



HAPPY HEALTHY HEART COOKBOOK

Produced by

 **DAMART**



**Heart
Research
UK**

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This cookbook is packed full of heart-healthy recipes for starters and main meals that you can easily cook at home.

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INTRODUCTION

Welcome to the Happy Healthy Heart Cookbook, created by Damart in association with Heart Research UK.

Within these pages you will find a tantalising selection of heart-healthy recipes for starters and main courses, which you can recreate at home for yourself and your family.

All these recipes have been analysed by Heart Research UK and have passed their screening, so you can cook safe in the knowledge that these meals are not only delicious, but also good for you and your heart.

This recipe collection has been donated from food bloggers and food experts to bring the very best meals to your kitchen.

Have fun recreating these delicious meals.



DAMART

Home-shopping fashion retailer, Damart, was founded in 1953 by three French brothers who developed and patented Thermolactyl. This unique man-made fibre is renowned for its ability to provide warmth without lots of bulky layers. This fibre is now known as thermals. Today, Damart offers an extensive collection of innovative thermals, alongside fashionable clothing that aims to provide both style and comfort. Its fashion range is popular with women aged 55+ and regularly features in magazines such as Woman & Home, Woman's Weekly, Woman and Best. Damart also offers homeware products for stylish interiors and gardens.

HEART RESEARCH UK

Heart Research UK funds pioneering medical research, education and health campaigns to help everyone live healthier, happier, and longer lives. It's something we're proud to have done for over 50 years, and we know it gets results.

Making a few positive lifestyle changes is good news for your heart health. Why not start today with some of these delicious recipes and enjoy the fulfilment of cooking from scratch, while avoiding the hidden salt and sugar in processed foods?



RONNIE-SHEREE

RED PEPPER SOUP

PREPARATION TIME

5 MINS

COOK TIME

30 MINS

SERVINGS

6 PEOPLE

DIETARY REQUIREMENTS

VEGETARIAN



Ronnie has been blogging for two years now and is obsessed with her two favourite "F" words: food and fashion.

The self proclaimed fashionable foodie often finds herself in the kitchen, and enjoys cooking healthy dishes from scratch as she likes to know what is going into her food.

She finds the whole process very therapeutic.



ronnie-sheree



iamronniesheree



ronniesheree



INGREDIENTS

- 500ml water
- A spray of rapeseed oil
- Low salt vegetable stock cube
- 4 sweet pointed red peppers
- 2 tomatoes
- 2 sweet potatoes
- 1 carrot
- 1 onion
- 4 cloves of minced garlic
- A handful of chopped coriander
- Garnish: 2 slices of chopped up wholemeal bread, parsley and garlic

INSTRUCTIONS

Step 1: Add 500ml of water and a vegetable stock cube into a pot and allow to boil on a low heat.

Step 2: Chop up all the vegetables and add them into the pot of boiling water and then boil for at least 20-30 minutes.

Step 3: While the soup is boiling, chop up some wholemeal bread into small cubes, add to a frying pan with a spray of rapeseed oil, parsley and garlic to make tasty homemade croutons. Cook until golden brown and leave to rest.

Step 4: When the soup has cooked long enough and the flavours have infused, leave to cool and blend with a blender.

Step 5: Pour blended soup into individual bowls, sprinkle with the golden homemade croutons and some parsley.

Voila! Hearty, healthy happiness in a bowl,

Enjoy.

STARTERS



SEARCHING FOR SPICE

ROASTED GARLIC & BEETROOT SOUP

PREPARATION TIME

10 MINS

COOK TIME

60 MINS

SERVINGS

4 PEOPLE

DIETARY REQUIREMENTS

VEGETARIAN



Corina is a full-time mum and food blogger. Her blog focuses on easy, healthy family-friendly recipes, often with a touch of spice.

As well as her love of spices, she also focuses on meals that fit the "cook once eat twice" concept. She loves recipes that can be prepared in advance and that make enough for more than one meal.



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INGREDIENTS

- **500g beetroot, chopped into large chunks**
- **1 bulb garlic, chopped in half**
- **1 large potato, chopped into large chunks the same size as the beetroot**
- **1 large carrot, cut into quarters lengthwise**
- **1 onion, cut into quarters**
- **A light spray of rapeseed oil**
- **1 litre of low salt vegetable stock**
- **A pinch of black pepper**
- **4 tbsp low fat yogurt**

STARTERS

INSTRUCTIONS

Step 1: Turn the oven on and preheat to 200°C / Gas Mark 6.

Step 2: Place the vegetables in a single layer on a baking tray. Lightly spray with the oil and toss them with your hands.

Step 3: Roast the vegetables in the oven for 40 minutes.

Step 4: Check the vegetables. Remove any that are cooked through. The beetroot and potatoes may need longer than the onions and garlic. Cook for another 10 minutes or until everything is cooked through.

Step 5: Put the vegetables and the stock in a saucepan, bring to the boil and simmer for 10 minutes.

Step 6: Transfer the soup to a blender and blend until smooth. You may need to do this in batches. Alternatively, use a stick/immersion blender.

Step 7: Divide the soup between 4 bowls and serve with each one topped with a swirl of low fat yogurt.



HEART RESEARCH UK

TRAFFIC LIGHT KEBAB STARTER

PREPARATION TIME
40 MINS

COOK TIME
15 MINS

SERVINGS
4 PEOPLE

DIETARY REQUIREMENTS
N/A



Sarah is a fully qualified Public Health Nutritionist who works within the Healthy Heart team at Heart Research UK.

Sarah promotes a healthy heart in a range of contexts such as designing materials for schools, writing healthy tips and carrying out Healthy Heart Checks in the workplace. Sarah is a fully qualified teacher of Food Technology and Nutrition for 11-18 year olds and enjoys investigating and developing recipes.

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INGREDIENTS

- **400g tuna steak**
- **A large handful of coriander**
- **A knob of fresh root ginger, peeled & finely chopped**
- **2 cloves of garlic, peeled & finely chopped**
- **1 tsp low sodium soy sauce**
- **200g wholemeal bread**
- **1 tbsp dried chilli flakes**

STARTERS

- **2 egg whites for coating**
- **A sprinkle of wholemeal flour for coating**
- **200g green leaves, such as rocket or spinach**
- **1 onion, chopped into rough chunks**
- **1 courgette, diced**
- **200g vine tomatoes**
- **1 yellow pepper**
- **1 lemon**

INSTRUCTIONS

Step 1: Pre-heat oven to 210°C / Gas Mark 7.

Step 2: Whizz the bread slices and chilli flakes in a blender to form well combined breadcrumbs.

Step 3: Finely chop the tuna steaks, combine with the garlic, ginger, soy sauce and coriander, and gently whizz through the blender to form a workable mince mixture.

