

# LOW SALT COOKING FOR MEN

Heart healthy recipes for men's favourite meals



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## Salt and men's health

Eating too much salt can damage your health. A high salt diet will slowly raise your blood pressure which increases your risk of heart disease and stroke. Men in the UK are currently eating, on average, 10g of salt a day.

*Adults should eat less than 6g of salt a day and children much less*

### High blood pressure

High blood pressure, also known as hypertension, is considered to be a 'silent killer' because many people with high blood pressure have no symptoms and don't realise they are at risk of serious health problems. In England, almost one third of men have high blood pressure. It is possible to develop high blood pressure at any age but as you get older your blood pressure tends to rise.

*Men with high blood pressure are twice as likely to die from heart disease or stroke as men with normal blood pressure.*

### Heart disease and stroke

The consequence of high blood pressure is an increased risk of heart disease and stroke, the biggest killers of men in the UK. Many men live with the symptoms of heart disease such as angina and as many as half of all men will develop heart disease at some point in their lives, usually after the age of 40.

*Heart disease kills more than one in five men.*

### Other health conditions

Men are more likely to develop stomach cancer or suffer from kidney disease and kidney stones than women. It is widely recognised that a high salt diet can increase the chance of developing these conditions. A high salt diet has also been shown to increase the risk of osteoporosis, obesity and Alzheimer's disease.

**Too much salt raises blood pressure, leading to heart disease and stroke, the biggest killers of men.**

**Visit your GP to get your blood pressure checked.**

**Normal blood pressure: 120/80mmHg**

**High blood pressure: 140/90mmHg**

### WHAT CAN YOU DO?

The good news is that with simple diet and lifestyle changes, such as improving your diet, increasing exercise and reducing alcohol consumption, you can make a big improvement to your health.

*Reducing your salt intake will significantly reduce your risk of developing health problems.*

### Salt in your favourite foods

Salt can be found where you least expect it. About three quarters (75%) of the salt we eat is already in the food we buy, particularly processed foods such as ready meals, pizza, bread, pasta and curry sauces, baked beans and sausages. Almost everyone eats at least some of these types of foods, so it pays to cook food yourself from scratch. Salt can quickly add up throughout the day so think about what's in every meal and snack, not just your evening meal.

*We are all eating too much salt. The good news is that it is easy to cut down on salt!*

### Labelling

Many of us now check labels for the salt content of the food we buy in supermarkets and shops. By looking at the label we can add up how much salt we are eating each day. If the label only gives the sodium content, you need to multiply sodium by 2.5 to get the salt content.

### Sodium per 100g = 2.5g of Salt per 100g

Try to think about how much of the food you will be eating. Look at the size of the packet and use this as a guide – is this more or less than 100g? From this you can work out the salt content of the portion you will eat.

### Adjust to less salt

The salty taste of foods depends on the salt content of the food and also the sensitivity of the taste receptors in your mouth. Initially when you reduce your salt intake foods tend to taste bland, but after two or three weeks your taste receptors become more sensitive, getting the same effect from lower levels of salt and you will start to taste the real delicious flavour of natural food. Give yourself time to adjust.

### Cooking at home

Try cooking your favourite meals at home more often, use these low salt recipes to make a drastic reduction to your salt intake.

## Salt in foods at a glance

Foods that are often high in salt	Foods with some brands high in salt	Foods that are low in salt
Anchovies	Baked beans	Breakfast cereals*
Bacon	Biscuits	Couscous
Cheese	Breakfast cereals	Eggs
Chips (if salt added)	Bread and bread products	Emmental
Coated chicken e.g. nuggets	Cooking sauces	Fresh fish
Corn snacks e.g. Wotsits	Crisps	Fresh meat and poultry
Gravy granules	Filled pasta	Fromage frais
Ham	Pickled vegetables	Fruit and Vegetables (dried, fresh, frozen and tinned)**
Noodle snacks pots	Tomato Ketchup	Mozzarella
Olives		Pasta and Rice
Pickles		Plain cheese spreads
Potato snacks e.g. Hula Hoops		Plain cottage cheese
Prawns		Plain popcorn
Salami		Porridge oats
Salted and dry roasted nuts		Pulses (peas, beans, lentils)**
Salt fish		Ricotta cheese
Sausages		Seeds
Smoked meat and fish		Unsalted nuts
Soy sauce		Yogurt
Stock cubes and bouillon		* with no added salt
Yeast extract e.g. Marmite		** choose tinned products with no added salt

## Cooking at home

- Don't add salt at the table or during cooking!
- Don't add salt to the water you use for cooking vegetables, pasta and rice.
- Sea salt, rock salt and garlic salt should also be avoided as these are just as harmful as table salt and cooking salt.
- Avoid salty sauces such as soy and chilli sauce and tomato ketchup. Look out for reduced salt versions or use sparingly.
- Use fresh, frozen or dried herbs, spices, chilli, garlic, pepper, vinegar, wine or lemon or lime juice to add flavour instead.
- If using a very salty ingredient such as olives or anchovies, try using only a small amount.
- Choose low salt stocks, gravies and sauces, or better still, make your own.

## Liquid conversions

**Spoon measures:** 1 teaspoon = 5ml      1 tablespoon = 15ml  
 1 Australian tablespoon = 20ml (cooks in Australia should measure 3 teaspoons where 1 tablespoon is stated in a recipe)

Metric (ml)	Imperial (fl oz)	AUS	US
60	2	¼ cup	¼ cup
125	4	½ cup	½ cup
175	6	¾ cup	¾ cup
225	8	1 cup	1 cup
300	10 / ½ pint	½ pint	1 ¼ cup
450	16	2 cups	2 cups / 1 pint
600	20	1 pint	2 ½ cups
1 litre	35 / 1 ¾ pints	1 ¾ pints	1 quart

## Weight conversions

Cup measurements, used in America and Australia have not been listed for dry ingredients as they vary with different ingredients. Kitchen scales will be needed for weighing dry ingredients.

Grams (g)	Imperial ounces (oz)
25	1
50	2
75	3
110	4 (¼lb)
175	6
225	8 (½lb)
275	10
350	12 (¾lb)
400	14
450	16 (1lb)
500	1lb 2oz
680	1 ½lb
750	1lb 10oz
900	2lb

## Salmon kedgerree



This Indian-style breakfast is wonderful to share with friends.

1 Preheat the oven to 150°C/300°F/gas 2.

2 Wash the salmon fillets and place on a sheet of tin foil. Sprinkle with the lemon juice, ½ teaspoon of olive oil and black pepper and let sit for a few minutes.

3 Wrap the fish in the foil and cook in the oven for 15–20 minutes or until cooked through, then break into large flakes.

