

HEALTHY RECIPES



East Ayrshire Council
Comhairle Siorrachd Àir an Ear



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Ginger and Carrot Soup

Serves 4

Low in fat & calories - under 80 kcal per serving



ingredients

- 1 tablespoon olive oil
- 1 medium onion
- 6 large carrots
- 10g root ginger
- 1 vegetable stock cube with 1 ½ pints of boiling water
- 1 tablespoon of basil
- 1 teaspoon of freshly ground black pepper
- 1 teaspoon of sea salt

method

- Heat oil in large pan and add in the onion, carrot and ginger
- Cook for approximately 5 minutes to soften the carrot and onion
- Mix the vegetable stock cube with boiling water, add to pan, bring to the boil, cover and allow to simmer for 30 minutes
- Add salt, pepper and basil and blend together. Sprinkle a little basil on top to add flavour



Grilled Chicken, Roast Red Pepper and Mayo Bruschetta

Serves 4
Simply & Tasty - 425kcal per serving



ingredients

- 2 skinless chicken breasts
- 2 tablespoons of olive oil
- ¼ teaspoon of smoked paprika
- ¼ teaspoon of chilli powder
- 1 red pepper
- ¼ teaspoon of cracked black pepper
- 1 ciabatta baguette
- 2 tablespoons of light mayonnaise

method

- Cut the chicken into strips, add to a large bowl, add in the olive oil, paprika, chilli and cracked black pepper.
- Mix together and leave to marinate for 1-2 hours
- Slice and dice the pepper into small pieces, add a small splash of olive oil, place on a baking tray and cook on a medium heat for approximately 15 minutes.
- Remove from oven and allow to cool. Place the mayonnaise in a bowl, add in the peppers and mix together
- Place the chicken on a grill pan and cook on a medium to high heat for approximately 5 minutes each side until golden brown
- Cut 4 slices of the ciabatta and toast. Place cooked chicken on top of toasted bread and spoon the mayonnaise mixture on top

Haggis Soup

Serves 4

Simply & Tasty - 395kcal per serving



ingredients

- 2 medium tins of haggis
- 3 medium potatoes
- 1 small turnip
- 2 chicken stock cubes
- ½ teaspoon of cracked black pepper
- 1.25 litres of boiling water
- 1 small carton of reduced fat crème fraiche
- Salt to taste

method

- Peel and roughly chop the potatoes and turnip
- Place in a pot and add the boiling water with a little salt
- Bring to the boil and simmer for approximately 10 minutes
- Chop the haggis into cubes and add to the pot with the chicken stock cubes
- Cook for approximately 20 minutes or until the turnip and potatoes are soft
- Remove from the heat, add in the cracked black pepper and blend together
- Add in the carton of crème fraiche and heat through slowly

Smoked Haddock & Poached Egg

Serves 4

Simply & Tasty - 375kcal per serving



ingredients

- 4 smoked haddock fillets
- 4 eggs
- 6 tablespoons of light olive oil
- Fresh basil
- Cracked black pepper

method

- Boil a large pan of water with a colander/steamer attached
- Roll the smoked haddock fillets and hold together with a cocktail stick/skewer
- Place the fillets in the steamer, cover and steam for 4-5 minutes
- Boil a further pot of water with a little vinegar and poach the eggs for approximately 2 minutes
- Chop/tear a bunch of basil and place in a bowl with olive oil
- Place the cooked haddock on a serving plate and place the poached eggs on top
- Drizzle the oil and basil mixture over the dish and finish off with a generous helping of cracked black pepper

A close-up photograph of a white bowl filled with a vibrant orange tomato soup. The bowl is set on a dark wooden surface. In the bottom right corner, there are fresh green basil leaves and a small portion of a golden-brown slice of bread.

Tomato Soup

Serves 4
Simply & Tasty - 295kcal per serving



ingredients

- 1 tin chopped tomatoes
- 6 medium size tomatoes
- 1 large onion
- 2 vegetable stock cubes
- ¼ teaspoon of cracked black pepper
- 1 teaspoon of wholegrain mustard
- 1 teaspoon of garlic puree or powder
- Small carton of low fat crème fraiche

method

- Roughly chop onions and tomatoes and place in a large pot
- Add tinned tomatoes and cover with 1.5 litres of boiling water
- Bring contents to the boil and simmer for approximately 15 minutes until the onions are soft
- Mix the stock cubes into a paste with a little boiling water and add in together with the pepper, mustard and garlic
- Simmer for approximately 5 minutes, remove from the heat and add in the crème fraiche and blend together
- Heat the soup gently for a few minutes