Step 4: Form ping pong sized balls with the tuna mince mixture and put to one side.

Step 5: Sprinkle wholemeal plain flour on a large plate. Separate the eggs into a bowl and use a fork to lightly whisk the egg whites.

Step 6: Dip the tuna balls into the flour and shake off any excess. Use the other hand to dip the floured tuna into the egg whites, making sure the tuna balls are evenly but lightly coated — not dripping in egg.

Step 7: Press the tuna balls firmly into the breadcrumb mixture, evenly coating both sides. Place them in a single layer on a large plate, cover with cling film and place in the fridge for 30 minutes to rest and create a seal.

Step 8: Arrange the breaded tuna balls on a skewer with brightly coloured vegetables such as peppers, onion, courgette and tomato to form a colourful kebab-style appetiser.

Step 9: Lay on a baking sheet, lightly spray with rapeseed oil and bake in a hot oven for approximately 15 minutes, turning halfway through cooking.

Serve on a bed of rocket leaves and top with little squeeze of lemon, keeping the wedge for a splash of colour.



SALLY BEE

BOMBAY POTATO & CHICKEN WRAPS

PREPARATION TIME

20 MINS

COOK TIME

40 MINS

SERVINGS

4 PEOPLE

DIETARY REQUIREMENTS

N/A



Sally Bee is a motivational speaker, presenter, journalist, author, cook and 5-times heart attack survivor.

Sally Bee joined up with Heart Research UK in June 2014 to promote healthy lifestyles.



sally-bee.com



sallybeehealthy



sallybeelicious



sallybeelicious



INGREDIENTS

- **A light spray of rapeseed oil**
- **1 large red onion, peeled and finely chopped**
- **Garlic cloves, peeled and crushed**
- **200g skinless, boneless chicken thigh fillets, sliced**
- **3 tbsp tikka curry paste**
- **400g can of chopped tomatoes**

MAINS

- **2 large potatoes, washed and cut into 2cm cubes**
- **Freshly ground black pepper, to taste**
- **250g frozen peas**
- **8 wholemeal wraps or chapattis**
- **140g low-fat Greek yogurt or low-fat creme fraiche**

INSTRUCTIONS

Step 1: Heat the oil in a large non-stick frying pan over a medium heat, then add the onion and fry for a few minutes until softened.

Step 2: Add the garlic and stir for a further minute, then add the chicken and cook, stirring until browned.

Step 3: Stir in the curry paste, tomatoes, potatoes and half a can of water. Season well with plenty of black pepper, then cover and simmer for about 20 minutes, until the potatoes are just cooked.

Step 4: Remove the lid and simmer for a further 10-15 minutes until the liquid has reduced and the sauce is sticking to the potatoes and chicken.

Step 5: Stir in the peas and cook until they are ready, then serve with warmed wraps or chapattis and low-fat yogurt.



SALLY BEE

CHICKEN MEATBALLS WITH BEAN CHILLI

PREPARATION TIME

20 MINS

COOK TIME

30 MINS

SERVINGS

4 PEOPLE

DIETARY REQUIREMENTS

N/A



Sally Bee is a motivational speaker, presenter, journalist, author, cook and 5-times heart attack survivor.

Sally Bee joined up with Heart Research UK in June 2014 to promote healthy lifestyles.



sally-bee.com



sallybeehealthy



sallybeelicious



sallybeelicious



INGREDIENTS

MAINS

THE MEATBALLS

- 1 large carrot, finely chopped
- 1 onion, roughly chopped
- 2 garlic cloves, peeled
- 2 red chillis, deseeded (or 1 tsp dried chilli flakes)
- 500g lean chicken or turkey mince
- 20g fresh breadcrumbs
- 1 free range egg
- 1 tbsp dried Italian herbs
- 2 tsp ground cinnamon

THE BEAN CHILLI

- A light spray of rapeseed oil
- 1 large onion, finely chopped
- 2 garlic cloves, crushed
- 1 green bell pepper, deseeded and diced
- 1 tsp ground cumin
- A dash of Worcestershire sauce
- 3 tsp chipotle chilli paste
- 300ml low salt chicken or vegetable stock
- 400g can of chopped tomatoes
- 400g can of black-eyed beans (or red kidney beans), drained and rinsed
- Green salad, to serve

INSTRUCTIONS

Step 1: Preheat the oven to 200°C / Gas Mark 6 and cover a baking tray with baking parchment.

Step 2: To make the meatballs, pop the carrot, onion, garlic and chilli in a food processor and blitz for a few seconds until finely minced. Transfer to a bowl and combine with the remaining ingredients, using your hands to mix everything together.

Step 3: Shape the mixture into meatballs the size of ping pong balls and place on the prepared baking tray. Bake for 30 minutes, then check the meatballs are no longer pink in the middle. Continue cooking for 5 minutes if they aren't cooked through.

Step 4: While the meatballs are baking, make the black bean chilli. Heat the oil in a large non-stick frying pan over a medium heat, add the onion and cook gently for 4-5 minutes until softened.

Step 5: Add the garlic, green pepper, cumin, Worcestershire sauce, chipotle chilli paste, stock, tomatoes and beans. Bring to the boil, then reduce the heat and simmer for 15 minutes.

Step 6: When you are ready to serve, put a big scoop of the black bean chilli in a bowl and serve the meatballs on top, with a big green salad on the side.



THE PICKY EATER

COCOA BROWNIE OATMEAL

PREPARATION TIME

10 MINS

COOK TIME

15 MINS

SERVINGS

1 PERSON

DIETARY REQUIREMENTS

VEGAN / GLUTEN FREE



Anjali Shah is a food writer, board certified health coach, mum of two, and owner of The Picky Eater, a healthy food and lifestyle blog.

Anjali taught herself how to cook and successfully transformed her husband's eating habits from a diet of frozen pizzas and Taco Bell to her healthy, yet flavourful recipes made with simple, wholesome ingredients.



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INGREDIENTS

MAINS

- **½ cup of rolled oats cooked with 1½ cups of water**
- **1 tsp raw, unsweetened cocoa powder**
- **¼ tsp cinnamon**
- **½ cup unsweetened almond milk**
- **1 tbsp walnuts**
- **1 tbsp ground flax seeds**

INSTRUCTIONS

Step 1: Cook the oats with 1½ cups of water until they are fluffy and all the water has disappeared. I do this by cooking it for 2 minutes in the microwave, stirring, and cooking it for 2 more minutes. You could do it on the hob if you prefer.

Step 2: Add the cocoa powder and cinnamon to the cooked oats while they are still hot.

Step 3: Stir until everything is fully combined, and your oats have a deep chocolatey colour.

Step 4: Add the walnuts and the unsweetened almond milk, then stir to combine until the oats have the consistency you like.