4 Meanwhile, boil the eggs in water for 10 minutes until hard-boiled. Drain, peel and chop into 1–2 cm pieces. Boil the rice for 10 minutes and drain.

5 Heat 2 tablespoons of olive oil in a pan and lightly stir-fry the chilli for 30 seconds. Add the turmeric and heat, stirring, for 1–2 minutes. Remove the pan from the heat, add the rice, and stir into the turmeric until the rice is a soft yellow colour.

6 Stir in the salmon, eggs, garam masala and most of the parsley. Serve with yogurt and sprinkled with the remaining parsley.

### Breakfast

**Serves: 4**

**Prep time: 15 minutes**

**Cooking time: 15 minutes**

**400g salmon fillets**

**1 tablespoon lemon juice**

**2 tablespoons and ½ teaspoon olive oil**

**Ground black pepper**

**3 eggs**

**275g basmati rice**

**½ red chilli, or to taste, finely sliced**

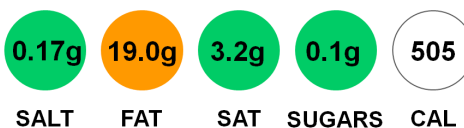
**½ teaspoon turmeric**

**½ teaspoon garam masala**

**4 tablespoons fresh parsley, chopped**

**Low fat yoghurt to serve (optional)**

### Nutritional information per serving



## Ital carrot and sweet potato soup (V)



Kindly provided by Levi Roots, celebrity chef and food entrepreneur from BBC's *Dragon's Den*. *"This year let's all correct a fault and reduce our intake of salt; it's all about a healthier life style. One love."*

This is one of my favourites and the sort of food I'd feed to my Rasta friends. It's completely ital and, if you're wondering what that is, 'ital' comes from 'vital', or natural. Make it as hot or mild as you like and change the vegetables according to the time of year. But keep it as pure as possible; I like it with no fat (though sometimes butter's hard to resist) and added onions.

### Soup

**Serves: 4**

**Prep time: 15–20 minutes**

**Cooking time: 10–15 minutes**

**1 litre carrot juice (I juice them fresh in a juicer)**

**2 sweet potatoes, peeled and cut into 2cm chunks**

**1 x 400g can chickpeas, drained**

**4cm chunk of creamed coconut, from a block**

**1 small hot red chilli (ideally Scotch bonnet), chopped (seeds left in or removed, depending on how hot you like it)**

**2cm piece of fresh root ginger, very finely chopped**

**1 garlic clove, finely chopped**

**Leaves from 2 sprigs of thyme, finely chopped**

**Large handful of callaloo or spinach leaves, washed thoroughly, tough stalks removed (optional)**

**Black pepper (optional)**

**1 tablespoon chopped fresh coriander leaves, to garnish**

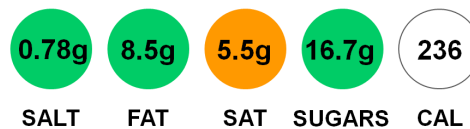
**Low fat sour cream or Greek yogurt, to serve (optional)**

1 Put the carrot juice in a medium-sized saucepan and bring to the boil. Add the sweet potatoes, chickpeas, creamed coconut, chilli, ginger, garlic and thyme.

2 Simmer gently, covered, for 10 minutes or until the potato is soft. Shred the callaloo or spinach, if using, and add to the soup 5 minutes before the end of cooking time. Leave the soup chunky or smash up the chickpeas and sweet potato with a potato masher if you want. (Adjust the consistency of the soup to taste with a little extra carrot juice or stock if you decide to mash it, as it will become very thick.)

3 Season with black pepper, if liked, and garnish with fresh coriander. Serve each bowl with a blob of sour cream or Greek yogurt on top, if liked.

### Nutritional information per serving



## Thai-style mushroom and noodle soup



Kindly provided by Anne Diamond, journalist and health campaigner. *“Let’s make 2011 our healthiest year yet by eating less salt. We should all be more aware of what’s being put in our food by checking the labels and choosing the low salt options. This simple step can make a big improvement to our health. And, as well as that, we should put as much pressure as we can on the food industry to cut right back!”*

This is an authentic Thai-style soup which is both soothing and full of flavour. It’s also surprisingly quick and easy; it’ll be ready in well under half an hour.

### Soup

**Serves: 4**

**Prep time: 15 minutes**

**Cooking time: 10 minutes**

**1–2 stalks lemongrass, tough outer layers removed, roughly chopped**  
**1–2 small chillies, or to taste, roughly chopped**  
**2cm piece ginger, peeled and roughly chopped**  
**3 garlic cloves, peeled and roughly chopped**  
**3–4 kaffir lime leaves, torn into pieces, stem discarded, or zest of 1 lime**  
**Approx 2 tablespoons water**  
**1 litre low salt vegetable stock, made up**  
**300g rice noodles**  
**200ml (half a tin) coconut milk**  
**300g mushrooms such as oyster and button mushrooms, chopped**  
**1 tablespoon low salt soy sauce**  
**Juice of half a lime**  
**Handful of coriander leaves to garnish**  
**Spring onions, thinly sliced, to garnish**  
**Red chillies, sliced into thin strips, to garnish**

1 Whizz the lemongrass, chilli, ginger, garlic, lime leaf and 2 tablespoons of water in a food processor to form a paste.

2 Heat the stock in a sauce pan over a medium heat and bring to the boil. Add the blended spice paste and boil for a 2–3 minutes.

3 Meanwhile, cook the rice noodles according to the packet instructions, drain and rinse with cold water to prevent them from sticking.

4 Stir the coconut milk into the soup, add the mushrooms and soy sauce and continue to cook for 3–4 minutes. Finally, stir in the lime juice.

5 Divide the cooked noodles into 4 bowls. Ladle the soup over the noodles and garnish with the coriander, spring onion or chilli.

### Suggestions

- Try adding a head of bok choy or some bamboo shoots with the mushrooms
- Half a pack of tofu, cubed, can also be added with the mushrooms
- A handful of bean sprouts sprinkled on top of the soup makes for an authentic finishing touch

### Nutritional information per serving

<b>0.51g</b>	<b>1.2g</b>	<b>0.4g</b>	<b>3.8g</b>	<b>327</b>
SALT	FAT	SAT	SUGARS	CAL



# Green Goddess summer salad with mango, papaya and avocado



Kindly provided by Diana Moran (The Green Goddess), fitness expert, journalist and model. *"We should all be more salt aware by thinking about which foods contain hidden salt and making better choices to reduce our salt intake. This year's salt awareness week gives us a chance to look after the men in our lives as well as ourselves. Men eat more salt and are at a higher risk of cardiovascular disease than women. So the real way to a man's heart? Cooking at home with low salt flavours such as herbs and spices!"*

This refreshing salad stimulates the taste buds with sweet, bitter, hot and sour flavours.

