

Thai Fishcakes

Ingredients

Salmon fillet (diced very small) 200g
Fresh Garlic (chopped) 6g
Spring onions 12g
Fresh Chilli Red chopped 1 ea
Natural Bread crumbs 50g
Fresh Coriander ½ bunch
Lime 1 ea
Lemon Grass 1
Egg 1
Sesame seeds 50g
Red/green Thai paste 10g
Vegetable Oil 10ml

Method

1. In a bowl add the chopped salmon, Thai paste, garlic, chillies, lemon grass and spring onions.
2. Chop fresh coriander, lime zest/juice and beat the egg. Add to the bowl and mix well.
3. Make into small patties and place into steamer for 8/10 minutes.
4. Take fishcakes out and roll in the sesame seeds. Pan-fry on each side for 1 min.

Key Nutritional Points and Facts

Salmon is an excellent source of high-quality protein, vitamins and minerals. Most importantly salmon contains omega 3 fatty acids which help contribute to healthy brain function.

Eggs are also a good source of protein. Most of the protein is found in the egg white. Eggs do also contain fat and cholesterol though, which are found predominantly in the egg yolk. Garlic is a good source of vitamins and minerals; specifically B vitamins and vitamin C. Sesame seeds provide a rich source of beneficial minerals, such as magnesium, calcium, phosphorous and iron, which are all essential for a variety of bodily functions.

Five spiced Flavoured Noodles

Ingredients

Noodles cooked and refreshed 150g
Red Pepper 1 ea
Yellow Pepper 1 ea
Fresh Ginger 1piece
Fresh Garlic 2cloves
Savoy Cabbage 75g
Cracked Black Pepper Pinch
Chinese Five Spice 2 tspn
Orange whole 1
Soy Sauce 10ml
Sweet Chilli Sauce 10ml

Method

1. Slice the peppers and cabbage then add to the pan with the 5 spice.
2. Chop the garlic and ginger and add to the pan
3. Add the noodles
4. Finally mix the soy, orange juice and sweet chilli sauce and pour over the noodles

Key Nutritional Points and Facts

Cabbage and other dark green leafy vegetables provide a rich source of iron, required by the body to keep our blood healthy.

Noodles are a source of energy, switching our refined carbohydrates to wholegrain varieties will increase the fibre content of our diet and release energy slower.

Orange juice in this recipe will provide a small amount of Vitamin C, supporting the immune system and absorption of iron.

Soy Sauce is high in salt and should be used in moderation, using a low salt alternative will help reduce the salt content in the diet to 6g/day ..

Cauliflower & Chickpea Curry

Ingredients

Cauliflower (frozen) 150gm
Madras curry powder 10gm
Onions 1
Turmeric 5gm
Garlic (chopped) 2cloves
Red lentils (cooked and drained) 50gm
Natural Yoghurt 100gm
Lemon 1
Fresh Coriander ½ bunch
Chickpeas 150gm
Desiccated Coconut 20gm (optional)
Water 100ml
Oil 20ml

Method

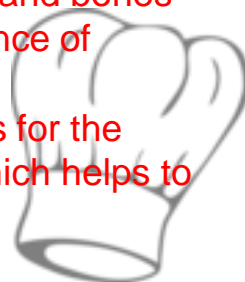
1. Chop the cauliflower onto small pieces and marinate with the curry powder and ½ oil.
2. Put chopped garlic and onions, into pan with the rest of the oil and cook until soft.
3. Add turmeric, water and lentils and cauliflower and put lid on to steam for 6/8 mins.
4. When cauliflower is soft add chickpeas and yoghurt, simmer for a further 2 mis
5. Chop Coriander and garnish on top.

Key Nutritional Points and Facts

Cauliflower is a good source of Vitamin C which helps protect cells and keep them healthy.

Natural yoghurt is a good source of calcium which helps to keep teeth and bones strong, as well as a source of protein to help the growth and maintenance of muscles.

Chickpeas are a great vegetarian source of protein, which is essentials for the growth and repair of muscles. They also contain lots of dietary fibre which helps to keep our digestive system healthy.



Spiced Cous Cous

Ingredients

Cous Cous cooked in veg stock 200g
Coriander fresh 0.25 bunch
Chilli Fresh – Green chopped 0.5 no
Cumin 0.5 tspn
Lemon ½ no
Red/Green pepper (chopped) ½ each

Method

Combine all ingredients and serve nicely on the plate maybe using a cup to mould it.

Key Nutritional Points and Facts

Couscous is a great source of energy. It is a wholegrain carbohydrate.

It is great served warm or cold and is very simple to make.

All other ingredients will add lots of flavour and the lemon juice will provide small amounts of vitamin C.