DAISIES & PIE

COUS COUS BOWL WITH HARISSA CHICKEN

PREPARATION TIME

20 MINS

COOK TIME

30 MINS

SERVINGS

4 PEOPLE

DIETARY REQUIREMENTS

NUT FREE



Wendy creates delicious family food over on her blog, Daisies & Pie, where there's a great mix of recipes that are easy to prepare and cook and the entire family can enjoy.



daisiesandpie.co.uk



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INGREDIENTS

- 4 skinless chicken breasts
- 4-6 tsp of harissa paste
- A splash of rapeseed oil
- 400g baby courgettes, sliced into bitesize pieces
- 2 red bell peppers, sliced into bitesize pieces
- 2 small red onions, sliced into bitesize pieces
- 200g dried couscous

MAINS

- A handful of chopped mixed herbs
— basil, coriander and flat leaf parsley
- Lemon zest, to taste
- A small handful of coriander, chopped
- 4 tbsp low-fat yogurt

INSTRUCTIONS

Step 1: Heat the oven to 200°C / Gas Mark 6.

Step 2: Lay a sheet of tin foil on a baking sheet. Just wipe with a light coat of rapeseed oil, then lay on the chicken breasts and spread the harissa paste over the top of them. Add a sheet of tin foil on the top and scrunch up the edges to form a bag. Bake in the oven for around 30 minutes until the chicken is thoroughly cooked.

Step 3: Add the chopped vegetables to a roasting tin and toss in just a splash of rapeseed oil, then season with pepper. Roast in the oven for around 20 minutes — remove when cooked and set aside.

Step 4: Cook the couscous as per the packet instructions. Then, toss in the vegetables and chopped herbs and divide between the serving bowls.

Step 5: Mix up the yogurt and coriander dressing by adding the yogurt, lemon zest, and chopped coriander to a small bowl and mixing to combine.

Step 6: Top the couscous with the sliced cooked chicken breast and add a spoonful of lemon and coriander yogurt dressing to serve.



FOOD & FITNESS ALWAYS

CREAMY CHICKEN CURRY

PREPARATION TIME

10 MINS

COOK TIME

30 MINS

SERVINGS

2 PEOPLE

DIETARY REQUIREMENTS

N/A



Adam Warren has been blogging for over three years now.

He specialises in cooking food that helps support a healthy and active lifestyle.

Adam continues to work hard on his own fitness journey and tries to inspire those around him to do the same.



foodandfitnessalways.com



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INGREDIENTS

- **A light spray of rapeseed oil**
- **1 brown onion, sliced**
- **400g chicken, sliced thinly**
- **1 tsp turmeric**
- **1 tsp paprika**
- **1 tsp ground coriander**
- **1 garlic clove, crushed**
- **1 red bell pepper, sliced**

MAINS

- **200ml hot water**
- **2 tbsp Chinese curry paste**
- **200ml reduced/low-fat coconut milk**
- **A large handful of frozen sweetcorn**
- **A large handful of frozen peas**
- **Brown rice, to serve**

INSTRUCTIONS

Step 1: Heat a large casserole dish on a medium-high heat and add in the rapeseed oil.

Step 2: Once the oil is hot enough, add the chicken and cook for 10 minutes, then set aside on a large enough plate.

Step 3: Add a further spray of oil to the same casserole dish and fry the sliced onion for 3-5 minutes, until softened.

Step 4: Add the turmeric, paprika and ground coriander, along with the red bell pepper and crushed garlic, and cook for a further 5 minutes. While this is cooking, boil 200ml of water in a kettle. Once boiled, add it to the casserole dish along with the Chinese curry paste and coconut milk.

Step 5: Place the lid on the dish and increase the heat slightly. Once the mixture is boiling, reduce the heat to medium and leave for 10 minutes to simmer.

Step 6: After 10 minutes, return the cooked chicken to the casserole dish, add the sweetcorn and peas and cook for a final 5 minutes on an increased heat with the lid off. Continue cooking until you have a sauce-like consistency, then serve with brown rice.



KITCHEN SANCTUARY

HEALTHIER CHICKEN ROGAN JOSH

PREPARATION TIME

15 MINS

COOK TIME

5-6 HOURS

SERVINGS

4-6 PEOPLE

DIETARY REQUIREMENTS

GLUTEN FREE



Nicky lives in Cheshire with her husband, Chris, and their two children, Gracey and Lewis.

She spends her days creating, photographing, and writing recipes for her blog, Kitchen Sanctuary.

Her recipes are healthy and a little bit naughty, but always delicious!



kitchensanctuary.com



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INGREDIENTS

MAINS

MARINADE

- 2 tsp minced ginger
- 4 cloves of garlic, peeled and minced
- 1 tsp ground turmeric
- 1 tsp cumin
- 1 tsp freshly ground black pepper
- 4 tbsp low-fat natural yogurt
- 4 chicken breasts, chopped into bite-size chunks

ROGAN JOSH

- 10 squirts of rapeseed oil spray
- 2 onions, peeled and finely chopped
- 2 red bell peppers, de-seeded and chopped
- 3 fresh red chillis, finely chopped
- ½ a bunch of fresh coriander, chopped (chop the stalks too and keep those separate)
- 3 whole cloves
- 1 tsp cinnamon
- 1 tsp cumin
- 2 tsp ground coriander
- 2 tsp paprika
- ½ tsp salt
- ½ tsp freshly ground black pepper
- 2 tbsp tomato puree (or paste)

ROGAN JOSH (continued)

- 240ml chicken stock (water plus a stock cube is fine). Use bouillon for gluten free.
- 1 x 400g tin of chopped tomatoes
- 4 cardamom pods (thread them onto a piece of cotton so you can fish them out easier later)

ONION, MINT & TOMATO SALAD

- ½ a bunch of fresh mint, finely chopped
- 10 cherry tomatoes, quartered
- ¼ onion, peeled and finely diced
- 1 pinch of ground black pepper

TO SERVE

- Low-fat natural yogurt
- A small bunch of fresh mint, roughly torn
- Boiled rice (or cauliflower rice)



INSTRUCTIONS

MAINS

Step 1: Place the ginger and garlic in a bowl, along with the turmeric, cumin, pepper and yoghurt. Mix together, then add in the chicken pieces and mix again. Cover and refrigerate for 30 minutes.

Step 2: Lightly spray rapeseed oil in a large frying pan (or the insert to your slow cooker if you can use it on the hob). Turn the heat to high and add the marinated chicken so that it is lightly brown all over (this should take about 8-10 minutes). Remove the chicken and place in a bowl.

Step 3: Add the onions, red peppers, chopped chillies, the stalks from the coriander, cloves, cinnamon, cumin, coriander, paprika, pepper and tomato puree, to the pan. Cook for 5 minutes on a medium heat, stirring regularly, until the onion starts to soften.