## Salad

**Serves: 4 as a starter, 2 as a main course**

**Prep time: 25–30 minutes**

**Cooking time: 0 minutes**

1 mango, peeled and stone removed  
1 papaya, peeled and seeds removed  
1 small avocado (Hass), peeled and stone removed  
110g pineapple  
1 small handful fresh coriander, chopped  
Ground black pepper  
55g raspberries (reserve 6 for the dressing)  
25g Gorgonzola (Dolcelatte), crumbled  
55g blueberries  
25g walnuts, shelled and roughly chopped

### *For the dressing*

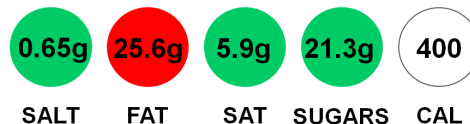
1 tablespoon olive oil  
225ml fresh orange juice  
1 heaped teaspoon grain mustard

1 Cut the mango, papaya, avocado and pineapple into even sized cubes and mix together with the coriander and black pepper.

2 To make the dressing, simply crush the 6 reserved raspberries then mix together with the dressing ingredients. Stir the dressing into the salad.

3 Finally, scatter the cheese, raspberries, blueberries and walnuts on top and serve at once.

## Nutritional information per serving



## Light steak and kidney pie

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**Main meal**

**Serves: 6**

**Prep time: 15 minutes**

**Cooking time: 2 hours 35 minutes**  
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**3 tablespoons olive oil plus extra for brushing**

**1 onion, peeled and chopped**

**900g braising beef steak, trimmed and cut into 4cm cubes**

**225g ox or lamb kidney, skinned, cored and sliced**

**3 level tablespoons plain flour**

**425ml Guinness**

**570ml low salt beef stock, made up**

**1 bouquet garni**

**115g field mushrooms wiped and quartered**

**200g Filo pastry**

This comforting steak and kidney pie avoids the high salt and fat content of typical pies without compromising on flavour.

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**1** Heat 1 tablespoon of the oil in a heavy based saucepan, add the onion and fry gently until softened, but not browned, then remove onto a plate.

**2** Heat the remaining 2 tablespoons of oil in the pan and fry the steak and kidney in batches until evenly browned. Remove the meat as it browns and set aside with the onions.

**3** Stir the flour into the pan and gradually add the Guinness and low salt beef stock, stirring and scraping any residue from the bottom of the pan.

**4** Return the meat and onion to the pan, adding any juices left on the plate. Bring to the boil, add the bouquet garni, then reduce the heat. Cover and simmer very gently for 2 hours or until the meat is very tender. Add the mushrooms and cook for 10 more minutes.

**6** Preheat the oven to 200°C/400°F/gas 6.

**7** While the beef is cooking, brush a sheet of Filo pastry with olive oil, gently scrunch and place on non-stick baking mat, continue until you have 6 small nests. Cook in the oven for 10 minutes until they are crisp and golden.

**8** Divide the steak and kidney and resulting rich gravy into 6 pre-warmed bowls or pie dishes and top with the Filo pastry nests. Serve with steamed seasonal greens and mashed potato (see page 23).

### Nutritional information per serving



# Courgette and butter bean pie (V)

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**Main meal**

**Serves: 6–8**

**Prep time: 20 minutes**

**Cooking time: 50 minutes**  
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**2 bunches spring onions, chopped**  
**1 large chopped red chilli, deseeded**  
**½ tablespoon olive oil plus extra for greasing**  
**2 teaspoons fennel seeds**  
**50g cooked short grain rice**  
**750g courgettes coarsely grated, drained in a colander**  
**2 x 400g tins butter beans (no added salt), drained and rinsed**  
**5 tablespoons fresh flat leaf parsley, chopped, stalks removed**  
**2 tablespoons fresh mint, chopped**  
**3 eggs lightly beaten plus 1 beaten for brushing**  
**200ml low fat crème fraîche**  
**Ground black pepper**  
**200g Filo pastry, fresh or frozen**

This vegetarian pie is healthy yet ideal comfort food. The filling butterbeans and Filo pastry are given a burst of flavour by the mint, parsley and chilli.

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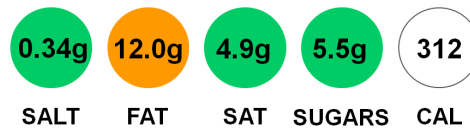
**1** Preheat oven to 190°C/375°F/gas 5.

**2** Cook the spring onions and chilli in ½ tablespoon olive oil for 3 minutes or until softened then add the fennel seeds and cooked rice. Stir in the grated courgettes and butter beans. Remove from the heat and leave to cool.

**3** Once cooled, stir in the parsley, mint, eggs and crème fraîche and mix well. Season with ground black pepper.

**4** Use a little olive oil to grease a 30 x 20cm roasting dish. Pour in the courgette mixture. Top with layers of Filo pastry brushed with beaten egg. Bake in the oven for about 40 minutes until golden brown.

**Nutritional information per serving**



## Irish stew

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**Main meal**

**Serves: 3**

**Prep time: 10–15 minutes**

**Cooking time: 40 minutes**  
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**450g lamb meat, fat removed, cubed**

**Ground black pepper**

**1 teaspoon dried thyme**

**3 onions, peeled and quartered**

**3 large carrots, peeled and each cut into 4 chunks**

**12 new potatoes**

**300ml water**

**3 tablespoons chopped parsley**

**50ml crème fraîche (optional)**

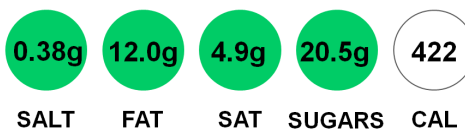
A heart-warming one pot dish. You can use whatever is on offer in the lamb department including cutlets/shoulder, scrag end or neck chump chops.

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**1** Put half the lamb meat in a saucepan and season with the pepper and thyme. Spread over half the onions, carrots and potatoes and season again with pepper. Repeat the process adding the remaining meat and vegetables (not the parsley). Cover with the water and bring to the boil on the hob.

**2** Reduce to simmer, cover and cook gently for 40 minutes. Remove from the heat and stir in the parsley and crème fraîche, if using. Serve with peas and a chunk of low salt bread.

