chopped
- 1/4 tablespoon tomato puree
- 1/4 teaspoon of chilli powder, coriander powder and cumin powder
- 1 tablespoon whole spices, in muslin bag if desired
- 1 tablespoon biryani masala
- 1 cooked chicken breast
- 1/3 cup frozen peas
- 3 medium mushrooms, roughly chopped
- 1 medium potato, peeled and chopped
- 500ml boiling water
- 150 grams cup basmati rice, washed

## Garnish

- 1cm piece of root ginger, chopped finely
- 1/4 teaspoon whole cumin seeds

## Method

1. Heat the oil and fry the onions until they're golden brown (approximately 5 minutes)
2. Add the garlic, chillies, tomatoes, tomato puree, spices and 236ml (1 cup) of water and simmer on a medium heat for 5 minutes. Mash with a potato masher if you want the sauce to be smoother.
3. Add the chicken and simmer for 10 minutes, stirring regularly.
4. Add the frozen peas, mushrooms, potatoes and more water if needed and simmer for 5 minutes.
5. Put the boiling water in a saucepan, add the washed rice, boil for 5 minutes and drain.
6. Layer the chicken mixture with the rice starting with the rice then the chicken mixture and repeat this twice.
7. Garnish with cumin seeds, and ginger.
8. Lower the heat and simmer for a further 10 minutes.
9. Serve with fresh salad and yoghurt dip.

## Nutritional Information

Each serving provides	Amount in grams
Energy	2728 kilojoules/646 kilocalories
Fat	9.3
Saturates	1.4
Sugar	21.2
Salt	0.33

Typical values per 100g: Energy 360kJ/85kilocalories

The information stated above is based on each serving of chicken biryani and excludes suggested accompaniments.

Read more on our [Healthy recipes page](#).

## Citrus chicken

A fresh summer dish, try serving with brown rice and some green beans.





Serves: 2

Time: 45 minutes

## Ingredients

- 1 teaspoon sunflower oil
- 1/2 onion, finely chopped
- 1 raw chicken breast, cut into large pieces
- 1 teaspoon plain flour
- half a red pepper, sliced
- Juice of 1 orange, or 75ml orange juice plus 25ml water
- 1 carrot, peeled and sliced
- 1 to 2 medium potatoes, cubed
- Chopped parsley (optional)
- Freshly ground black pepper

## Method

1. Heat the oil in a pan and brown the onions over a low heat, for 2 to 3 minutes.
2. Coat the chicken pieces in the flour. Then add the chicken to the pan and brown for 2 minutes, stirring all the time to make sure it doesn't stick.
3. Once the chicken is cooked, add the other ingredients. Then bring to the boil, turn the heat down and simmer over a low heat for about 20 minutes, until the vegetables are soft and the chicken is thoroughly cooked.

## Nutritional Information

Each serving provides	Amount in grams
Energy	1393 kilojoules/330 kilocalories
Fat	3.4
Saturates	0.5
Sugar	10.5
Salt	0.1

Typical values per 100g: Energy 328kJ/78kilocalories

The nutritional information stated above is based on each serving of citrus chicken and excludes suggested accompaniments.

Read more on our [Healthy recipes page](#).

## Easy Italian chicken

Quick and healthy, this simple version of an Italian favourite is full of flavour.



Serves: 2

Time: 50 minutes

## Ingredients

- 2 raw chicken breasts
- 2 tins of chopped tomatoes
- 10 mushrooms, sliced
- 2 teaspoons dried Italian herbs
- 2 teaspoons Worcestershire sauce
- freshly ground black pepper

## Method

1. Preheat the oven to 180°C/160°C fan/gas mark 4.
2. Put all the ingredients into an ovenproof dish, mix thoroughly and bake in the oven for 40 minutes or until chicken is cooked through

Tip: Serve with a baked potato or boiled pasta.

## Nutritional Information

Each serving provides	Amount in grams
Energy	1081 kilojoules/256 kilocalories
Fat	4
Saturates	1
Sugar	16.7
Salt	0.56

Typical values per 100g: Energy 178kJ/42 kilocalories

The nutritional information stated above is based on each serving of Easy Italian Chicken and excludes suggested accompaniments.

Read more on our [Healthy recipes page](#).

## Mediterranean beef pasta

Easy to make and nutritious, this take on a classic Mediterranean dish is packed full of nutritious vegetables.





Serves: 4

Time: 1 hour

## Ingredients

- 225 grams lean beef cut into strips
- 1 clove of garlic, crushed
- 1 red pepper, sliced
- 1 courgette, chopped
- 100 grams mushrooms, sliced
- 225 grams tin of chopped tomatoes
- 1 tablespoon of tomato ketchup
- Dried mixed herbs to taste
- 200 grams pasta shapes

## Method

1. In a saucepan or wok, fry the meat and garlic for 4 to 5 minutes until browned, you shouldn't need to use any oil.
2. Then add the pepper, courgette and mushrooms and stir-fry for 2 minutes. Stir in chopped tomatoes, ketchup and herbs, and season to taste. Then bring to the boil and simmer for 5 minutes.
3. Cook pasta according to the instructions on the packet. Drain the pasta and stir into the sauce.