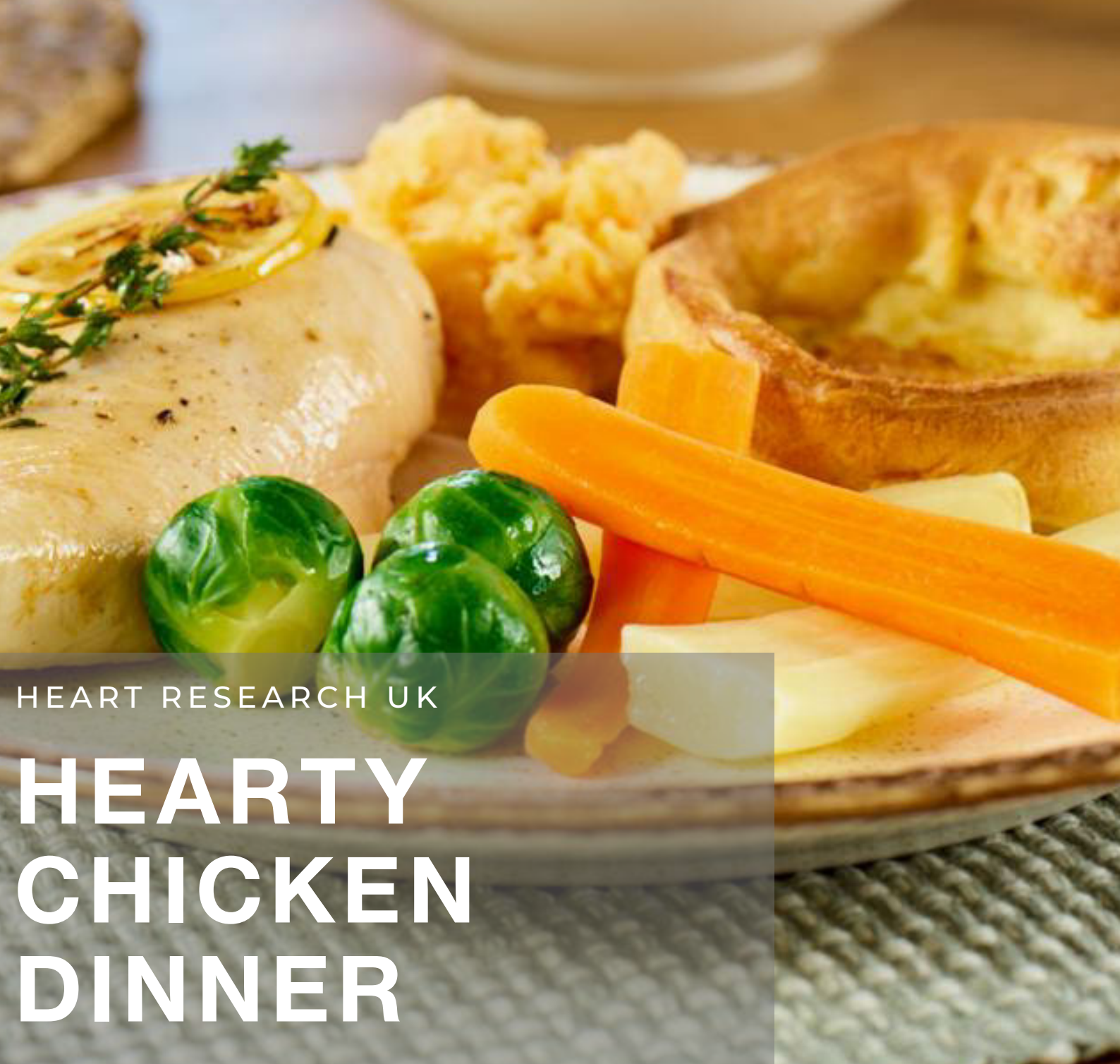
Step 4: Turn off the heat, add 4 tbsp of the stock and carefully (cover if needed) whizz into a puree with a hand blender (or transfer to a food processor if you prefer).

Step 5: Add the puree back into the pan, then add the chicken, remaining stock, chopped tomatoes and cardamom. Stir and bring to a simmer, then transfer to your slow cooker.

Step 6: Cook on high for 3 hours or low for 5-6 hours. Alternatively, you can cover and cook on the hob for 1½-2 hours on a low heat, stirring regularly.

Step 7: While the Rogan Josh is cooking, make the onion, mint and tomato salad by mixing all of the salad ingredients together in a small bowl.

Step 8: Once cooked, serve the Rogan Josh topped with a spoonful of low-fat natural yogurt, some torn/chopped fresh mint and the coriander leaves from earlier (the ones you removed the stalks from). Serve with the onion, mint and tomato salad, plus some boiled rice if you like.



HEART RESEARCH UK

HEARTY CHICKEN DINNER

PREPARATION TIME	COOK TIME	SERVINGS	DIETARY REQUIREMENTS
15 MINS	20 MINS	4 PEOPLE	N/A



Sarah is a fully qualified Public Health Nutritionist who works within the Healthy Heart team at Heart Research UK.

Sarah promotes a healthy heart in a range of contexts such as designing materials for schools, writing healthy tips and carrying out Healthy Heart Checks in the workplace. Sarah is a fully qualified teacher of Food Technology and Nutrition for 11-18 year olds and enjoys investigating and developing recipes.

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INGREDIENTS

- 400g chicken breast (4 small skinless fillets)
- 2 sweet potatoes
- 4 medium red potatoes
- 320g carrots/parsnips
- 320g garden peas/sprouts
- 4 homemade Yorkshire puddings, as per the recipe on page 25/26
- 400ml low-salt instant gravy

MAINS

- A spray of rapeseed oil

Optional extras: figs, orange, garlic, ginger, rosemary, thyme... use your creative flare!

INSTRUCTIONS

Step 1: How to cook a reduced fat tasty chicken breast:

Chicken breast is very low in fat which means it can easily dry out and have a tough texture. There are plenty of healthier alternatives to tenderising your chicken, such as layering slices of figs or orange on the surface and arranging it in a roasting tin. You can also add a little garlic or ginger, or simply rub with lemon juice and herbs such as rosemary or thyme.

Step 2: Simply add the tenderised and seasoned chicken to a roasting tin and cover with foil to keep in the moisture and flavour. You can also add a little hot water to the bottom of the tin to create steam.

Step 3: Oven bake in a pre-heated oven at 180°C / Gas Mark 4 for 15-20 minutes, testing with a sharp knife so that the middle is white and not pink.

Step 4: Cook your veggies while your chicken is in the oven. Steam your veg to retain colour, crunch, flavour and essential vitamins — don't add any butter. The sweet potato and red potato can be mashed together, making a fantastic mix of fibre, potassium and antioxidants. For a decorative finish, scoop the potato mix into a serving ring and top with a sprig of parsley. Unwanted water can be used to make up your gravy mix.