### Nutritional information per serving



# Roast pork with apple and maple syrup compot and turmeric roast potatoes

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**Main meal**

**Serves: 4**

**Prep time: 35 minutes**

**Cooking time: 1 hour**  
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**100g black olives, chopped, stones removed**

**4 cooking apples, peeled and cored**

**1 tablespoon water**

**2 tablespoons maple syrup plus 2–3 to taste**

**Juice of half a lemon**

**16 baby potatoes (approx 600g), peeled**

**Approx 9 tablespoons vegetable oil**

**2 teaspoons turmeric**

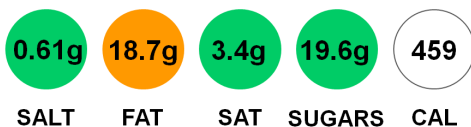
**1 pork tenderloin fillet (approx 500g)**

**Ground black pepper**

**6–8 large garlic cloves, peeled and finely sliced**

**Handful of sage leaves**

**Nutritional information per serving**



**Kindly provided by James Nathan, Winner of MasterChef 2008.**

This Sunday roast recipe is perfect for healthy eating. The meat is seasoned with just a small amount of black olives, I use maple syrup instead of sugar and the turmeric is hugely good for you and off sets the roast potato element. This recipe will make you feel like you're eating in a restaurant but is in fact simple to follow and user friendly.

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**1** Preheat the oven to 150°C/300°F/gas 2

**2** Whiz the olives in a food processor until finely chopped but not so they form a paste. Set the olives on a baking tray lined with baking parchment and cook in the oven for 20 minutes or until they are dried out. Remove from the oven and set aside. Turn up the oven to 200°C/400°F/gas 6.

**3** Meanwhile, chop one of the apples into ½cm cubes and set aside. Finely slice the other apple and put into a pan with 1 tablespoon of water and 2 tablespoons of maple syrup. Cover and cook on a low heat for 10 minutes or until they are soft then whiz to a puree with a hand blender. Add the cubed apples and cook for 5–8 minutes until just soft. Add a squeeze of lemon juice and maple syrup to taste. Keep warm in the lidded pan.

**4** While the apples are cooking, bring a pan of water to the boil and par boil the potatoes for approx 7–10 minutes until slightly softened. Drain and shake in the pan to roughen the edges. Meanwhile, add enough oil (approx 5 tablespoons) to cover the bottom of the roasting tray and heat in the oven until shimmering. Remove from the oven and carefully add the potatoes. Add the turmeric and coat the potatoes in the yellow oil. Return to the oven and cook for 25 minutes or until crispy and roasted.

**5** While the potatoes are roasting, heat a heavy based, ovenproof frying pan or roasting pan over a high heat. Coat the pork in oil (approx 1 tablespoon) and season with pepper. Sear briefly in the pan on all sides. Roast in the oven for about 7–10 minutes until the pork is just cooked. Remove and keep warm.

**6** Shallow fry the garlic in a non-stick pan over a high heat in approx 3 tablespoons of oil until the slivers of garlic are crispy and light brown but not burnt. Remove and drain on kitchen roll. In the same pan shallow fry some sage leaves until they stop sizzling. Drain and keep warm with the garlic slices.

**7** To serve, roll the pork in the powdered black olives. Slice and lay on a bed of warm apple compote. Scatter over the garlic chips and sage leaves and serve with the potatoes.

## Fish pie



### Main meal

Serves: 4–6

Prep time: 35 minutes

Cooking time: 50–60 minutes

1kg potatoes, peeled and chopped

2 tablespoons low fat spread

Ground black pepper

2 fillets white fish

2 fillets salmon

600ml semi skimmed milk

2 tablespoons plain flour

1 tablespoon low fat spread

Handful of dill or parsley, chopped

1 tablespoon lemon juice

4 tablespoons peas

1 x small tin sweetcorn (no added salt),  
drained

100g mushrooms, washed and sliced

2 eggs, hard boiled, chopped

Fish pie is a traditional English comfort food at its best. This recipe shows you how you can keep the flavour without the need to add extra salt and fat.

1 Preheat the oven to 200°C/180°F/gas 6.

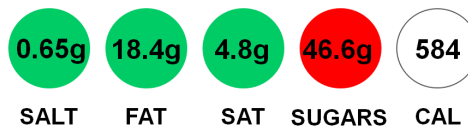
2 Boil the potatoes for approx 20 minutes or until tender, drain and mash with 1 tablespoon of low fat spread and black pepper.

3 Meanwhile place the fish in a frying pan and pour over the milk. Bring the milk just to the boil and reduce to a simmer for 8 minutes. Lift the fish out onto a plate, flake into pieces and place into an oven-proof dish.

4 Make the white sauce by simply adding the flour and a tablespoon of low fat spread to the milk and stirring continuously. The sauce will thicken after a few minutes, be careful not to allow it to burn. Once thickened, stir in the herbs, lemon juice and a little black pepper.

5 Place the peas, sweetcorn, mushrooms and egg into the oven-proof dish and mix with the fish, then stir in the sauce. Spoon the mashed potatoes on top and spread out into an even layer using a fork. Use the fork to make criss-crossed lines on the potato topping. Cook in the oven for 30–40 minutes or until golden brown.

### Nutritional information per serving



## Chicken choyla



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**Main meal or snack**

**Serves: 4–5**

**Prep time: 12 minutes**

**Cooking time: 10 minutes**  
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**1** tablespoon cold pressed sunflower or rapeseed oil  
**1** tablespoon fresh ginger, pureed or finely minced  
**1** heaped teaspoon cumin/jeera powder  
**½** teaspoon turmeric powder  
**1** level teaspoon chilli powder  
**1** tablespoon fresh squeezed lime or lemon juice  
**½** teaspoon garam masala  
**2–3** tablespoons water  
**1**kg boneless chicken, diced  
**1** tablespoon coriander, finely chopped

Kindly provided by Cyrus Todiwala OBE DL, celebrity chef and patron of Pan-Indian restaurant Café Spice Namasté. *"I fully support the work of CASH in encouraging us all to eat less salt. If you're looking to improve the flavour of your food, why not make use of all the wonderful flavours available? Since finding out about how bad too much salt can be for our health, I have been using less in my recipes and my restaurant. Try it for yourself."*

This is a simple, easy to prepare chicken dish and takes no more than a few minutes provided the mise en place is well carried out. It is a dry preparation and is ideal as a snack or as a main meal with an accompaniment of lentils and rice (see Wet khichdi with onion & tomato on page 24) or with other meats and vegetables. Remember that if the heat is maintained at a high temperature the cooking time will be reduced and you will get a great colour and texture.

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**1** Take a large frying pan (big enough to hold all the diced chicken) or a wok and place over a low heat, add the oil and allow it to heat gradually.

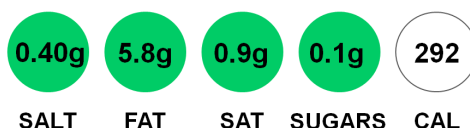
**2** Blend in a small bowl the ginger, cumin, turmeric, chilli powder, lime juice and garam masala with 2–3 tablespoons of water to form a smooth paste of pouring consistency.

