



# love your health!

## Recipe Book

Recipes that will make your health love *you!*

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NTU Catering has put together eight low cost, delicious and easy to prepare recipes that will make your mouth water. So, get cooking and stay healthy!



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### Sweet Potato and Lentil Soup

#### Ingredients (serves 6)

1 Vegetable Stock Cube (1.2L of boiling water)  
250g Lentils  
3 Medium Onions  
750 g sweet potatoes  
5 garlic cloves  
2 Teaspoons of Curry Powder  
Handful of fresh Coriander (optional)  
1 lemon  
Salt and black pepper

#### Nutrition information

234 Kcal /portion  
Protein – 11g  
Carbohydrate – 47g  
Fat – 1g

#### Method

1. Peel and chop the **sweet potatoes, onion** and **garlic**
2. Bring 1.2L of **water** to the boil, crumble in the **stock cube**
3. Add **lentils, sweet potato, garlic** and **onion**
4. Boil for 30 minutes
5. **Puree** the soup
6. Add **curry powder**
7. Add **Salt, pepper** and squeeze of **lemon** to taste
8. Garnish with chopped **coriander**

(Soup can easily be frozen and heated up later)

### Salmon and Chive Fishcakes with Watercress salad

#### Ingredients (makes 6 fishcakes)

200g Wild Salmon (tinned or fresh)  
150g Potato  
1 tablespoon Chives  
Salt and Pepper  
Lemon Juice  
1 teaspoon Olive oil  
40-50g Watercress  
1 Egg  
100g Breadcrumbs (wholemeal if possible)

#### Nutrition information

97 Kcal/cake  
Protein – 7g  
Carbohydrate – 5g  
Fat – 5g

#### Method

1. Bake **salmon** in the oven at 180 °C for 15 minutes or if using **tinned salmon** proceed to point '2.'
2. Boil the **potatoes** for 8-10 minutes until softened, drain the water and mash
3. Mix the **salmon, mashed potato, chives** and a pinch of **salt** and **pepper** in a bowl
4. Shape into 6 equal size balls then flatten with your hand
5. Beat 1 egg and pour onto 1 large plate, pour a handful of flour onto another and the breadcrumbs onto another
6. Bread your fishcakes – first place the fishcake into the flour, then dip into the egg (both sides) then into the breadcrumbs. Repeat with all of your fishcakes and set aside
7. Place fishcakes in fridge for 30-60 minutes to firm up
8. Shallow fry your fishcakes on both sides for about 1 minute in a little vegetable oil, then bake in the oven at 200 degrees C for 10-15minutes
9. Serve your fishcakes with the **watercress** leaves drizzled with **olive oil** and a squeeze of **lemon juice**.

### Fish Pie

#### Ingredients

150mls Crème Fraiche  
1 tablespoon of Chopped Chives  
500g Celeriac  
60g Wild Salmon Supreme (or tinned salmon)  
Half a tin of Tuna  
50g Leeks  
25g Peas  
25g Spinach  
Salt and Pepper

#### Nutrition information

492 Kcal  
Protein – 44g  
Carbohydrate – 17g  
Fat – 27g

#### Method

1. Peel and dice the **celeriac**
2. Cook the **celeriac** in boiling water for 8-10 minutes or until soft. Drain water, mash and set aside
3. Meanwhile, bake **salmon** in an oven for 10-15 minutes at 180 °C
4. In a bowl mix together, baked **salmon**, **tuna** (drained) **leeks**, **peas**, **spinach**, **crème fraiche**, **chives** and a pinch of **salt** and **pepper**
5. Pour the Crème fraiche and fish mixture into an oven proof dish, pipe or spoon on top the celeriac mash you set aside. Bake in an oven at 200 °C for 15-20 minutes until bubbly and golden brown on top

## Chicken Curry

### Ingredients (makes 2 portions)

#### *For the Curry*

- 250g Sweet Potatoes
- 1 tablespoon Olive Oil
- 1 Chicken Breast
- 1 Large Red Onion
- 1 teaspoon Curry Paste
- 2 large Tomatoes
- 50g spinach
- Salt and Pepper
- 1 teaspoon Curry Powder

