

# Healthy & affordable

Feel-good family suppers that won't bust the budget

RECIPES **LULU GRIMES**

PHOTOGRAPHS **LIS PARSONS**



## Chicken with lemon & courgette couscous

SERVES 4 ● PREP 20 MINS ●  
COOK 15-20 MINS **Easy**  LOW FAT

200g/8oz couscous  
400ml/14fl oz chicken stock  
2 tbsp olive oil  
4 courgettes, grated  
2 lemons, 1 halved, 1 cut into wedges  
2 boneless, skinless chicken breasts

**1** Tip the couscous into a large bowl and pour over the stock. Cover and leave for 10 mins until fluffy and all the stock has been absorbed. Heat 1 tbsp oil and fry the courgettes until softened and crisping at the edges. Tip into the couscous, then stir in with plenty of seasoning and a good squeeze of lemon juice from one of the halves.  
**2** Halve the chicken breasts horizontally and put each piece on a sheet of cling film. Cover with another sheet and beat each piece out with a rolling pin to make it thinner. Season. Heat the remaining oil in a large pan and fry the chicken for about 2 mins on each side until cooked through. Squeeze over the juice from the other lemon half and serve with the couscous and lemon wedges on the side.

**PER SERVING** 275 kcal, protein 25g, carbs 29g, fat 7g, sat fat 1g, fibre 1g, sugar 4g, salt 0.37g

**TIP** Opening out and flattening the chicken breasts allows them to cook quickly, and looks smarter, too.

Make chicken go further

## Pork & bulghar-stuffed peppers

SERVES 4 ● PREP 10 mins ● COOK 30 mins **Easy** **P**

✔ Counts as 1 of 5-a-day

4 peppers, halved and cores removed  
200g/8oz minced pork  
1 garlic clove, crushed  
2 tsp ground cumin  
1 tsp paprika  
50g/2oz bulghar wheat  
250ml/9fl oz vegetable stock  
½ small bunch parsley, chopped  
4 tbsp 0% Greek yogurt, to serve

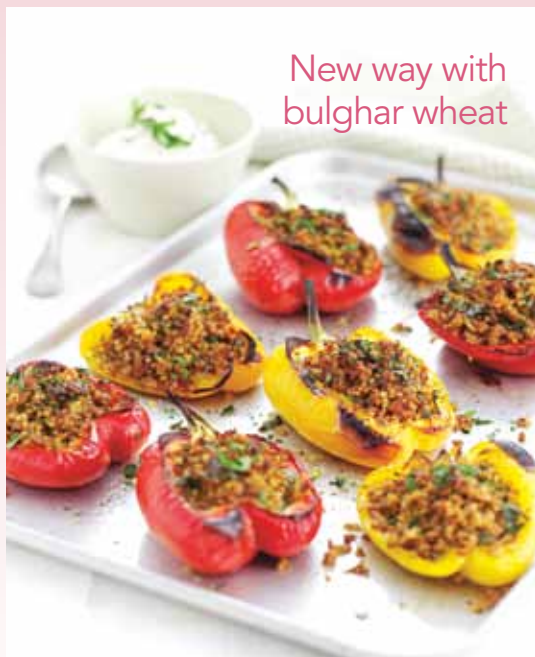
**1** Put the peppers, cut-side down, on a plate and microwave on High for 4 mins until cooked through (but not so soft they collapse). If they need longer, microwave for 1 min more and repeat until done.

**2** Put the pork in a cold frying pan and turn on the heat. Fry, breaking up any lumps, until it starts to brown. Stir in the garlic and spices for 1 min, then add the bulghar and stock. Cover and simmer for 10 mins until the bulghar is soft.

**3** Heat the grill. Stir half the parsley into the bulghar, then stuff into the peppers on a baking tray. Grill to crisp, sprinkle over most of the parsley, then serve with the yogurt mixed with remaining parsley.

**PER SERVING** 185 kcals, protein 13g, carbs 20g, fat 6g, sat fat 2g, fibre 3g, sugar 9g, salt 0.26g

**TIP** Peppers are often much better value if you buy them in multi-packs of varying colours.



New way with  
bulghar wheat

## Thai salmon noodles

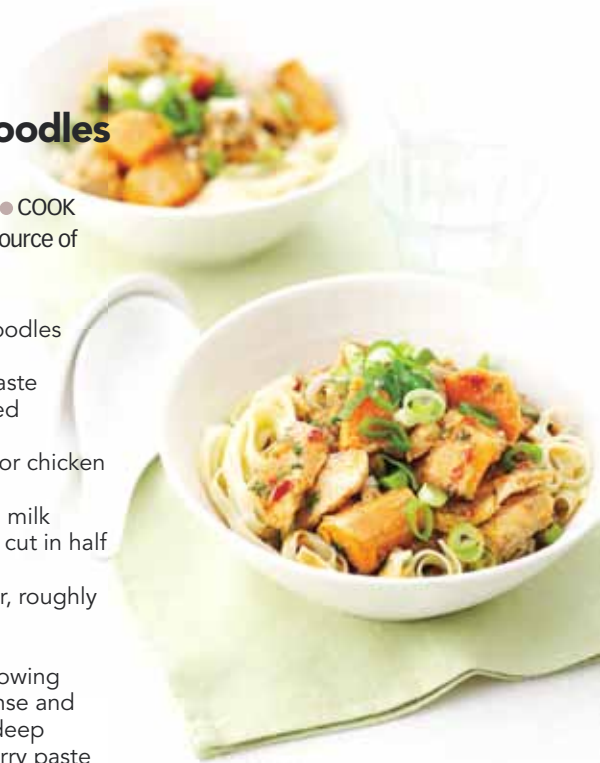
SERVES 4 ● PREP 10 mins ● COOK 15-20 mins **Easy** ✔ Good source of omega 3

200g/8oz egg or rice noodles  
1 tsp oil  
2-3 tsp Thai red curry paste  
2 spring onions, chopped  
1 sweet potato, cubed  
200ml/7fl oz vegetable or chicken stock  
100ml/3½fl oz skimmed milk  
2 skinless salmon fillets, cut in half and then into fine strips  
½ small bunch coriander, roughly chopped

**1** Cook the noodles following the pack instructions, rinse and drain. Heat the oil in a deep saucepan and fry the curry paste for 1 min until fragrant. Add the spring onions, reserving 1 tbsp, the sweet potato, stock and milk, bring quickly to the boil and simmer for 5 mins until the potato is tender. Add the salmon pieces and cook for 2 mins, then stir in half the coriander.

**2** Divide the noodles between 4 bowls and spoon over the salmon and sauce. Sprinkle over the remaining coriander and spring onions.

**PER SERVING** 391 kcals, protein 22g, carbs 49g, fat 13g, sat fat 2g, fibre 3g, sugar 6g, salt 0.65g



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