**3** Bring the heat of the pan to high and when the oil is smoking add the chicken pieces. Toss the pan a couple of times only and allow the chicken to sauté over the high heat for a minute or two. Retaining the heat on high, toss the meat again until the pieces are well sealed and browning, the best tool for this is either a heatproof spatula or a wooden flat spatula. Do not agitate the meat too much as it will release steam and the chicken will stew rather than sauté, allow between three and five minutes to cook on all sides.

**4** Now add the spice mixture and toss well. Be sure not to allow the spices to burn at the bottom of the pan but do not reduce the heat as too much liquid will be released from the meat. Continue to cook for 2–3 minutes, tossing every few seconds.

**5** Sprinkle with the chopped coriander and mix it in well, transfer to a serving bowl or dish to serve. Serve with the Wet khichdi on page 24.

**Nutritional information per serving**



## Chicken tikka masala



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**Main meal**

**Serves: 6**

**Prep time: 22 minutes plus  
marinating time**

**Cook time: 30–35 minutes**  
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**3 tablespoons low-fat natural yoghurt**  
**2 teaspoons garlic, crushed**  
**2 teaspoons ginger, crushed**  
**1 teaspoon ground black pepper**  
**1 teaspoon red chilli paste**  
**450g skinless chicken breasts, diced**  
**1 tablespoon rapeseed oil**  
**1 teaspoon cumin seeds**  
**1 medium onion, chopped**  
**1 tablespoon fenugreek leaves,  
chopped**  
**2 tablespoons tomato purée**  
**1 teaspoon garam masala**  
**1 ½ teaspoons cumin coriander powder**  
**2 tablespoons half-fat crème fraîche**  
**1 tablespoon coriander leaves,  
chopped**

A delicious take on a national favourite, this dish can be served with rice or in pitta bread (slit down one side) with lettuce and sliced onions.

.....

**1** Mix the yoghurt, garlic, ginger, black pepper and chilli paste and spoon this mixture over the chicken. Allow to marinate for 1–2 hours in the fridge.

**2** Heat the oil in a large pan, add the cumin and chopped onion and cook on a medium heat until brown.

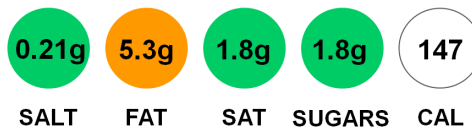
**3** Remove the chicken from the marinade and add the chicken to the pan. Cook on a high heat for about 5 minutes.

**4** Stir in the fenugreek, tomato purée, garam masala and cumin coriander powder.

**5** Reduce the heat and simmer for 15–20 minutes or until the chicken is cooked and the liquid has evaporated.

**6** Stir in the crème fraîche and coriander before serving.

**Nutritional information per serving**





# Kammy's low salt chicken curry



Kindly provided by Chris Kamara, sports presenter

I am a big fan of curries and there is no need to miss out on the great flavours just because we are cutting back on our salt intake. They are relatively easy to cook (thankfully) and they fill the house with such a great aroma.

1 In a frying pan, heat the oil and quickly fry the garlic, bell pepper and onion for 1–2 minutes to release the flavours.

2 Place the potatoes and contents of the frying pan in a crockpot and layer the diced chicken on top.

3 Mix the stock cube with 200ml of boiling water. In a mixing bowl, stir together the chicken stock, chopped tomatoes and spices. Pour over the chicken.

4 Cook on a low heat for 5–6 hours to fully infuse the unbelievable flavours. If pushed for time, one and a half hours will suffice.

5 Stir the cornstarch into the water to make a paste. Turn the heat to high and stir the cornstarch into the curry. Cook for about 10 minutes until the sauce has thickened slightly.

## Main meal

Serves: 5

Prep time: 30 minutes

Cooking time: 1 hour 45 minutes

- 1 tablespoon oil (rapeseed)
- 2 garlic cloves, finely chopped
- 1 green bell pepper, chopped
- 1 medium sized onion, chopped
- 5 medium sized potatoes, diced
- 450g boneless chicken breasts, cubed
- 1 low salt chicken stock cube (e.g. Knorr)
- 200ml boiling water
- 1 x 400g tin chopped tomatoes
- 1 tablespoon chopped coriander
- 1 ½ tablespoon paprika
- 1 tablespoon ginger powder
- ¼ teaspoon chilli powder
- ½ teaspoon turmeric powder
- ¼ teaspoon cinnamon powder
- 2 tablespoons cornstarch/cornflour
- 2 tablespoons cold water

## Nutritional information per serving

0.65g	4.0g	0.5g	14.1g	233
SALT	FAT	SAT	SUGARS	CAL

# Lasagne

.....  
**Main meal**

**Serves: 6**

**Prep time: 20 minutes**

**Cooking time: 1 hour 5 minutes**  
.....

**9 lasagne sheets**

***For the meat sauce***

**500g extra lean beef mince**

**2 onions, peeled and chopped**

**6 garlic cloves, finely chopped**

**2 carrots, peeled and diced**

**150g mushrooms, sliced**

**1 courgette, diced**

**150ml red wine**

**2 tablespoons tomato purée**

**2 x 400g tins chopped tomatoes**

**1 teaspoon dried oregano**

**1 teaspoon dried basil**

***For the cheese sauce***

**450ml semi skimmed milk**

**25g low fat spread**

**3 tablespoons flour**

**½ teaspoon nutmeg**

**85g mature cheddar cheese, grated**

A flavoursome and filling Italian dish. A pinch of nutmeg in the cheese sauce adds something special while the salt and fat are kept to a minimum.

.....

**1** Brown the mince in a large pan over a gentle heat, stirring so that the mince is evenly cooked. Add the onions and garlic and continue to cook, stirring, for 5 minutes until the onions are translucent.

**2** Stir in the remaining sauce ingredients and simmer for 20 minutes.

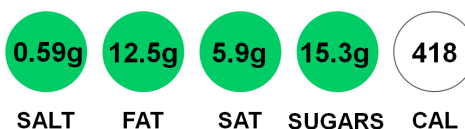
**3** Meanwhile, place the lasagne sheets in a dish and cover with boiling water so that they begin to soften.

**4** To make the cheese sauce, simply add all the ingredients except the cheese to a sauce pan. Cook over a medium heat, stirring continuously, until the sauce thickens. Remove from the heat and stir in most of the cheese, reserving a little for the topping.