#### *To serve*

- 125g Brown Rice

### Nutrition information

322 Kcal  
Protein – 28g  
Carbohydrate – 46g  
Fat – 3g

### Method

1. Peel and dice the **sweet potato**. Cook in boiling water until just tender. Drain
2. Boil **brown rice** for 20 minutes. Drain
3. Dice **chicken**, peel and chop **red onion** and **dice tomato**
4. In a pan ,fry **onion** until soft then add the **chicken** and cook for 8-10 minutes
5. Add **curry paste** to chicken and onion
6. Add chopped **tomatoes**. If the curry is a little dry add a couple of tablespoons of water
7. Adjust seasoning with **curry powder**, **salt** and **pepper**
8. Plate the dish with the rice and then the curry

### Turkey Mince Chili

#### Ingredients

100g turkey mince  
Half a tin of Chopped Tomatoes  
1 Green Chilli  
1 teaspoon of Chilli Powder  
50g Kidney Beans  
1 Red Onion  
1 Clove of Garlic  
*For the fresh Guacamole*  
1 Ripe Avocado  
1 Red Onion  
1 teaspoon of Crème Fraiche  
1 tomato  
*To serve*  
100 g Brown Rice

#### Nutrition information

500 Kcal  
Protein – 38g  
Carbohydrate – 48g  
Fat – 17g

#### Method

1. Boil **brown rice** for 20 minutes. Drain
2. Peel and finely chop the **white onion** and **garlic** and finely chop the **chilli**
3. In a pan gently fry the **onion, garlic** and **chilli** in a little olive oil for 1-2 minutes until the onion is soft
4. Add the **turkey** and cook over a medium heat for 6-8 minutes until browned
5. Add the **chopped tomatoes**, and the **kidney beans**
6. Season with the **salt** and **pepper** and the **chilli powder**
7. Prepare the Guacamole – Cut into the **avocado** and then move your knife around the stone. Twist each half in opposite directions which will leave you with two halves. Remove the stone with a spoon or knife. Scrape out the flesh of the avocado and place in a bowl with finely chopped **onion** and **tomato**. Mash together the avocado with the other ingredients. Add a teaspoon of **crème fraiche** to improve the consistency and adjust the seasoning with salt and pepper.
8. Serve the chilli with the brown rice and top with the guacamole

### Chicken Stuffed with Mushroom and Spinach

#### Ingredients (1 serving)

1 Chicken Breast (skin removed)

50g Spinach

50g Button Mushrooms

*For the Sauce*

50mls of Crème Fraiche

1 tablespoon of chives

1 Vegetable Stock Cube

*Serve with*

150g Celeriac

50g Kale

#### Nutrition information

291 Kcal

Protein – 33g

Carbohydrate – 7g

Fat – 14g

#### Method

1. Prepare the stuffing – roughly chop the **mushroom** and fry in a little olive oil for 1-2 minutes. Add the **spinach** to the pan and cook long enough to wilt it. Place the **mushrooms** and **spinach** in a food processor and pulse until course. If working without a food processor chop the mix very finely by running a knife forward and back.
2. Make a pocket in the **chicken breast** by sliding your knife through the middle, then wiggling it around to increase the size of the hole.
3. Spoon your stuffing mixture into the pocket.
4. Briefly pan fry the chicken breast on both sides for 1-2 minutes then place in an oven at 180-200°C for 20-25 minutes
5. Meanwhile prepare the vegetables Cook the **celeriac** in boiling water for 8-10 minutes or until soft. Drain water, mash and set aside. Boil the **kale** in a little salted water until tender.
6. Measure out 100mls of **boiling water** and crumble in the **stock cube**. Transfer the stock to a pan and add the **crème fraiche** and **chives**. Cook over a medium heat until the sauce has thickened.
7. To serve the dish, plate the mashed celeriac and the kale side by side. Slice the chicken breast place on top of the kale and celeriac. Finish the dish with the chive sauce.

### Blueberry Muffins

#### Ingredients (makes 6)

75g Fresh or dried blueberries  
75g Low Calorie Sweetener  
50g butter  
150g self-raising flour  
1teaspoon baking powder  
1 large egg (preferably free range)  
1teaspoon vanilla extract  
70mls milk

#### Nutrition information

207 Kcal /muffin  
Protein – 3g  
Carbohydrate – 33g  
Fat – 7g

#### Method

1. Line a muffin tray with paper muffin cases.
2. Cream the **butter** and **sweetener** until fluffy then add in the **egg**
3. Add the **milk** and **vanilla extract** then fold in the **flour** and **baking powder** to make a thick batter
4. Add the **blueberries** and spoon the mixture into the muffin cases. Bake for 30 minutes at 160°C Leave the blueberry muffins to cool in the tray for 10 minutes before turning out