Vegetable Soup

Serves 4

Simply & Tasty - 225kcal per serving



ingredients

- 1 large leek, chopped into small discs
- ½ small turnip, cubed
- 2 carrots, cubed or grated
- 100g of red lentils
- 1 litre of vegetable stock with 2 stock cubes
- Handful of chopped parsley
- Cracked black pepper to taste
- 1 teaspoon of vegetable oil

method

- Heat the oil in a large pot
- Add the leeks and cook gently for a few minutes
- Add the carrots, turnip and lentils and cook for 1 minute
- Add the stock, half the parsley, cover and simmer for 30 minutes
- Add the remaining parsley and cracked black pepper to taste



MAIN COURSES

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BBQ PULLED PORK

Serves 4

Simply & Tasty - 295kcal per serving



ingredients

- 2lbs pork shoulder, all fat removed
- 5 tablespoons Worcestershire sauce
- 1 teaspoon of mustard powder
- 500g passata
- 3 tablespoons of balsamic vinegar
- 2 cloves of garlic, crushed
- 2 tablespoons of brown sugar
- Salt and freshly ground black pepper

method

- In a small bowl, mix the passata, Worcestershire sauce, balsamic vinegar, mustard powder, garlic, sugar and seasoning
- Transfer to a small pan and simmer for 15 minutes or until the sauce thickens
- Sear all sides of the pork in a hot frying pan sprayed with low calorie cooking spray
- Transfer to a roasting tin lined with aluminium foil and pour the sauce over the pork making sure all the meat is covered
- Cover with foil and bake at 160°C for 4-5 hours or in a slow cooker 4-5 hours on high or 8 hours on low
- Remove the pork from the oven and place on a cutting board
- Allow the meat to cool for approximately 15 minutes, then shred into bite-sized pieces using two forks



Chicken Curry

Serves 4

Simply & Tasty - 485kcal per serving



ingredients to make curry

- 4 chicken breasts (cubed into bite size pieces)
- 4 cups of wholegrain rice
- 1 tin chopped tomatoes
- 2 tablespoons of tomato puree
- 1 medium size onion
- 1 red or yellow pepper
- 6 medium mushrooms
- 2 chicken stock cubes
- 1 small carton of low fat crème fraiche

ingredients to make curry

- Small amount of olive oil
- ½ teaspoon of cumin
- ½ teaspoon of coriander
- 2 tablespoons of mild curry powder
- 1 teaspoon of garlic puree
- ¼ teaspoon of chilli paste or powder
- 1 teaspoon of wholegrain mustard
- ½ teaspoon of cracked black pepper

method

- For sticky rice, place rice in a medium size pot, cover with cold water about half way up and leave to the side for an hour (1 cup of rice per serving)
- Add a splash of olive/sunflower oil and bring to the boil for 2 minutes, remove from the heat, place lid on the pot and leave to steam until the curry is ready
- In a large bowl, place all the ingredients for the paste and the tomato puree and chopped tomatoes and mix thoroughly
- Add the chicken and mix together
- Chop the onion, pepper and mushrooms and leave to the side
- Heat the wok, add the contents of the bowl and cook for approximately 5 minutes, stirring all the time
- Add in the chopped vegetables and chicken stock together with 1 pint of boiling water and simmer for 10 minutes
- Add in some crème fraiche and heat for 5 minutes to reduce the sauce



A close-up photograph of several pieces of thick-cut, smoked bacon that have been grilled to a golden-brown, slightly charred finish. The bacon is arranged on a white paper surface with faint, embossed patterns. The background is a soft, out-of-focus grey and white.

GRILLED SMOKED BACON AND MUSHROOM SALAD

Serves 4
Simply & Tasty - 325kcal per serving



ingredients

- 1 packet of smoked bacon
- 1 punnet of chestnut mushrooms
- 1 teaspoon of wholegrain mustard
- ½ teaspoon of cracked black pepper
- Drizzle of olive oil | pack of spinach leaves
- Balsamic vinegar dressing

method

- Cut the bacon into bite size pieces removing any excess fat
- Cut the mushrooms into quarters
- Place the bacon and mushrooms in a large bowl and add in the mustard, oil and pepper and mix together
- Place on a baking tray/shallow ovenproof dish and bake for approximately 10-15 minutes on a medium to high heat
- Place spinach on a serving plate and place the bacon and mushrooms on top
- Drizzle with balsamic vinegar dressing