**5** Preheat the oven to 200°C/ 400°F/gas 6.

**6** Assemble the lasagne in a dish a layer at a time. Start with a third of the meat sauce, followed by a third of the lasagne sheets followed by a third of the cheese sauce. Repeat this twice so that you finish with a layer of cheese sauce, then sprinkle with the remaining cheddar cheese. Cook in the oven for 30 minutes or until golden brown.

**Nutritional information per serving**



## Spinach and ricotta lasagne (V)

.....  
**Main meal**

**Serves: 6**

**Prep time: 15 minutes**

**Cooking time: 1 hour 10–15 minutes**  
.....

***For the tomato sauce***

**1 tablespoon olive oil**

**1 onion, diced**

**2 cloves garlic, finely chopped**

**1 red pepper, diced**

**2 large carrots, chopped up small**

**1 tablespoon tomato purée**

**2 x 400g tins chopped tomatoes**

**150ml red wine (optional)**

**Ground black pepper to taste**

***For the spinach and ricotta filling***

**1kg frozen spinach (whole leaf)**

**300g ricotta cheese**

**50g pine nuts**

**1 garlic clove, crushed or very finely chopped**

**1 ½ teaspoon nutmeg**

**Lasagne sheets (approx 10 sheets)**

**2 large tomatoes, sliced**

A vegetarian alternative to lasagne which makes the most of the low salt and fat content of ricotta cheese.

.....

**1** Preheat the oven to 190°C/375°F/gas 5.

**2** To make the tomato sauce, heat the oil in a pan over a medium temperature and cook the onion and garlic until soft. Add the red pepper, carrot and tomato purée and cook for a further 5 minutes.

**3** Stir in the chopped tomato, red wine, if using, and black pepper. Reduce the heat and leave to simmer for 20–25 minutes until the sauce has reduced a little and the carrots are cooked through. If you are not using the red wine then cook for 15–20 minutes. Remove from the heat and leave to cool briefly then blend until smooth using a hand blender.

**4** Meanwhile, place the spinach in a saucepan and defrost over a medium heat, stirring occasionally. When the spinach is fully defrosted, drain off the excess water and leave to cool.

**5** Make the spinach and ricotta filling by placing the spinach in a bowl with the ricotta, pine nuts, garlic and nutmeg and mix well.

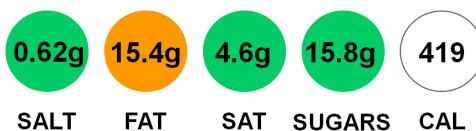
**6** To assemble the lasagne, place a layer of lasagne sheets in the base of an ovenproof dish followed by a third of the tomato sauce, then half of the spinach mixture. Repeat this process and top with a third layer of lasagne sheets and the remaining third of tomato sauce. Finally, arrange the sliced tomato on top.

**7** Cook in the oven for 30 minutes until the lasagne sheets are cooked and serve with a light, leafy salad.

### Suggestions

- Swap the nutmeg in the spinach mixture for 2 tablespoons of chopped mint leaves for a delicious alternative flavour
- Use wholewheat lasagne for a filling and heart-healthy lasagne

### Nutritional information per serving



## Simple mushroom risotto (V)

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**Main meal**

**Serves: 4**

**Prep time: 10 minutes**

**Cooking time: 25–35 minutes**  
.....

**2 bay leaves**

**Handful dried mixed mushrooms or  
dried porcini mushrooms**

**1.2 litres low salt hot vegetable stock,  
made up**

**2 tablespoons olive oil**

**1 onion, peeled and chopped**

**4 garlic cloves, finely chopped**

**400g chestnut mushrooms, sliced**

**350g Arborio rice**

**150ml dry white wine**

**2 tablespoons fresh parsley, chopped**

**25g low fat spread**

**Ground black pepper**

**Freshly grated parmesan, to serve**

The dried mushrooms infuse this risotto with a wonderful flavour.

.....

**1** Add the bay leaves and dried mushrooms to the hot stock and leave to soak.

**2** Meanwhile, heat the oil in a large, heavy-based saucepan over a low-medium heat. Fry the onion and garlic for 2–3 minutes until softened. Add the chestnut mushrooms and continue to fry gently for 2–3 minutes until the mushrooms are browned.

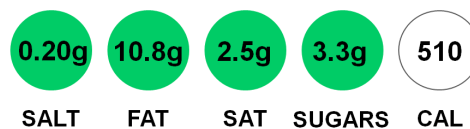
**3** Stir in the rice, coating it in the oil, then pour in the wine and gently simmer, stirring, until most of the liquid has been absorbed. Add a ladleful of stock (avoiding the mushrooms and bay leaves) and, again, when most of the liquid has been absorbed, add another ladleful of the stock. Continue in this way, stirring continuously, until the rice becomes plump and soft. If more liquid is required, simply add boiling water until the desired texture is achieved.

**4** Roughly chop the soaked mushrooms and stir into the risotto, along with the parsley, low fat spread and pepper. Serve with freshly grated Parmesan and a green salad.

### Suggestions

- Make a chicken and mushroom risotto by simply adding some torn, cooked chicken when cooking the fresh mushrooms

### Nutritional information per serving



## Chilli con carne

.....  
**Main meal**

**Serves: 8**

**Prep time: 15 minutes**

**Cooking time: 45 minutes**  
.....

**1 tablespoon olive oil**  
**1 onion, peeled and diced**  
**2 garlic cloves, finely chopped**  
**400g extra lean beef mince**  
**1 tablespoon ground cumin**  
**2 teaspoons black pepper**  
**½ teaspoon ground ginger**  
**½ teaspoon ground coriander**  
**1 teaspoon chilli flakes**  
**1–2 teaspoon chilli powder to taste**  
**1 tablespoon tomato purée**  
**1 red chilli, deseeded and finely sliced**  
**1 x 400g tin kidney beans, drained and rinsed**  
**1 x 400g tin chick peas, drained and rinsed**  
**1 x 200g tin sweetcorn (no added salt), drained**  
**100ml red wine (optional)**  
**2 x 400g tins chopped tomatoes**  
**Handful fresh coriander, chopped, plus extra to garnish**

A Mexican favourite that's perfect for nights in with friends. The variety of beans make for a filling take on this classic dish and the coriander gives it a flavoursome lift.

.....

**1** Heat the oil in a large, heavy-based pan over a medium heat and cook the onion and garlic for 3–5 minutes until soft. Add the mince and cook until browned all over, stirring from time to time. Drain off the excess fat and return to the heat.

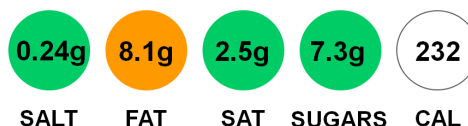
**2** Stir in the spices, tomato purée and fresh chilli and cook for 2–3 minutes. Add the beans, chick peas, sweetcorn, wine, if using, and chopped tomatoes and mix well. Bring to the boil and simmer gently without a lid for 20–30 minutes until the liquid has reduced, stirring occasionally.

