

On the side

Stuck in a recipe rut? Try these simple new accompaniments

Photographs DAVID MUNNNS



Spanish potatoes

SERVES 4 • PREP 5 mins • COOK 40 mins

Easy ✓ ✓ **Good source of vitamin C, low fat**

Delicious with white fish and chicken

- 2 tbsp oil**
- 3 tbsp tomato purée**
- 1 tsp smoked paprika**
- 800g/1lb 12oz potatoes, cut into small chunks**
- 4 garlic cloves**
- juice ½ lemon**
- handful flat-leaf parsley leaves, roughly chopped**

1 Heat oven to 180C/fan 160C/gas 4. Mix the oil, tomato purée and paprika together, then coat the potatoes thoroughly in it. Squash the garlic in its skin with the flat of a knife and place on a baking tray with the potatoes.

2 Season well with salt and pepper, then roast for 40 mins, turning halfway through, until the potatoes have crisped up and are fluffy inside. Five mins before the end of cooking, sprinkle over the lemon juice and return to the oven. Serve with the parsley scattered over.

PER SERVING 217 kcals, protein 5g, carbs 37g, fat 6g, sat fat 1g, fibre 3g, sugar 3g, salt 0.11g

TIP

If you like spice, add a kick to these potatoes by using hot paprika instead of smoked.

Pea and soya bean salad with fresh dill

SERVES 4 • PREP 5 mins • COOK 5 mins

Easy ✓ ✓ **Good for you, low fat**

Partner with chargrilled meats or salmon.

200g/8oz each frozen peas and soya beans
small handful dill, leaves chopped,
plus extra sprigs to serve

FOR THE DRESSING:

- 1½ tbsp oil**
- 1 tbsp Sherry vinegar**
- 1 tsp wholegrain mustard**
- 1 tsp clear honey**

1 Cook the peas and soya beans in boiling salted water for 3-4 mins until just tender. Drain, then run under cold water until completely cooled.

2 Meanwhile, make the dressing. Mix all the ingredients together, season, then stir until well combined. Toss the beans and peas in the dressing with the chopped dill and scatter over the sprigs to serve.

PER SERVING 96 kcals, protein 5g, carbs 6g, fat 6g, sat fat 1g, fibre 2g, sugar 2g, salt 0.06g

TIP

Give this dish a Thai twist by adding ½tsp each grated fresh root ginger and lime zest to the dressing, and swapping the dill for mint.



Stir-fried curly kale with chilli and garlic

SERVES 4 • PREP 5 mins • COOK 5-8 mins

Easy ✓ ✓ **Good source of vitamin C, low fat**

Serve with steaks, chicken and oriental meals

- 1 tbsp olive oil**
- 200g bag curly kale**
- 2 garlic cloves, finely sliced**
- 1 red chilli, deseeded and sliced**

Heat the oil in a large wok, then add the kale and a couple tbsp water. Season, then stir-fry for 5-8 mins, adding the garlic and chilli for the final 2 mins. When the kale is tender and a vibrant green, remove from the heat and serve.

PER SERVING 44 kcals, protein 2g, carbs 1g, fat 4g, sat fat none, fibre 2g, sugar 1g, salt 0.06g

TIP

For an even lower-fat version, steam the kale for 5 mins. Fry the chilli and garlic in 1 tsp oil and toss through.