

Take away makeovers

FISH & CHIPS



Ingredients

Serves 1

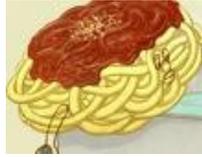
- 1 small cod or haddock fillet
- 50g of breadcrumbs
- 1 tbsp of oatmeal
- 2 tbsp of wholemeal flour
- 1tbsp of fresh or dried parsley
- 1 egg beaten
- 1 large potato
- Vegetable oil

Method

1. Preheat the oven to 220°C /200°F/Gas Mark 7.
2. Cut an unpeeled potato into chunky wedges and boil in a pan for 5 minutes.
3. Drain and pat dry with kitchen roll, brush with oil and place on a baking tray.
4. Bake for 30 minutes, until brown and crispy.
5. Meanwhile Mix the breadcrumbs, oatmeal and parsley together.
6. Coat the fish with flour and plunge it into the beaten egg, shake off any excess egg.
7. Roll the fish in the breadcrumbs mixture and place on a lined baking tray.
8. Brush gently with olive oil and bake for 20 minutes.

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SPAGHETTI BOLOGNESE



Ingredients

Serves 1

- 135g of lean minced beef
- $\frac{1}{2}$ onion finely chopped
- 1 clove of garlic
- $\frac{1}{2}$ a small courgette, finely chopped
- 30g of mushrooms, finely chopped
- $\frac{1}{2}$ a red pepper, finely chopped
- 1 small carrot, finely chopped
- 8 cherry tomatoes, halved
- 200g of chopped tomatoes
- $\frac{1}{2}$ a beef stock cube
- 50g of wholewheat spaghetti
- Basil & parmesan to garnish

Method

1. Dry fry the mince in a pan with the onions and garlic, Add the other chopped vegetables, tomatoes and the stock made up with 150ml of boiling water.
2. Simmer for 20 minutes. Meanwhile cook the spaghetti as instructed.
3. Serve together with fresh basil leaves and a sprinkle of parmesan.

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CHICKEN CURRY



Ingredients

Serves 1

- 1 skinless chicken breast, cut into chunks
- Half an onion
- 1 - 2 tbsp of curry paste (depending on your taste)
- 200ml chicken stock
- 1 handful fresh spinach
- $\frac{1}{2}$ a pepper
- 4 tbsp of sweet corn
- 4 tbsp of peas
- 150g of low fat yoghurt
- 50g of brown rice
- Coriander to garnish

Method

1. Fry the chicken and onions in olive oil for 4 - 5 minutes.
2. Add the curry paste and stock, bring to the boil and add the vegetables, apart from the spinach. Simmer for 15 minutes until the chicken is cooked.
3. Add the spinach and covers again for 2 - 3 minutes, then stir in the yoghurt.
4. Serve with the prepared brown rice and sprinkled with fresh coriander.

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CHICKEN & VEGETABLE NOODLES

Ingredients

50g of broccoli
4 spring onions
40g of bean sprouts
50g of tinned corn
1 chicken breast
1 small carrot
1 clove of garlic
1 tsp of chopped ginger
100g of noodles
A handful of basil to garnish



Serves 1

Seasoning

1 tsp of chilli flakes
1 tbsp of honey
2 tsp of soy sauce

Method

1. Cook noodles as per instructions, keeping them warm.
2. Meanwhile slice the broccoli into small florets, finely chop the ginger and garlic, diagonally slice the spring onions, peel the carrots and chop into match sticks, open the corn and cut the chicken into 1 inch cubes.
3. Boil the broccoli for five minutes and drain well.
4. Heat $\frac{1}{2}$ a tsp of oil in the wok and stir fry the spring onions, chicken, garlic and ginger.
5. Add the soy sauce, chilli flakes and honey and stir fry for two minutes.
6. Add the other $\frac{1}{2}$ a tsp of oil, the other vegetables and noodles and stir fry for a further five minutes. Optionally you can add one more tbsp of soy sauce here.
7. Serve immediately garnished with basil.