**3** Stir in the fresh coriander and cook for a further 5 minutes. Garnish with a little coriander and serve with rice and low fat yoghurt.

### Suggestions

- To make a vegetarian alternative, a chilli non carne, substitute the mince with 2 large carrots (peeled and diced), 2 courgettes (diced) and 1 red pepper (diced). Simply omit the mince and add the carrots with the spices and add the courgette and red pepper with the pulses

### Nutritional information per serving



## Spicy beef burgers



### Main meal

**Serves: 8 (8 burgers)**

**Prep time: 20 minutes**

**Cooking time: 20 minutes**

**450g good-quality lean or extra-lean minced beef**

**2 small carrots (about 140g total weight), coarsely grated**

**85g mushrooms, finely chopped**

**1 onion, finely chopped**

**55g fresh wholemeal or white bread-crumbs**

**2 tablespoons tomato purée**

**1 egg, lightly beaten**

**1 clove garlic, crushed**

**2 teaspoons ground cumin**

**2 teaspoons ground coriander**

**1 teaspoons hot chilli powder**

**Freshly ground black pepper, to taste**

The healthy way to indulge in a burger. They are surprisingly easy to make and taste so much better than shop-bought versions.

1 Preheat grill to medium. Place all ingredients in a large bowl and mix together well.

2 Using your hands, shape mixture into 8 round, flat burgers, each about 1cm (½ inch) thick. Place on rack in grill pan; grill for about 20 minutes until burgers are cooked to your liking, turning once or twice. (Don't grill burgers too close to the heat – position about 8cm/3 ¼ in from heat.) Serve in baps with salad and relish.

### Suggestions

- Substitute lean minced pork or lamb for the minced beef, if desired
- Use 1 courgette in place of carrots, if desired
- To freeze: Make burgers as directed; freeze before cooking. Wrap individually, label and freeze for up to 1 month. To serve, defrost completely, then grill as directed

### Nutritional information per serving



# Pizza

.....  
**Main meal**

**Serves: 2 (1 pizza)**

**Prep time: 20–15 minutes plus 1 hour rising time**

**Cooking time: 30–40 minutes**  
.....

**For the base**

**300g strong white bread flour, plus extra for rolling out**

**½ teaspoon (half a 7g sachet) fast-action yeast**

**Pinch ground black pepper**

**100ml warm water**

**1 tablespoon olive oil, plus extra for greasing**

**1 garlic clove, crushed**

**For the sauce**

**½ teaspoon olive oil**

**1 small onion, chopped**

**1 garlic clove, finely chopped**

**1 tablespoon tomato purée**

**1 x 227g tin chopped tomatoes**

**Pinch chilli flakes or to taste**

**Freshly ground black pepper, to taste**

**Handful fresh basil, roughly chopped**

**For the topping**

**1 yellow pepper, sliced**

**1 tomato, sliced**

**100g cooked chicken**

**2 tablespoons sweetcorn**

**60 mozzarella, thinly sliced**

**A few basil leaves, torn, plus extra to garnish**

A heart-healthy version of a national favourite, a home-made pizza is a satisfying and delicious alternative to takeaways. For alternative toppings, why not try using onion, mushrooms, pineapple or jalapenos?

.....

**1** To make the dough, mix the flour, yeast and pepper together in a large bowl. In a separate container mix the water with the oil and garlic and pour into the flour and yeast. Mix together quickly with a spoon until a sticky dough is formed. Leave to stand for 10 minutes.

**2** Dust your hands and a work surface with flour. To knead the dough, hold one side of the dough down with one hand, with the other hand, push the other side of the dough away from you, stretching it out. Fold the stretched dough back on top of itself and push it down with your palm. Give the dough a quarter turn and repeat the process for just 1 minute or until the dough is smooth, elastic and bouncy.

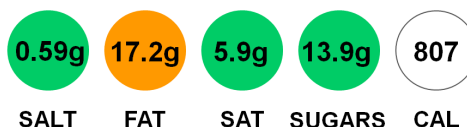
**3** Form a ball with the dough and place it into a bowl greased with a little oil. Cover the bowl with cling film and leave to rise in a warm place for about an hour or until the dough has doubled in size.

**4** Meanwhile, make the sauce. Heat the oil in a saucepan over a medium heat and cook the onion and garlic for 5 minutes or until the onion becomes soft and transparent. Stir in the tomato puree followed by the chopped tomatoes, chilli and pepper. Simmer on a low heat for 15–20 minutes until the sauce becomes thick, stir in the basil for the last few minutes. Use a hand blender to make a smooth sauce.

**6** Once the dough has risen, preheat the oven to 240°C/475°F/gas 9. Dust a baking sheet with a little flour and use your hands to push the dough outwards to form a round base approximately 30cm (12inches) across.

**7** Spread the tomato sauce over the pizza base using the back of a spoon. Scatter the toppings over the pizza, topped with the basil leaves, and cook in the oven for 10–15 minutes or until golden brown. Scatter with the remaining basil leaves and serve.

**Nutritional information per serving**



## Pork and ginger stir fry

.....  
**Main meal**

**Serves: 4**

**Prep time: 15 minutes**

**Cooking time: 15 minutes**  
.....

**200g egg noodles**

**½ tablespoon oil (rapeseed)**

**400g pork escalope or similar, cut into thin strips**

**3 x 3cm piece ginger, finely chopped**

**3 garlic cloves, finely chopped**

**1 red chilli, deseeded and finely chopped**

**1 stem lemon grass, tough outer layer removed, thinly sliced**

**150g mushrooms, sliced**

**75g mange tout or sugar snap peas**

**½ red pepper, finely sliced**

**2 pak choi, roughly chopped**

**75g cashew nuts**

**1 tablespoon low salt soy sauce**

**Juice of 1 lemon**

**1 teaspoon brown sugar**

A vibrant and healthy dish with a citrusy tang.  
.....

**1** Bring a pan of water to the boil and cook the noodles according to the packet instructions. Drain, rinse briefly under water to prevent sticking and set aside.

**2** Meanwhile, heat the oil in wok or large frying pan on a high heat. Add the pork and stir fry for 5 minutes.

**3** Add the ginger, garlic, chilli and lemongrass and stir fry for another 1–2 minutes. Stir in the vegetables and cashew nuts and continue to stir fry for 3–5 minutes. The vegetables should be cooked but retain some 'bite'.

**4** Combine the soy sauce, lemon juice and brown sugar in a separate container and mix with the stir fried vegetables. Finally, add the cooked noodles to the pan, mix well and serve.