HEART RESEARCH UK

YORKSHIRE PUDDINGS

PREPARATION TIME
15 MINS

COOK TIME
10 MINS

SERVINGS
4 PEOPLE

DIETARY REQUIREMENTS
VEGETARIAN



Sarah is a fully qualified Public Health Nutritionist who works within the Healthy Heart team at Heart Research UK.

Sarah promotes a healthy heart in a range of contexts such as designing materials for schools, writing healthy tips and carrying out Healthy Heart Checks in the workplace. Sarah is a fully qualified teacher of Food Technology and Nutrition for 11-18 year olds and enjoys investigating and developing recipes.

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INGREDIENTS

- **70g plain flour**
- **2 eggs**
- **100ml skimmed milk**
- **A spray of rapeseed oil**
- **Salt-free seasoning**

MAINS

Equipment:

- **4 hole muffin tin**
- **Mixing bowl and a fork or whisk**

INSTRUCTIONS

Step 1: Pre-heat the oven to 210°C / Gas Mark 7.

Step 2: Sieve plain flour into a mixing bowl, make a well and add two eggs. Add seasoning such as herbs and black pepper if you wish, but don't add any salt.

Step 3: Gradually add skimmed milk, gently beating with a fork until a lump-free batter is formed. The batter should be thick but pourable. Pour the batter into a measuring jug and store in the fridge for ten minutes until chilled. You can use this time to prepare your chicken breast if you're cooking a roast dinner.

Step 4: Spray a little rapeseed oil into each of the muffin tin holes. Place in the oven to heat through for 5 minutes. The tin needs to be hot to create steam from the batter so that the Yorkshire puddings rise, but watch you don't over heat to the point of smoking as harmful chemicals are produced.

Step 5: Evenly pour the batter into the pre-heated muffin tin and return to the oven. Leave undisturbed for twenty minutes until the puddings have fluffed up and gone golden brown.



NUTRITION IN 5

HEARTY SALMON STIR-FRY

PREPARATION TIME

10 MINS

COOK TIME

20 MINS

SERVINGS

2 PEOPLE

DIETARY REQUIREMENTS

DAIRY FREE



Haley Bell is both an Associate Registered Nutritionist (ANutr) and a food blogger.

She enjoys getting creative in the kitchen and making simple but nutritious recipes.



nutritionin5.co.uk



[haleybellnutrition](https://www.facebook.com/haleybellnutrition)



[hb_nutritionist](https://twitter.com/hb_nutritionist)



[hb_nutritionist](https://www.instagram.com/hb_nutritionist)



INGREDIENTS

MAINS

- **2 salmon fillets**
- **2 wholewheat noodle nests**
- **160g baby corn, sliced lengthways**
- **160g mangetout**
- **2 tbsp reduced salt soy sauce**
- **1 tbsp honey**
- **1 garlic clove**
- **2 tbsp water**
- **A spray of rapeseed oil**

INSTRUCTIONS

Step 1: Preheat the oven to 200°C (180°C fan) / Gas Mark 6. Place the salmon fillets on a square of tinfoil, fold up at the sides then add the honey, reduced salt soy sauce, water, and minced garlic.

Step 2: Seal the tinfoil parcel and place in the centre of a baking tray and transfer to the oven. Cook for 15-20 minutes, ensuring the salmon is cooked thoroughly.

Step 3: While the salmon is baking, add a spray of rapeseed oil to a large frying pan or wok and raise to a medium heat before adding mangetout and sliced lengthways baby corn. After 3-5 minutes, turn the heat down low and allow the vegetables to sauté for a further 5-10 minutes.

Step 4: In a saucepan, bring water to the boil, add two nests of wholewheat noodles and cook on a low heat for 5-10 minutes before draining.

Step 5: Plate up with vegetables on one half and noodles and salmon on the other half. Pour the leftover marinade over the salmon and noodles and tuck in.



WHOLEHEARTEDLY LAURA

INDIAN BUTTERNUT & LENTIL STEW

PREPARATION TIME

10 MINS

COOK TIME

30 MINS

SERVINGS

3 PEOPLE

DIETARY REQUIREMENTS

N/A



Laura Agar Wilson is a wellbeing coach, business mentor, writer and author of the popular healthy living and lifestyle blog, wholeheartedlylaura.com, where she empowers women to live a more wholehearted life.

Author of *Grains as Mains* and *Coconut Oil*, she also writes regularly for The Huffington Post and has appeared in *Healthy Magazine* as a Healthy Hero.



wholeheartedlylaura.com



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INGREDIENTS

MAINS

- **A spray of rapeseed oil**
- **1 onion**
- **3-4 tbsp of mild curry powder OR 3-4 tbsp of curry paste (I used korma paste)**
- **½ a large butternut squash**
- **200g (1½ cups) of red lentils**
- **750ml (3 cups) of water or reduced salt vegetable stock**
- **2 large handfuls of spinach**
- **Optional: 1 tbsp freshly grated ginger & 1 tsp turmeric**

INSTRUCTIONS

Step 1: Heat a fine spray of rapeseed oil in a large pan over a medium-low heat.

Step 2: Finely chop the onion and add to the pan along with the curry powder or paste, and ginger and turmeric. Fry for a few minutes, taking care not to let it burn.

Step 3: Peel and de-seed the squash and chop into small cubes, then add to the pan.

Step 4: Rinse the lentils well in a sieve and add to the pan along with the water or reduced salt vegetable stock.

Step 5: Simmer the stew on a medium heat with the lid on the pan for 20-30 minutes, stirring occasionally to prevent the lentils sticking to the bottom.

Step 7: The stew is done when the lentils have broken down and the squash is soft. Turn off the heat and add the spinach, stirring through until it wilts into the stew.

Serve!



HAPPY VEGGIE KITCHEN

KALE & AVOCADO PESTO PASTA

PREPARATION TIME

10 MINS

COOK TIME

20 MINS

SERVINGS

4 PEOPLE

DIETARY REQUIREMENTS

VEGAN



Christine Melanson is a London-based blogger focused on vegetarian family recipes.

