

Healthy Recipes

A collection of meat, fish and vegetarian recipes created with nutrition and traffic light labelling in mind.

Here is a collection of tasty recipes for you to try.

They were created with traffic light labelling in mind. All the nutrients in each recipe per serving are green, which means they are low in fat, saturated fat, sugar and salt.

See our [Check the label guidance](#) for more information on traffic light labelling.

Each recipe includes an ingredients list and method. They have been grouped together by their main ingredient.

Meat and poultry recipes



Fish recipes



Vegetarian recipes