### Suggestions

- You can use any vegetables you like; good additions are baby corn, bamboo shoots and water chestnuts

### Nutritional information per serving





## Thai red curry



### Main meal

Serves: 4

Prep time: 10 minutes

Cooking time: 10–15 minutes

### For the curry paste

2 teaspoons ground coriander

1 teaspoon ground cumin

2 roasted cardamom pods, ground (optional)

½ teaspoon ground black pepper

2 stems lemongrass, tough outer layer removed, chopped

4 garlic cloves, peeled and roughly chopped

2 red chillies (or to taste), seeds removed, chopped

2 shallots, peeled and roughly chopped

1 teaspoon ginger (ginger if available) skin removed, chopped

1 teaspoon kaffir lime skin, chopped, or grated zest of 1 lime

### For the curry

1 x 400ml tin coconut milk

2 chicken breasts, thinly sliced

400ml water

2 courgettes, chopped

2 carrots, sliced into rounds

200g pineapple, cubed

4 kaffir lime leaves, torn into pieces, or grated zest of half a lime

1 tablespoon sugar, or to taste

2 large red chillies, sliced into thin strips, to garnish

Thai sweet basil leaves or coriander to garnish

An authentic and aromatic Thai dish. You can also use the paste as a marinade for chicken or fish fillets.

1 To make the curry paste, simply tip the ingredients into a food processor and whiz to form a smooth paste.

2 Bring the coconut milk to the boil in a saucepan over a medium heat, boil gently for 3–5 minutes or until the milk starts to separate out. Add the curry paste and cook, stirring, for a minute, until you can smell the aroma of the heating curry paste.

3 Add the chicken and cook for about 1 minute then add the water.

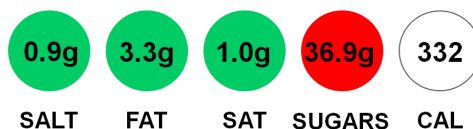
4 Add courgettes, carrots, pineapple and kaffir lime leaf, don't stir. Cook for 2–3 minutes until the chicken is cooked through then stir in the sugar. Cook for 2 minutes over a low heat until all the ingredients are cooked.

5 Serve with white rice and garnish with the strips of chilli and sweet basil or coriander.

### Suggestions

- Replace the chicken with pork, fish or shellfish. If using fish or shell fish, add with the sugar and cook for two minutes before serving
- You can substitute the courgette, carrot and pineapple with other vegetables such as green beans, soya beans, baby sweetcorn, mange tout or peppers

### Nutritional information per serving



## Caramelised onion mashed potato



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### Side dish

**Serves: 6**

**Prep time: 20 minutes**

**Cooking time: 25 minutes**

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**1.2kg potatoes (charlotte), peeled and chopped**

**1 tablespoons olive oil**

**2 large onions, peeled and thinly sliced**

**50g low fat spread**

**100ml semi skimmed milk or to taste**

**Ground black pepper**

Caramelised onions are a delicious addition to mashed potato.

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**1** Rinse the chopped potatoes under cold water to wash the starch off the surface. Bring a large pan of water to the boil and add the potatoes. Boil gently for 20 minutes or until tender and easily cut with a knife.

**2** While the potatoes are cooking, caramelize the onions. Heat the olive oil in a non-stick frying pan over a low heat. Add the onions and cook very gently for about 20 minutes, stirring occasionally, until they are dark brown.

**3** Drain the cooked potatoes in a colander. Once the water has evaporated from the potatoes, return them to the pan. Add the low fat spread, milk and black pepper to the pan and mash the potatoes using a potato masher. The more you mash them, the lighter and fluffier they will be.

**4** Stir in the caramelised onion and serve with the Light steak and kidney pie on page 7.

### Suggestions

- For a different flavour, stir 2 tablespoons of balsamic vinegar into the onions towards the end of their cooking time

## Laapsi khichdi a'la Pervin (wet khichdi with onion and tomato) (V)



### Side dish

**Serves: 4–5**

**Prep time: 10 minutes plus 2 hours  
soaking time**

**Cooking time: 45–55 minutes**

**400g rice**

**200g moong daal/split moong bean,  
masoor daal/pink lentils or split yellow  
peas**

**2 tablespoons sunflower oil**

**1 teaspoon cumin seeds**

**1/8 teaspoon hing/asafetida**

**4 garlic cloves, minced or crushed**

**1 medium red onion, peeled and finely  
chopped**

**1/2 teaspoon turmeric**

**2–3 medium sized tomatoes, chopped**

**1/4 teaspoon red chilli powder**

**1/4 teaspoon cumin powder**

**1.2 litres water**

**1 heaped tablespoon fresh coriander,  
chopped**

**Kindly provided by Cyrus Todiwala OBE DL – Celebrity chef  
and patron of Pan-Indian restaurant Café Spice Namasté.**

This is a great khichdi and one that has become a favourite in our family. However my wife has perfected her very own style by trial and error based on the tastes, likes and dislikes of us all. Laapsi Khichdi does very much exist and you will often notice that much like our own home family styles vary with the exception of the onion, garlic and tomato, which are common. Laapsi is another word for wet and a bit of starch released by the rice, which gives it the texture.

1 Wash the rice and moong daal thoroughly and soak together for up to two hours.

2 Heat the oil in a casserole, roughly a 6–8 litre type with a tight fitting lid, over a high heat. Sauté the cumin seeds and as soon as they change colour, after twenty or thirty seconds, add the hing/asafetida followed immediately by the garlic, stirring continuously.

3 As soon as the garlic changes colour to a pale brown, add the chopped onions and sauté for about 5 minutes or until the onions turn soft. Add a little water to the pan if the contents stick at the bottom.

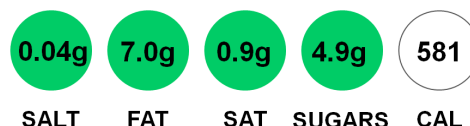
4 Now add the soaked rice and moong daal, turmeric powder, chopped tomatoes, chilli powder and cumin powder. Continue to cook for 3–4 minutes, stirring gently from time to time, and add the water.

5 Cover and cook on a medium heat, stirring occasionally, for 30–40 minutes, ensure that you scrape from down up. For best results use a good heat-resistant plastic or wooden spatula. For this dish the rice needs to be a little overcooked so do not worry if it gets mushy, that's what Laapsi means, but if the water dries out too quickly add some more, a very little at a time.

6 As soon as the rice and the daal are cooked and the khichdi has the consistency of porridge, add the chopped coriander, stir well and remove from the heat.

7 Serve with the Chicken choyla on page 12, hot & sweet mango chutney or shredded mango Choonda, garnished with some split spring onions if you like.

### Nutritional information per serving



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