She is always looking for a new approach to vegetarian cooking, making healthy wholegrains and veggies exciting for everyone who loves food.



happyveggiekitchen.com



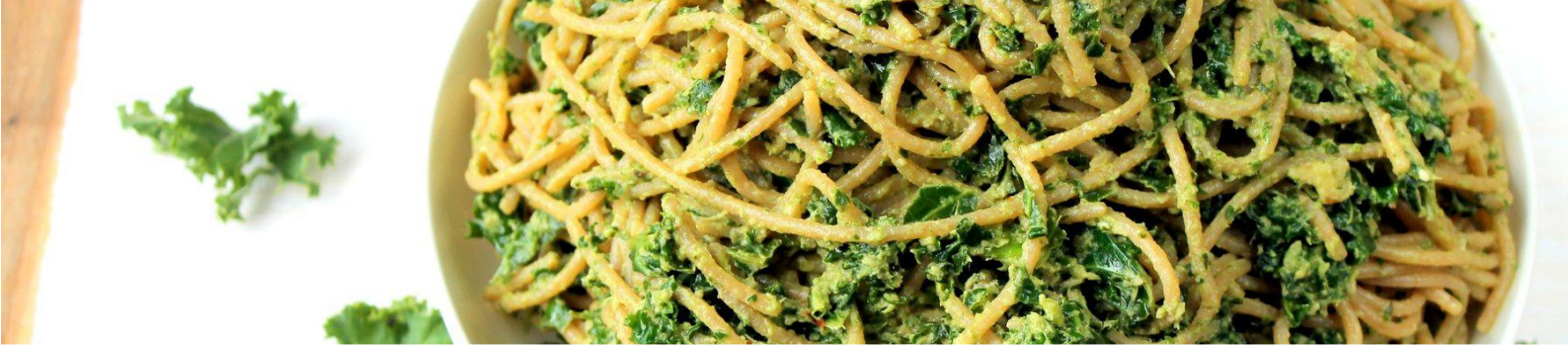
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INGREDIENTS

- **250g of chopped kale**
- **4 garlic cloves**
- **2 lemons, juiced**
- **1 cup of walnuts**
- **1 avocado**
- **500g packet of wholegrain spaghetti**
- **Optional: rapeseed oil**

INSTRUCTIONS

Step 1: Start by lightly steaming the kale. You want to get the kale a little softened, without fully cooking it. It will take just a couple of minutes and it will turn bright green.

Step 2: Start cooking your pasta. Bring a large pan of water to boil and add your spaghetti. While it's cooking, you can make the pesto.

Step 3: In a large food processor, add the kale, walnuts, avocado, garlic and lemon juice, and pulse until it's blended but still chunky. You can also use a small food chopper and do this in batches, for which you might need a little rapeseed oil.

Step 4: When the spaghetti is ready, drain and return the pan. Reserve a mug full of the pasta cooking water.

Step 5: Top the spaghetti with the pesto, add pepper to taste, and then use tongs to distribute it. It can take a lot of work to get the pesto mixed in, because the kale sticks together a lot! If the pesto is too dry, add some of the pasta cooking water to help loosen it up.

MAINS



SALLY BEE

NUT ROAST

PREPARATION TIME
20 MINS

COOK TIME
1 HOUR 10 MINS





SERVINGS
6 PEOPLE

DIETARY REQUIREMENTS
VEGETARIAN



Sally Bee is a motivational speaker, presenter, journalist, author, cook and 5-times heart attack survivor.

Sally Bee joined up with Heart Research UK in June 2014 to promote healthy lifestyles.

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INGREDIENTS

MAINS

- **A light spray of rapeseed oil**
- **1 onion, chopped**
- **2 carrots, grated**
- **1 clove of garlic, crushed**
- **2 courgettes, grated**
- **100g cooked brown rice**
- **70g fresh brown breadcrumbs**
- **55g walnuts, finely chopped**
- **55g pecan nuts, finely chopped**
- **55g sunflower seeds**
- **2 medium eggs, beaten**
- **1 tbsp chopped fresh oregano**
- **1 tbsp chopped fresh basil**
- **Freshly ground black pepper**

INSTRUCTIONS

Step 1: Preheat the oven to 180°C / Gas Mark 4.

Step 2: Grease a 900g loaf tin with a spray of rapeseed oil.

Step 3: Warm a spray of oil in a frying pan over a low heat. Add the onion, carrots and garlic and fry gently for 5 minutes. Add the grated courgette and cook for a further 5 minutes.

Step 4: Remove from the heat and stir in all the remaining ingredients.

Step 5: Spoon into the prepared tin, pack down well and cook for 1 hour or until browned and firm. Cover with foil towards the end of cooking if it becomes too dark in colour.

Step 6: Serve hot with a pile of steaming vegetables, or offer cold the next day.



SALLY BEE

RED ONION SALSA & SPICY SALMON

PREPARATION TIME

45 MINS

COOK TIME

10 MINS

SERVINGS

4 PEOPLE

DIETARY REQUIREMENTS

N/A



Sally Bee is a motivational speaker, presenter, journalist, author, cook and 5-times heart attack survivor.

Sally Bee joined up with Heart Research UK in June 2014 to promote healthy lifestyles.



sally-bee.com



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INGREDIENTS

- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp smoked paprika
- 1 tsp turmeric
- 4 salmon fillets (about 200g each)
- A light spray of rapeseed oil
- 200g low-fat natural yogurt
- A handful of watercress to serve

MAINS

RED ONION SALSA

- 200g plum tomatoes, finely chopped
- 1 red onion, finely chopped
- 1 red bell pepper, grilled until the skin blackens, then peeled, seeded and chopped (or 1 ready prepared from a jar)
- A handful of fresh basil, chopped
- A handful of fresh mint, chopped
- 1 tbsp red wine vinegar
- 1 tsp runny honey

INSTRUCTIONS

Step 1: Make the red onion salsa. Pop all the ingredients together in a bowl and mix well to combine. Cover and stand at room temperature for 30 minutes to let the flavours infuse.

Step 2: Make the salmon. Put all the spices together in a medium bowl and mix well. Add the salmon fillets in to the spice mix and coat.

Step 3: Heat the oil in a large non-stick frying pan over a medium heat. Cook the salmon fillets skin-side down first for 3 minutes or until the skin goes crispy. Then gently turn over and cook the other side for a further 3 minutes.

Step 4: Place the salmon onto a plate, and top with the onion salsa, a dollop of the yogurt and a bunch of watercress on the very top.



SALLY BEE

SWEET PEPPER RAGU

PREPARATION TIME

15 MINS

COOK TIME

1 HOUR 15 MINS

SERVINGS

4-6 PEOPLE

DIETARY REQUIREMENTS

N/A



Sally Bee is a motivational speaker, presenter, journalist, author, cook and 5-times heart attack survivor.

Sally Bee joined up with Heart Research UK in June 2014 to promote healthy lifestyles.



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INGREDIENTS

MAINS

- **A light spray of rapeseed oil**
- **2 garlic cloves, peeled and crushed**
- **2 red onions, peeled and sliced**
- **3 red bell peppers, de-seeded and sliced**
- **3 orange bell peppers, de-seeded and sliced**
- **2 green bell peppers, de-seeded and sliced**
- **2 sticks of celery, sliced**
- **400g can of chopped tomatoes**
- **A slurp of Worcestershire sauce**
- **Freshly ground black pepper, to taste**
- **2 tbsp dried Italian mixed herbs**
- **18 black olives, pitted and halved**
- **A handful of fresh basil, chopped**

INSTRUCTIONS

Step 1: Heat the oil in a large non-stick pan over a medium heat, then add the garlic, onion and peppers and fry, stirring frequently for 3-4 minutes.

