

Superhealthy suppers

Mary Cadogan's new recipes are packed with good-for-you ingredients and fresh flavours
Photographs DAVID MUNN

Two bean, potato and tuna salad

SERVES 4 • PREP 10 mins • COOK 15 mins

Easy ✓ **Good source of vitamin C, counts as 1 of 5-a-day, low fat**

You'll find soya beans in the vegetable section of the supermarket freezer cabinet.

300g/10oz new potatoes, cut into chunks
175g/6oz green beans, trimmed and halved
175g/6oz frozen soya beans
160g can tuna in water, drained well
good handful rocket or watercress leaves

FOR THE DRESSING:

2 tsp harissa paste (we used Belazu)
1 tbsp red wine vinegar
2 tbsp olive oil

1 Put the potatoes in a pan of boiling water, then boil for 6-8 mins until almost tender. Add both types of beans, then cook for a further 5 mins until everything is cooked. Meanwhile, make the dressing. Whisk together the harissa and vinegar in a small bowl with a little seasoning. Whisk in the oil until the dressing is thickened. Drain potatoes well, toss with half of the dressing, then leave to cool.
2 Flake the tuna, then fold into the potatoes. Add the remaining dressing, then gently toss. Divide between 4 bowls and serve each portion with a handful of rocket or watercress on top. Serve warm or cold.

PER SERVING 211 kcals, protein 15g, carbs 19g, fat 9g, sat fat 1g, fibre 4g, sugar 2g, salt 0.14g



*Makes a great
lunchbox salad, too*





Satisfying veggie meal

Tomato and chickpea bake

SERVES 4 • PREP 15 mins

COOK 30-35 mins **Easy** **V**

✓ **High in fibre, counts as 4 of 5-a-day**

If you haven't got cherry tomatoes, simply chop up three ordinary tomatoes instead.

- 1 aubergine, cut into cubes**
- 1 onion, chopped**
- 2 tbsp olive oil, plus a little extra for brushing**
- 1 garlic clove, finely chopped**
- 400g can chopped tomatoes**
- 2 tsp dried oregano**
- 200g/8oz cherry tomatoes, halved**
- 400g can chickpeas, rinsed and drained**
- 4 slices white baguette**
- 3 tbsp grated vegetarian Parmesan-style cheese**
- handful basil, to serve**

1 Heat oven to 200C/180C fan/gas 6. Fry the aubergine and onion in the oil in a large pan for about 5 mins until softened and lightly coloured. Add the garlic, canned tomatoes, ½ can of water, 1 tsp oregano and a little pepper. Bring to the boil, then simmer for 10 mins. Stir in the cherry tomatoes and chickpeas for the final 2 mins cooking.

2 Spoon into a baking dish. Brush the bread with a little oil. Mix remaining oregano and Parmesan, then sprinkle over the bread. Sit the bread on top of the chickpea mix, then bake for 15-20 mins until crisp and golden. Scatter the basil over the top and serve with green veg or a salad on the side.

PER SERVING 292 kcals, protein 11g, carbs 30g, fat 15g, sat fat 3g, fibre 6g, sugar 7g, salt 0.91g

Turkey burgers with beetroot relish

SERVES 4 • PREP 15 mins • COOK 6 mins

Easy **V** **burgers only**

✓ **Counts as 1 of 5-a-day, low fat**

These turkey burgers freeze well, so why not make double and freeze for another time?

- 500g pack turkey mince**
- ½ tsp dried thyme or 2 tsp fresh**
- 1 lemon**

FOR THE RELISH:

- 250g/9oz cooked peeled beetroot (not in vinegar), finely diced**
- 1 small red onion, finely chopped**
- 2 tbsp chopped parsley**
- 2 tsp olive oil**
- 2 tsp wholegrain mustard**
- Little Gem lettuce, to serve**
- wholemeal pitta bread, to serve**

1 Tip turkey into a bowl with the thyme. Finely grate in the zest from the lemon and add a little seasoning. Use your hands to mix the ingredients well, then shape into 4 patties. Chill until ready to cook. Can be frozen for up to 1 month.

2 Mix the beetroot with the juice from ½ the lemon, onion, parsley, oil and mustard. Grill, griddle or barbecue the burgers for about 6 mins each side and serve with the beetroot relish, lettuce and pitta breads.

PER SERVING 183 kcals, protein 30g, carbs 7g, fat 4g, sat fat 1g, fibre 2g, sugar 6g, salt 0.50g



Singapore noodles with tofu

SERVES 2 • PREP 15 mins • COOK 10-12 mins

Easy **V** ✓ **Good source of vitamin C, counts as 3 of 5-a-day**

I love the combination of fresh tastes and textures in this dish – the crunch from the veg, the smooth noodles and the soft tofu, combined with a sweet and spicy sauce.

- 100g/4oz fine rice noodles**
- 140g/5oz firm tofu**
- 2 tbsp sunflower oil**
- 3 spring onions, shredded**
- 1 small chunk fresh root ginger, finely chopped**
- 1 red pepper, thinly sliced**
- 100g/4oz mangetout**
- 100g/4oz beansprouts**
- 1 tsp tikka masala curry paste**
- 2 tsp reduced-salt soy sauce**
- 1 tbsp sweet chilli sauce**
- roughly chopped coriander and lime wedges, to serve**

1 Put the noodles in a bowl and pour over boiling water to cover. Leave for 4 mins, then drain and rinse under running cold water until cold. Drain well, then snip into short lengths with scissors.

2 Rinse the tofu in cold water, then cut into small chunks. Pat dry with kitchen paper. Heat 1 tbsp of the oil in a wok or large frying pan, add the tofu, then stir-fry for 2-3 mins, stirring until lightly browned. Drain on kitchen paper.

3 Add the remaining oil to the wok and heat up. Add the spring onions, ginger, pepper and mangetout, then stir-fry for 1 min. Add the noodles and beansprouts, then stir to mix. Blend together the curry paste, soy, chilli sauce and 1 tbsp water, then add to the wok, stirring until everything is well coated in the sauce. Serve sprinkled with coriander, with lime wedges for squeezing over.

PER SERVING 391 kcals, protein 12g, carbs 57g, fat 15g, sat fat 9g, fibre 4g, sugar 11g, salt 0.99g



Deliciously healthy burger