## Nutritional Information



Each serving provides	Amount in grams
Energy	1269 kilojoules/ 300 kilocalories
Fat	4
Saturates	1.2
Sugar	8.4
Salt	0.3

Typical values per 100g: Energy 447kJ/106kilocalories

The nutritional information stated above is based on each serving of Mediterranean Beef Pasta and excludes accompaniments.

Read more on our [Healthy recipes page](#).

## Spaghetti Bolognese

The Italian classic that can be served up any time. Serve with a crunchy mixed salad.



Serves: 2

Time: 50 minutes

### Ingredients

- 100 grams lean beef mince
- 1 onion, finely chopped
- 1 clove garlic, finely chopped

- 1 tin of chopped tomatoes
- 1 tablespoon tomato puree
- 1 tablespoon dried mixed herbs
- 1/2 red pepper, chopped
- 100 grams mushrooms, sliced
- 1/2 carrot, chopped
- 1/2 courgette, chopped
- 150 grams spaghetti
- pepper to taste

## Method

1. Brown the mince over a gentle heat, stirring to stop it from sticking.
2. Add the onion to the mince and cook for 2 to 3 minutes.
3. Add the remaining ingredients (if you don't like one of the vegetables, swap it for another), bring the sauce to the boil, then lower the heat and simmer gently for 15 to 20 minutes.
4. Cook the pasta in boiling, salted water, according to packet instructions.
5. Serve the Bolognese with the spaghetti, seasoning with pepper to taste.

**Handy tip:** To save leftover boiled pasta, mix drained pasta with a little oil, cover with cling film and store in the fridge for a maximum of 1 day.

## Nutritional Information

Each serving provides	Amount in grams
Energy	1959 kilojoules/463 kilocalories
Fat	4.0
Saturates	1.3
Sugar	20.2
Salt	0.2

Typical values per 100g: Energy 354kJ/84kilocalories.

The nutritional information stated above is based on each serving of Spaghetti Bolognese and excludes suggested accompaniments.

Read more on our [Healthy recipes page](#).

## Stovies

A good, nourishing winter warmer that's a meal in a pot. Serve with crusty bread.



Serves: 6

Time: 25 minutes

## Ingredients

- 200 grams braising steak, thinly sliced
- 1 beef stock cube, made up with 1 pint of water
- 2 large potatoes, peeled and thinly sliced
- 1 parsnip, peeled and thinly sliced
- 1 carrot, peeled and thinly sliced
- 1/4 small turnip, peeled and thinly sliced
- 1 large onion, peeled and thinly sliced
- Pepper to taste

## Method

1. Brown the meat in a pan, over a low heat, add beef stock
2. Layer the potato, parsnip, carrot, turnip and onion in the pan.

3. Cover and simmer for about 30 minutes or until the vegetables are soft (add more water if needed to stop it from sticking).
4. Season to taste.
5. Serve with oatcakes or crusty bread.

## Nutritional Information

Each serving provides	Amount in grams
Energy	891 kilojoules/211 kilocalories
Fat	2
Saturates	0.6
Sugar	6.5
Salt	0.7

Typical values per 100g: Energy 358kJ/85kilocalories

The nutritional information stated above is based on each serving of Stovies and excludes suggested accompaniments.

Read more on our [Healthy recipes page](#).

## Turkey and pepper stir fry

Turkey is a great choice for this quick and easy stir-fry, it's low in fat and set off by the sweet citrus tang of oranges.





Serves: 1

Time: 20 minutes

## Ingredients

- 2 teaspoons oil
- 1 clove garlic, crushed
- 75g turkey, diced
- 1/2 red pepper, sliced
- 1/2 green pepper, sliced
- 1 spring onion, sliced
- 1.5 teaspoons of reduced salt soy sauce
- 2 tablespoons water
- 1 tablespoon orange juice
- 1 teaspoon ground ginger (optional)
- half a cup brown rice or 1 block of noodles

## Method

1. Heat the oil in a large frying pan and fry the garlic and turkey over a medium heat for 5 minutes, stirring constantly.
2. Add the peppers and onions and fry for another minute, until soft. Next stir in the soy sauce, water, orange juice and ground ginger and cook for a further 3 to 4 minutes over a medium heat.
3. Serve with brown rice or noodles.

**Handy tip:** For a vegetarian stir fry, substitute the turkey with your favourite vegetables for example, carrots cut finely, courgettes, peppers and mushrooms.

# Nutritional Information

Each serving provides	Amount in grams
Energy	1455 kilojoules/346 calories
Fat	10
Saturates	1.8
Sugar	8
Salt	1.1

Typical values per 100g: Energy 329kJ/78 kilocalories

The nutritional information stated above is based on each serving of Turkey and Pepper Stir Fry and excludes accompaniments.

Read more on our [Healthy recipes page](#).

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