Step 2: Reduce the heat, cover, and let it cook, very gently, for around 1 hour. Every once in a while, take the lid off and give it a stir.

Step 3: After the peppers have been cooking for 30 minutes, add the chopped tomatoes, the Worcestershire sauce, black pepper and the mixed herbs.

Step 4: Continue to cook for a further 30 minutes, then add the olives and chopped basil just 5 minutes before serving.



HEALTHY LIVING JAMES

SWEET POTATO & BLACK BEAN STEW

PREPARATION TIME
10 MINS

COOK TIME
25-30 MINS

SERVINGS
4-5 PEOPLE

DIETARY REQUIREMENTS
VEGAN / GLUTEN FREE



Meet James Wythe! A fully qualified Health Coach and food blogger. He started his blog after suffering long term illness and wanted to share his recovery journey. He now creates simple and delicious gluten, wheat, dairy, egg and refined sugar free foods.

James wants to inspire and motivate people to live healthier and realise that living healthy isn't as hard or time consuming as they may think.



healthylivingjames.co.uk



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INGREDIENTS

MAINS

- **A spray of rapeseed oil**
- **2 large garlic cloves, crushed**
- **½ large red onion, diced**
- **½ tsp ground coriander**
- **1 heaped tsp of turmeric**
- **½ tsp cayenne pepper**
- **A pinch of chilli flakes**
- **½ tsp paprika**
- **2 large sweet potatoes, peeled and diced into small cubes (roughly 800g)**
- **1 tbsp tomato puree**
- **2 x 400g cans of chopped tomatoes**
- **2 cans of black beans, drained and rinsed**
- **400ml low-salt vegetable stock**
- **2-3 large handfuls of fresh spinach or kale**
- **Pepper and other salt-free seasoning, to taste**

INSTRUCTIONS

Step 1: Firstly, peel and chop the sweet potatoes into small cubes and dice the red onion.

Step 2: Heat a large pot on a medium heat with a spray of oil, garlic, onion and a pinch of pepper, and fry for a couple of minutes.

Step 3: Add all the spices and mix together before adding the sweet potato along with a pinch of pepper. Fry together for a couple of minutes, making sure to stir.

Step 4: Add the tinned tomatoes, tomato puree, black beans, veg stock and a pinch of pepper and mix together.

Step 5: Bring to a boil, then reduce to a low heat, placing the lid on the pan for 20-25 minutes (until your desired consistency — I like mine fairly thick).

Step 6: Add the spinach and stir through, allowing it to wilt before taking off the heat.

Try serving it with a side of quinoa or brown rice.



CAPTAIN BOBCAT

TRI-COLOUR QUINOA SALAD WITH ROASTED VEGETABLES

PREPARATION TIME

20 MINS

COOK TIME

40 MINS

SERVINGS

4 PEOPLE

DIETARY REQUIREMENTS

VEGAN



Eva Katona has been blogging as Captain Bobcat for two years.

Originally from Budapest, but now in London, she has a green heart and considers herself an environmentalist - a vegetarian who prefers the eco-friendly version of everything.

You'll find great veggie recipes on her blog and right here!



captainbobcat.com



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INGREDIENTS

MAINS

- 1 medium courgette, halved and sliced
- 1 medium aubergine, halved and sliced
- 2 small green or yellow bell peppers, sliced
- 1 small carrot, julienne'd (matchsticks)
- 1 handful of raisins
- 180g tri-colour quinoa
- 1 handful of fresh basil, chopped roughly
- 1 handful of fresh mint, chopped roughly
- A spray of rapeseed oil
- ½ tsp fresh ginger, finely minced
- 50g toasted almond flakes
- 3 small shallots, finely sliced
- 2 cloves garlic, finely sliced

INSTRUCTIONS

Step 1: Slice the aubergine, courgette, pepper and onion and add a fine spray of rapeseed oil. Then roast the vegetables in the oven (in a roasting dish) at 175°C / Gas Mark 4 for 25-30 minutes.

Step 2: Rinse the quinoa. In a saucepan, bring the quinoa and about 400ml of water to a boil. Reduce the heat to low, cover and simmer until tender – for about 15 minutes. Set aside.

Step 3: In the meantime, chop the carrot into matchstick size pieces.

Step 4: When the vegetables are cooked (al dente, and not too soft!) add everything into a mixing bowl and combine well.

Step 5: Season with the herbs, pepper and fresh ginger.



MY BOYS CLUB

VEGAN MUSHROOM, FIG & SPINACH PIZZA

PREPARATION TIME

15 MINS & 1 HOUR WAITING

COOK TIME

12 MINS

SERVINGS

2 PEOPLE

DIETARY REQUIREMENTS

VEGAN / GLUTEN FREE



Deb writes My Boys Club — a lifestyle, food and travel blog all about enjoying life with her family of boys in North East England and beyond.

She loves cooking with and for her family, especially trying new recipes and foods, and creating dairy free and meat free alternatives to traditional recipes.



myboysclub.co.uk



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INGREDIENTS

MAINS

- **100g chickpea flour**
- **250ml water**
- **Pinch of black pepper**
- **1 tsp mixed herbs**
- **A spray of rapeseed oil**
- **2 tbps sweet chilli hummus (homemade or bought)**
- **4 mushrooms, sliced**
- **A handful of fresh spinach**
- **2 fresh figs, in quarters**

INSTRUCTIONS

Step 1: Mix the chickpea flour, pepper, herbs and water together well in a bowl and leave to stand for at least 1 hour.

Step 2: When you are ready to eat, heat the oven to 200°C / Gas Mark 6.

Step 3: Coat the inside of two sandwich cake tins with a spray of rapeseed oil.

Step 4: Pour the chickpea flour and water liquid into the tins evenly — approx. ½ cm-1cm deep.

Step 5: Place in the oven for 10 minutes or until it starts to set.

Step 6: Remove from the oven and spread hummus over the base, add sliced mushrooms, figs and spinach on top and return to the oven for 2 minutes.

Step 7: Remove the pizza once again from the oven and drizzle with vegan chilli mayo (optional). Then serve immediately.



LAVENDER & LOVAGE

VEGETARIAN MULLIGATAWNY SOUP

PREPARATION TIME

10 MINS

COOK TIME

30 MINS

SERVINGS

4 PEOPLE

DIETARY REQUIREMENTS

VEGAN



Karen Burns-Booth is a freelance food & travel writer, recipe developer and food stylist with a passion for local and seasonal ingredients.

