

Making
sense of
sugar

DINNER RECIPES

These recipes were developed with support from the British Nutrition Foundation.

Salmon and new potatoes (562 kcal) - Serves 2

Ingredients:

- 2 large salmon fillets (140 g cooked weight each)
- 10 cherry tomatoes
- 440 g new potatoes boiled in unsalted water
- 160 g broccoli (fresh or frozen)
- 80 g low fat soft cheese
- Squeeze of lemon juice

Instructions:

- 1.** Preheat the oven to 180 °C and place the salmon fillets and cherry tomatoes onto a baking tray
- 2.** Place the baking tray into the pre-heated oven and cook the salmon until it is hot all the way through
- 3.** Boil the new potatoes in unsalted water until cooked
- 4.** Steam or boil the broccoli according to the pack instructions, just before serving
- 5.** Once cooked, place the food onto plates and top the salmon with the soft cheese and a squeeze of fresh lemon juice

Drink: Glass of sugar-free squash

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Chicken korma (626 kcal) - Serves 4

Ingredients:

- 4 small boneless, skinless chicken breasts (about 600g) diced.
- Freshly ground black pepper
- 25 g low-fat natural yoghurt
- 1 tbsp sunflower oil
- 2 medium onions, chopped
- 4 garlic cloves, peeled and sliced
- 20g piece fresh root ginger, peeled and finely grated
- 3 tsp garam masala
- ¼ tsp hot chilli powder
- 1 bay leaf
- 4 whole cloves
- 1 tbsp plain flour
- 2 tsp caster sugar
- 3 tbsp half-fat crème fraiche
- 360 g spinach
- 240 g broccoli florets
- 720g boiled brown rice

Instructions:

- 1.** Mix the diced chicken breast, black pepper and yoghurt in a bowl. Cover and chill for at least 30 minutes (ideally 2–6 hours).
- 2.** In a large saucepan, heat the oil and add the onions, garlic and ginger. Cover and simmer over a low heat for 15 minutes, stirring occasionally.
- 3.** Add the garam masala, chilli powder, bay leaf, flour, saffron and sugar, then slowly pour 300ml cold water into the pan whilst stirring. Bring to a simmer, then cover and cook for 10 minutes, stirring occasionally.
- 4.** Remove the pan from the heat, take out the bay leaf and blend the onion mixture with a stick blender until it is as smooth as possible.
- 5.** Drain the chicken in a colander over the sink, shaking so that the chicken is just lightly covered with yogurt. Add the chicken pieces to a non-stick frying pan, add the sauce and bring it to a simmer.
- 6.** Add the crème fraiche and spinach and cook for about 10 minutes or until the chicken is tender and cooked through.
- 7.** Serve with brown rice and steamed broccoli.

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Spaghetti Bolognese (593 kcal) - Serves 5-6

Ingredients:

- 500g lean minced beef
- 1 medium chilli, de-seeded and finely chopped (optional)
- 1 medium onion, finely chopped
- 2 celery sticks, trimmed and finely sliced
- 2 medium carrots, finely diced
- 2 cloves garlic, finely chopped
- 150g small mushrooms, wiped and sliced
- 1 x 400g can chopped tomatoes
- 2 tbsp tomato purée
- 1 beef stock cube
- 1 tsp dried oregano or 1 tsp dried mixed herbs
- 2 bay leaves
- 375–450g dried spaghetti
- Freshly ground black pepper
- Freshly grated parmesan cheese, for serving

Instructions:

- 1.** Fry the mince in a large non-stick saucepan with the onion, celery, carrots, mushrooms and garlic for around 8-10 minutes or until the beef is browned.
- 2.** Add the tomatoes and tomato purée, plus 300ml cold water.
- 3.** Crumble the stock cube over the top then add the herbs. Season with ground black pepper, stir well and bring to a simmer. Reduce the heat and simmer gently for 30-40 minutes.
- 4.** Cook the spaghetti in a saucepan of boiling water according to the packet instructions.
- 5.** While the spaghetti is cooking, increase the heat under the sauce and simmer for another 10 minutes or until the liquid is reduced, stirring occasionally to make sure it doesn't stick.
- 6.** Serve the cooked spaghetti and Bolognese sauce with a sprinkle of grated parmesan cheese

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Vegetarian pizza (613 kcal) - Makes 2 pizzas, serves 4

Ingredients:

- 300 g strong bread flour
- 1 tsp instant yeast
- 1 tsp salt
- 1 tbsp olive oil, plus extra for drizzling
- 100 ml passata
- Handful fresh basil or 1 tsp dried
- 1 garlic clove, crushed
- 125 g ball mozzarella, sliced
- Handful grated or shaved parmesan
- Handful cherry tomatoes, halved
- 160 g mushrooms, sliced
- 2 courgettes, sliced
- 80 g lettuce
- 1 small red onion, sliced
- 2 tbsp sweetcorn, canned, drained

Instructions:

- 1.** In a large bowl, add the flour, yeast and salt. Pour in 200ml warm water and the olive oil into a well in the centre and bring together with a wooden spoon until you have a soft, fairly wet dough.
- 2.** Knead the dough on a lightly floured surface for 5 mins until smooth. Cover with a tea towel and set aside.
- 3.** Mix the passata, basil and crushed garlic together. Leave to stand at room temperature.
- 4.** Split the dough into two balls. On a floured surface, roll out the dough using a rolling pin into large (approx. 25cm across) rounds, before placing them onto two floured baking sheets.
- 5.** Heat oven to 240 °C/fan 220 °C /gas 8. Put another baking sheet in the oven on the top shelf. Smooth the sauce over bases with the back of a spoon. Scatter with cheese, tomatoes, mushrooms, onions, sweetcorn and courgettes, before drizzling with a little olive oil.
- 6.** Put one pizza, still on its baking sheet, on top of the preheated sheet. Bake for 8-10 minutes until crisp. Repeat step for remaining pizza.

Dessert: fruit salad (approx. 140g each)

Drink: 125 ml glass red wine

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Sweet and sour chicken stir fry with noodles (575 kcal) - Serves 4

Ingredients:

- 2 tbsp vegetable oil
- 4 skinless, boneless chicken breasts, sliced into strips
- 1 small red pepper, chopped
- 1 small green pepper, chopped
- thick thumb-size piece of fresh ginger, peeled and finely chopped
- 3 garlic cloves, chopped
- 150g mushrooms, sliced
- 220g can water chestnuts, drained and sliced
- 1 bunch spring onions, sliced
- 1 small can sliced pineapple, drained and cut into chunks
- 200 g sugar snap peas
- 920g boiled plain noodles

For the sauce:

- 1 tbsp soft light brown sugar
- 2 tbsp rice vinegar
- 3 tbsp rice wine or dry sherry
- 2 tbsp dark soy sauce
- 175 ml chicken stock
- 2 tbsp tomato purée
- 2 tbsp cornflour mixed with 2 tbsp water
- Half tsp chilli powder (optional)

Instructions:

1. Heat the oil in a wok or large frying pan.
2. Fry the chicken, peppers, mushrooms, ginger and garlic until the chicken is just starting to brown, then add the water chestnuts, spring onions, pineapple and sugar snap peas, and fry for about 30 seconds.
3. Add ingredients for the sauce to the chicken and vegetables and bring to the boil.
4. Reduce the heat and simmer gently for around 5 minutes or until the chicken is cooked through.
5. Serve with the noodles