### Pear and Apple Tartlets with vanilla Crème Fraiche

#### Ingredients (makes 8 mini tarts)

8 pre made pastry cases  
2 eating apples (Braeburn)  
2 pears  
50g butter  
100g Low Calorie Sweetener  
1 teaspoon Cinnamon  
*To serve*  
100mls Crème Fraiche  
1 teaspoon Vanilla Extract

#### Nutrition information

253 Kcal /tart  
Protein – 2g  
Carbohydrate – 28g  
Fat – 15g

#### Method

1. Prepare the fruits – chop the top and bottom from the **pear** and chop into large dice and remove and pips. Take the top and bottom of the **apple** and core. Chop into large dice.
2. In a large pan heat the **butter** until it melts then add the fruit. Cook for 6-8 minutes until the fruit becomes soft but still maintains its shape and a little bit of bite
3. Add the **sweetener** to the fruits
4. Add the **cinnamon** to the pan and remove the pan from the heat and place a little of the fruits into each of the **pastry cases**
5. Keep the syrupy juice from the pan and pour that over the tarts
6. Mix the **crème fraiche** with the **vanilla** and a pinch of **sweetener**
7. Serve the tarts with a dollop of the crème fraiche on top!

### Eat plenty!



**Vegetables** – broccoli, cabbage, peppers, tomatoes, carrots, leaf lettuce, cauliflower, onion, beets, asparagus, squash, pumpkin, chilli, mushroom, sweet Potatoes, garlic, kale

**Fruits** – avocados, figs, grapefruit, oranges, lemons, blueberries, mangoes, apple, pears, cherries, kiwi, water melon

**Fish and Meat** – cod, flounder, haddock, salmon, tuna, trout, crab, sardines, turkey, chicken, eggs

**Pulses** – kidney beans, lentils, split peas

**Spices** – ginger, cinnamon, cayenne, curry powder

**Oils** – extra virgin olive, vegetable

**Dairy** – yogurt, cottage cheese

### Try to avoid!



**Fish and Meat** – red meat, meat cooked well done, deli meats, cured meats, smoked fish

**Dairy** – over processed milk based products, cheeses

**Other** – refined sugar products

## Ingredients benefits



**Apples** contain antioxidants. Leaving the skin on an apple means it keeps its fibre content.



**Avocado** is rich in glutathione, a powerful antioxidant that attacks free radicals in the body, they provide more potassium than bananas and are a strong source of beta-carotene. It is believed that avocados may also be useful in treating viral hepatitis which is a cause of liver cancer. Also contains omega 3 which helps protect the body from the formation of free radicals which are linked to causing cancer.



**Button mushrooms** have a protein called Lectin, which attacks cancerous cells and prevents them from multiplying. Studies have shown that 'a water-soluble extract from the white button mushroom can suppress aromatase activity.' and that 'white button mushroom may have potential therapeutic benefit' (B.J Grube et al. 2001).



**Brown Rice** are high in fibre. Increasing your fibre intake helps maintain good digestive transit through the gut and therefore reduces the risk of certain cancers such as colon cancer.



**Blueberries** contain loads of antioxidants even compared to other berries.



**Chicken Breast** is a good source of protein without having high levels of saturated fat.



**Chilli** contains a chemical called capsaicin, which may neutralize certain cancer-causing substances especially in the stomach.



**Curry Powder** 'kills oesophageal\* cancer cells' (Sullivan GCO, T R O Donovan, K Piwocka and S L McKenna. 2009).

\* stomach (gastric) cancer



**Chives** are another example of an allium vegetable which can reduce the risk of many common cancers.



**Crème fraiche** is a low fat alternative to cream and just as versatile. Can be used in savoury and sweet dishes.



**Celeriac** is a good source of fibre, including the soluble type that lowers elevated blood cholesterol. Low in calories, an average sized portion of cooked celeriac contains less than 20 calories, yet it provides about 500mg of potassium; it also contains iron and vitamin C. It is also a good source of vitamin K, folate, phosphorus, vitamin B6, magnesium and manganese.



**Egg** is full of B vitamins, to boost mood and energy levels also excellent source of protein. Eggs are used as means by which to compare other protein rich foods. Where eggs are taken as a whole or 100 and other foods are compared relative to that.