MUSHROOM AND TARRAGON RISOTTO

Serves 4
Simply & Tasty - 410kcal per serving



ingredients

- 300g Arborio/risotto rice
- 1 medium onion finely chopped
- 2 cloves of garlic crushed
- ¼ teaspoon of turmeric
- 1 pint of vegetable stock using 2 stock cubes
- 500g mushrooms
- 1 tablespoon of chopped tarragon
- Black pepper to taste
- Small carton of low fat crème fraiche

method

- Dry fry the onions and garlic in a non-stick pan until soft
- Add the turmeric and rice and gradually add in the stock, stirring gently
- Add the chopped mushrooms and cover for 2 minutes
- Uncover and cook until the rice is cooked
- Season with black pepper
- Finish off with a spoonful of crème fraiche



SALMON BITES

Serves 4

Simply & Tasty - 435kcal per serving



ingredients

- 4 skinless and boneless salmon fillets
- Plain flour for coating
- Dried breadcrumbs
- 250g of low fat natural yoghurt
- Dried parsley
- ½ a lemon

method

- Preheat oven to 200°C
- Finely grate the lemon rind into a bowl, add breadcrumbs and a teaspoon of parsley and mix together
- Cut salmon into strips
- Coat salmon with flour then dip into yoghurt then breadcrumb mix
- Place on a greased baking tray and cook in oven for 10 - 15 minute



CHICKEN AND SPRING VEGETABLE STIR FRY

Serves 4

Simply & Tasty - 400kcal per serving



ingredients

- 100g of broccoli
- 100g of baby sweetcorn
- 2 chicken breast fillets (approx 150g each)
- 1 bunch of spring onions
- 2 large carrots
- 1 tablespoon of olive oil
- 35g of ground ginger
- 4 blocks of medium egg noodles (65g each)
- 1 jar of black bean stir fry sauce

method

- Bring a large saucepan of water to the boil, add the noodles, simmer for 4 minutes, drain and keep warm
- Slice the chicken breasts into cubes, cut the broccoli into florets, trim and roughly chop spring onion, peel carrots and cut into thin batons
- Bring a second pan of water to the boil and blanch the broccoli, carrots and sweetcorn for approximately 2 minutes (drain well and put to the side)
- Heat ½ tablespoon of the oil in a wok until smoking then add the chicken and stir fry for approximately 7-8 minutes (or until golden brown) and transfer to a plate
- Heat the remaining oil in the pan and add all the prepared vegetables along with the ginger and stir fry for approximately 2 minutes
- Return chicken and noodles to pan and add black bean sauce and heat all ingredients together until piping hot



THAI GREEN CHICKEN CURRY

Serves 4

Simply & Tasty - 355kcal per serving



ingredients to make the paste

- Ingredients to make the paste
- 2 teaspoons of lemongrass (either ground or powdered)
- 2 small green chillies - chopped (remove seeds if you wish curry milder)
- 1 shallot
- 2 cloves of crushed garlic
- 1 teaspoon of ground ginger
- ½ teaspoon of ground cumin
- ½ teaspoon of ground coriander
- ½ teaspoon of fish sauce
- Juice of ½ a lime
- A handful of freshly chopped coriander

ingredients to make the curry

- 2 teaspoons of oil
- 4 skinless chicken breasts (diced)
- 1 400ml tin of coconut milk
- 1 medium red pepper - chopped
- Juice of ½ a lime
- 1 tablespoon of fish sauce
- 1 teaspoon of brown sugar

method

- Bring a large saucepan of water to the boil, add the noodles, simmer for 4
- Blend together all the ingredients to make the curry paste
- Heat the oil in a pan/wok and cook the chicken for 6-7 minutes until brown
- Remove the chicken and put to the side
- Add the curry paste with the brown sugar to the pan/wok and heat through for a few minutes then add in the coconut milk
- Add in the cooked chicken and chopped pepper stirring well
- Allow this to simmer and cook for approximately 20 minutes. Add the lime juice and fish sauce just before serving





TURKEY AND THREE BEAN CHILLI

Serves 4
Simply & Tasty - 425kcal per serving



ingredients

- 300g fresh turkey mince
- 200g mixed beans (kidney, cannellini and pinto)
- 1 diced onion
- 1 tablespoon of smoked paprika
- 1 tablespoon of tomato puree
- 350mls passata
- 2 diced red peppers
- Pinch of mixed herbs
- Cracked black pepper to taste
- 1 tablespoon of rapeseed oil

method

- Heat the oil in a large pan and sweat the onions and peppers
- Add in the turkey mince and brown
- Add the remaining ingredients and simmer for 30 minutes on a low heat

