



Serves 2
Prep 15 minutes
Cook 12 minutes

BAKED COD WITH PARSLEY AND HORSERADISH CRUST

Delicious white fish with a crunchy herb topping - a tasty reward for a good swim!

Ingredients

- 1 tbsp creamed horseradish
- 1 slice granary bread, breadcrumb
- 1 tbsp fresh parsley, chopped
- 2 x 125g chunky pieces cod fillet freshly ground black pepper

Method

1. Preheat the oven to 200°C/gas mark 6. Mix together the horseradish, breadcrumbs and parsley, season well and press onto the cod fillets.
2. Place on a baking sheet and bake for 10–12 minutes until the fish is cooked through. Serve with salad and a wedge of lemon.

Chefs Tips

- This topping works well with other fish such as haddock, salmon, mackerel fillets or river cobbler.
- To crumble bread, dry it out first in the oven for a few minutes before blending.

Each 92g serving contains (excludes serving suggestion)

KCAL	CARBS	FIBRE	PROTEIN	FAT	SATURATES	SUGARS	SALT	PORTION FRUIT & VEG
151	8.5g	1.9g	24.1g	1.9g	0.40g	1.7g	0.60g	0



🍴 Serves 6

🕒 Prep 15 minutes

🕒 Cook 30-35 minutes

BUTTERNUT AND BORLOTTI BEAN STEW

A colourful winter dish you can cook in one pan.

Ingredients

- 1 tsp rapeseed oil
- 2 red onions, chopped
- 1 medium butternut squash, deseeded, peeled and cubed
- 1 green pepper, chopped
- 1 vegetable stock cube dissolved in 500ml water
- 2 x 400g cans tomatoes
- 50g dried red lentils
- 1 heaped tsp dried oregano good pinch chilli flakes
- 4 cloves garlic, crushed
- 2 x 400g cans borlotti beans, drained good grind black pepper
- 1 tbsp chopped parsley, to garnish

Method

1. Heat the oil in a pan and add the onions, squash and green pepper. Stir regularly for 5 minutes until starting to brown.
2. Add the stock, tomatoes, red lentils, oregano, chilli and garlic. Bring to the boil, reduce the heat, add a lid and simmer for 10 minutes.
3. Add the beans and heat for a further 10 minutes, check the squash is cooked through (until tender). Serve with a good grind of black pepper and a sprinkle of parsley.

Chefs Tips

- Ideal with pumpkin instead of the butternut squash.
- Any beans work well, you could use two different types or cans of mixed beans.
- Try stuffing into halved peppers, top with a sprinkle of cheese and bake in the oven 180°/gas 4 for 15 minutes until the pepper is soft and the cheese browned.
- Freezing instructions: Suitable for freezing once cooked. Then defrost in the fridge and reheat in the microwave or on a hob until piping hot throughout.

Each 454g serving contains (excludes serving suggestion)

KCAL	CARBS	FIBRE	PROTEIN	FAT	SATURATES	SUGARS	SALT	PORTION FRUIT & VEG
217	33.5g	11.4g	11.7g	1.6g	0.20g	14.6g	0.50g	5



 **Serves 2**
 **Prep 5 minutes**

CHICKPEA AND TUNA SALAD

Filling chunks of tuna with chickpeas, make this dish ideal for lunch on the go.

Ingredients

grated zest half a lemon
pinch black pepper
20ml extra-virgin olive oil
1 small red onion, finely chopped
180g ripe cherry tomatoes, cut into quarters
8cm cucumber, chopped
1 x 400g tin chickpeas in water, drained (drained weight 240g)
1 x 200g tin tuna in water, drained (drained weight 150g)
150g salad leaves/lettuce
2 lemon wedges

Method

1. Add the lemon zest to a large bowl with the pepper, and olive oil.
2. Next, add the red onion, tomatoes and cucumber, mix well and leave to infuse for a couple of minutes.
3. Add the chickpeas and tuna, and fold in gently so everything is coated with the dressing.
4. Finally, toss in the salad leaves and divide between two lunch boxes, packed with a lemon wedge to squeeze over before eating.

Chefs Tips

- Acidic ingredients, like lemon juice, will make your salad go limp, so take a wedge of lemon in your packed lunch to use just before eating.
- Salmon or prawns make a good alternative to tuna. For a vegan version, try pieces of marinated tofu.

Each 453g serving contains (excludes serving suggestion)

KCAL	CARBS	FIBRE	PROTEIN	FAT	SATURATES	SUGARS	SALT	PORTION FRUIT & VEG
331	22.6g	12.3g	32.0g	9.8g	1.30g	7.4g	0.20g	4