**Garlic** is great! As well as improving circulation, garlic has immune-enhancing allium compounds that increase the activity of immune cells that fight cancer and indirectly help break down cancer causing substances. These substances also help block carcinogens from entering cells and slow the development of a tumour. Garlic, as well as onions, leeks, and chives have been shown to lower risk of stomach and colon cancer.



**Kale** contains two antioxidants, lutein and zeaxanthin that may help decrease prostate and other cancers.



**Kidney beans** are high in fibre, to maintain digestive transit which aids the prevention of colon cancer. High levels of protein. Also contains folate.



**Leeks** contain indoles which is a nitrogen compound which may help stop the conversion of certain damaged cells to cancerous cells in oestrogen-sensitive tissues. In addition it is believed that, isothiocyanates and phytochemicals are thought to suppress tumour growth and inhibit cancer-causing substances.



**Lentils** are a type of legume which is among the most nutritious plant foods. A single serving has 86 percent of the recommended daily allowance (RDA) for folic acid, which is a major vitamin in the fight against cancer. Lentils are also a good source of soluble fibre, phytochemicals which also aid in the defence against cancer.



**Lemon** contains limonene which activate immune cells (lymphocytes, e.g.) that break down cancer-causing substances.



**Low calorie Sweetener** is a type of refined sugars and they are linked to increasing cancer/tumour development by reducing the activity of the immune system. So replacing refined sugars with an alternative sweetener reduces this risk. However be sure to choose one derived from maltodextrose.



**Onions** reduce the risk of many common cancers.



**Olive Oil** contain oleic acid and has been found to reduce the effect of oncogene, a gene that will turn a host cell into a cancer cell.



**Pears** contains vitamin A which is an antioxidant and helps reduce the formation of free radicals, and also fibre which maintains good digestive transit



**Potato** contain vitamin C, vitamin B, folate, iron, and fibre, however are relatively high on G.I scale, so consumption should be kept to minimum. Try replacing with sweet potatoes.



**Peas** have similar properties to kidney beans. Part of the legume family. While also contain 8 vitamins and 7 minerals beneficial to health.



**Salmon** contains omega 3 which helps protect the body from the formation of fre radicals which are linked to causing cancer. Omega 3 also helps boost brain power and balance hormones.



**Spinach**, like all leafy green vegetables, contains antioxidants which suppress the formation of free radicals, also contains allot of iron.



**Sweet Potato** contain beta-carotene, which may protect DNA in the cell nucleus from cancer-causing chemicals. Low GI relative to other potatoes.



**Tomato** contain lycopene, an antioxidant that attacks free radicals, which are linked to causing cancer. It appears that the hotter the weather, the more lycopene tomatoes produce. They also have vitamin C, another antioxidant which can help prevent cell damage which may lead to tumour development.



**Tuna** is a good source of lean protein.



**Turkey Mince** is a type of lean meat, normally less than 12% fat. Good source of protein.



**Watercress.** Researchers have found that eating watercress everyday can 'reduce the lymphocyte DNA damage' that may lead to cancer (CIR Gill et al. 2007). As a leafy green vegetable it also contains a lot of the anti-oxidants important for fighting free radicals which are also associated with causing cancer.

## Healthy bits and bobs

Creating dishes with a focus on health is becoming more frequently practised amongst chefs. Gordon Ramsay's 'Healthy Appetite', the publication of recipes on the Macmillan website by Brian Turner and 'Byron's' the London burger chain has teamed with Movemeber.com a charity which aims to raise awareness about men's cancer have developed a burger which uses ingredients known to help prevent cancer. Even Jamie Oliver's 'Ministry of Food' campaign was about educating people to cook healthy meals for themselves.

So here is a list of healthy websites worth paying a visit:

- [Food Standard Agency - Eat well, Be well](#) - a healthy balanced diet contains a variety of foods including plenty of fruit and vegetables, plenty of starchy foods such as wholegrain bread, pasta and rice, some protein-rich foods such as meat, fish, eggs and lentils and some dairy foods. It should also be low in fat (especially saturated fat), salt and sugar.
- [NHS Choices - Your Health, Your Choices](#) - Why is 5 A DAY important, and how can you get your five portions of fruit and vegetables?
- [BBC Health](#) - A good diet is central to overall good health, but do you know the best foods to include in your meals, and those best avoided? We look at the facts, to help you make realistic, informed choices.
- [Channel 4 Healthy Recipes](#)