DESSERTS

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CARAMELISED SPICED PEARS

Serves 4

Simply & Tasty - 108kcal per serving



ingredients

- 3 ripe pears cut into ¼ inch slices
- 1 tablespoon of lemon juice
- 2 tablespoons of unsalted butter
- 3 tablespoons of light brown sugar
- ½ teaspoon of ground cinnamon
- ½ teaspoon of ground ginger
- ½ teaspoon of ground cloves
- Pinch of salt

method

- Toss the sliced pears with lemon juice in a bowl
- Melt the butter in a deep pan over a medium heat
- Stir in the pears, reduce the heat to low and cook the pears for approximately 7-8 minutes
- Stir only once half way through
- Combine the sugar and all other ingredients and add this to the pears
- Increase the heat to high and cook for 3-4 minutes until the pears are tender and glazed

CRANACHAN

Serves 4

Simply & Tasty - 295kcal per serving



ingredients

- 1 carton of crème fraiche
- 1 carton of whipping cream
- 1 punnet raspberries
- Raspberry sauce or low sugar raspberry jam
- ½ cup of porridge oats

method

- Place the oats in a frying pan and toast over a high heat until golden brown and place to the side
- In a large bowl whisk the cream until thick, add the crème fraiche and mix together
- Add in the toasted oats and raspberries and fold together lightly
- Add in the raspberry sauce
- If using the jam, place 2 tablespoons of jam and a little water in a bowl and heat for 15 seconds and allow to cool
- Pour the sauce over the mixture and mix lightly
- Place the mixture into 4 glass dishes



FROZEN MANGO AND BANANA MOUSSE

Serves 4
Simply & Tasty - 345kcal per serving



ingredients

- 2 large ripe mangos
- 1 ripe banana
- ¼ cup of skimmed ricotta cheese
- 1 teaspoon of vanilla extract

method

- Peel the mangos and banana and cut each into 6 pieces
- Place the fruit in a freezer bag and freeze for approximately 6 hours
- Break the pieces apart and place in a food processor with a steel blade
- Add the remaining ingredients
- Mix together until smooth

HOT PEPPERED STRAWBERRIES AND VANILLA ICE-CREAM

Serves 4

Simply & Tasty - 155kcal per serving



ingredients

- 2 punnets of strawberries
- ½ teaspoon of cracked black pepper
- 2 tablespoons of clear honey
- Vanilla ice cream - 1 scoop per portion

method

- Remove stalks from strawberries and cut in half
- Put honey in a frying pan or wok, add the strawberries and heat through for 2 minutes until soft
- Add in the pepper and heat for a further 1 minute ensuring all the strawberries are coated with the honey



STRAWBERRY AND RHUBARB CRUMBLE

Serves 6
Simply & Tasty - 385kcal per serving



ingredients

- 400g of fresh rhubarb
- 1 punnet of strawberries
- 2 tablespoons of honey
- 60g of dark brown sugar
- 60g of oats | teaspoon of ground cinnamon
- 8oz of unsalted butter - cubed
- 2 cups of wholemeal flour

method

- Cut the rhubarb into small pieces, half the strawberries and mix together in a bowl with the honey
- In a separate bowl, mix together the flour, oats, sugar and cinnamon
- Add in the butter and mix together until a crumble forms
- Place the fruit mixture in an oven proof dish and top with the crumble mix
- Cook in a pre-heated 180 degree oven for approximately 40 minutes

STRAWBERRY CHEESECAKE

Serves 6

Simply & Tasty - 210kcal per serving



ingredients for base

- 1 packet of low sugar digestive biscuits
- ½ cup of porridge oats (toasted)
- Small amount of unsalted light butter or low fat spread
- 2 tablespoons of honey

ingredients for topping

- 1 tub of reduced fat crème fraiche
- 1 small tub of low fat cream cheese
- 1 punnet of fresh strawberries (chopped)

method

- Toast the oats in a shallow pan over a medium heat for approximately 3 minutes
- Crush the biscuits, add to a large pan, add in toasted oats and mix well
- Add in the butter and honey and heat slowly until the mixture has coated the biscuits
- Place the mixture in an 8 inch loose based cake tin, press in firmly and place in fridge to cool
- Mix the cream cheese, crème fraiche and the majority of the strawberries together until it forms soft peaks
- Spoon the mixture on top of the biscuit base and add the remaining strawberries for decoration
- Place in the fridge and allow to set for 1 hour