She is a member of the prestigious Guild of Food Writers and regularly contributes to a variety of print publications and on line recipe sites, as well as creating bespoke recipes for numerous major brands and supermarkets in the UK and across Europe.



lavenderandlovage.com



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INGREDIENTS

MAINS

- **A fine spray of rapeseed oil**
- **1 large onion, peeled and diced**
- **2 garlic cloves, peeled and finely minced**
- **4 small carrots or 2 large carrots, peeled and diced**
- **2 parsnips, peeled and diced**
- **1 large eating apple — peeled, cored and diced**
- **1 tbsp top quality curry powder**
- **1 tsp garam masala**
- **1 tsp black onion seeds**
- **½ tsp ground cumin**
- **½ tsp ground coriander**
- **600ml low-salt vegetable stock**
- **2 tbsp tomato puree**
- **1 tbsp mango chutney (plus extra to serve)**
- **250g cooked wholegrain rice**
- **Chopped fresh coriander or parsley**
- **1 lemon, cut into quarters to serve**

INSTRUCTIONS

British people who spent years in India grew to love the local spicy food and brought back their favourite recipes, which were then adapted in the Victorian kitchen. "Pepper water" was the nearest thing to soup in the cuisine of India, and indeed the word "Mulligatawny" comes from the Tamil words "molegoo" (pepper) and "tunes" (water). This is my healthier vegetarian/vegan version of the original Mulligatawny, made with lots of vegetables, apple and served with rice and mango chutney.

Step 1: Heat the oil in a large lidded saucepan and add the diced vegetables and your apple. Stir the vegetables/apple and replace the lid, saute over a low heat, stirring every now and then until the vegetables are soft and the onion is translucent.

Step 2: Add all of the ground spices and curry powder, stir well and saute for 1 to 2 minutes before adding the stock.

Step 3: Add the tomato puree, mango chutney and half of the cooked rice. Stir well, season to taste with pepper and other salt-free seasonings, and replace the lid. Cook over a low heat for 10 to 15 minutes.

Step 4: Ladle the soup into warmed soup bowls, spoon over the remaining cooked rice and a spoonful of mango chutney. Garnish with the freshly chopped coriander or parsley and squeeze the lemon wedges over the soup. Serve immediately.



HEART RESEARCH UK

TASTES LIKE CARBONARA

PREPARATION TIME

10 MINS

COOK TIME

25 MINS

SERVINGS

2 PEOPLE

DIETARY REQUIREMENTS

N/A



Sarah is a fully qualified Public Health Nutritionist who works within the Healthy Heart team at Heart Research UK.

Sarah promotes a healthy heart in a range of contexts such as designing materials for schools, writing healthy tips and carrying out Healthy Heart Checks in the workplace. Sarah is a fully qualified teacher of Food Technology and Nutrition for 11-18 year olds and enjoys investigating and developing recipes.



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INGREDIENTS

MAINS

- **150g spaghetti**
- **rapeseed oil spray**
- **½ red onion, finely chopped**
- **200g turkey mince**
- **100mls low salt vegetable stock**
- **½ bag (150g) kale, finely chopped**
- **200g crème fraîche**
- **handful of sage (just the leaves, finely chopped)**
- **handful of walnuts**
- **mixed green salad for two**

INSTRUCTIONS

Step 1: Boil the kettle and pour 200mls of hot water into a saucepan and set to boil

Step 2: Prepare the vegetable stock with the remaining water

Step 3: Heat a wide bottomed frying pan and lightly spray with rapeseed oil

Step 4: Gently sauté the onion and sage for 3-4 minutes until softened

Step 5: Set the onion and sage to one side, add another spray of rapeseed to the pan

Step 6: Add the spaghetti to the boiling water then gently simmer until al dente (around 10 minutes)

Step 7: While the spaghetti is cooking, gently brown the turkey mince, breaking apart with a wooden spoon. Do this for around 5 minutes until the turkey has turned colour, showing no pink

Step 8: Once the turkey is browned add the onion, sage and vegetable stock and gently simmer

Step 9: Set the oven to 200°C and line a baking tray with parchment paper. Scatter the kale, lightly spray with oil and leave in the oven for 5 minutes to crisp up

Step 10: Drain the spaghetti in a colander, combine with the crème fraîche and add to the pan of sauce. Stir to heat through.

Step 11: Toss the crispy kale into the pan, remove from the heat and serve with a scattering of walnuts and side salad.

A creamy pasta dish that tastes delicious but with less saturated fat than a traditional carbonara, a little kinder to the heart.



HEART RESEARCH UK

OMEGA-3 SUPER SALAD

PREPARATION TIME

10 MINS

COOK TIME

15 MINS

SERVINGS

2 PEOPLE

DIETARY REQUIREMENTS

N/A



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Sarah promotes a healthy heart in a range of contexts such as designing materials for schools, writing healthy tips and carrying out Healthy Heart Checks in the workplace. Sarah is a fully qualified teacher of Food Technology and Nutrition for 11-18 year olds and enjoys investigating and developing recipes.



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INGREDIENTS

- **2 chicken breasts**
- **60g broccoli**
- **60g green beans**
- **½ red onion**
- **50g mixed green leaves**
(watercress, rocket and spinach)
- **2 beetroots, boiled and sliced**
- **1 tsp chia seeds**

MAINS

FOR THE PESTO

- **small bag (30g) basil leaves**
- **½ avocado**
- **½ small garlic clove crushed**
- **25g walnuts**
- **½ tbsp rapeseed oil**
- **juice and zest of a lemon**

INSTRUCTIONS

Step 1: First make the pesto. Scoop flesh of avocado out and place in a food processor. Add basil, garlic, walnuts, oil, 1 tbsp of lemon juice (keep the rest of the juice for later) and blitz. If it's too thick add 1 tbsp of cold water at a time until you are happy for the consistency. Place pesto to one side.

If you don't have a food processor you can mash the avocado with a fork and make your pesto the traditional Italian way using a pestle and mortar

Step 2: Thinly slice red onion, place in a bowl and pour the remaining lemon juice over to bring out the colour and add a little zing. Leave in bowl until ready to plate up.

Step 3: Bring a pan of water to the boil and add broccoli and beans for 2-3 mins. Drain and place under cold water.

Step 4: Heat griddle pan and cook chicken breasts for 4 minutes each side. Place to one side. Add broccoli and beans and griddle for 2-3 mins turning frequently.

Step 5: Toss the pesto with fresh green salad leaves and serve onto a plate, adding broccoli and beans on top. Add sliced beetroot and pour onions and lemon juice on top. Slice chicken and add on top. Finally sprinkle zest of lemon over and a sprinkle of chia seeds.

And there you have a delicious meal that's good for the heart. A great way to add omega-3 to your diet, particularly if you aren't a great fish fan.

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