



RECIPES | FIRST

Lamb and bean soup

FAST FOOD MADE GOOD

A lack of time is no excuse for a poor diet. Here are some more yummy (but healthy) recipes which you can whip up simply and easily from nutritionist and author of *Eat Taste Nourish*, Zoe Bingley-Pullin

STUFFED TOFU TOMATOES

Looking for a healthy snack that doesn't come in a wrapper? It doesn't get tastier than this!

Cooking time: 20 minutes

Ingredients

- 6 firm ripe large tomatoes
- 5 stalks spinach, roughly chopped
- ¼ cup fresh basil
- 1 tablespoon pine nuts, raw
- 1 cup hard tofu, crumbled
- 2 teaspoons olive oil
- 1 small clove garlic, crushed
- Sea salt and freshly ground pepper
- 1 to 2 tablespoons freshly grated sheep's feta cheese

Method

Cut the tops off the tomatoes, scoop out flesh and discard, then turn tomatoes upside down to drain. Wash the spinach, remove the stalks and tear leaves into large pieces and then place in saucepan. Cook over medium heat while stirring until soft; approximately five minutes. Place the spinach and basil in a food processor and blend. Add pine nuts and process for a further ten seconds. Place spinach mix in a bowl. Add the tofu, olive oil, crushed garlic, salt and pepper and mix well. Fold in the grated feta cheese. Place the tomatoes in a greased ovenproof dish. Spoon tofu mixture into the tomatoes and then bake in moderate oven for 15 to 20 minutes on 180°C (350°F/Gas Mark 4). Serve warm with a green salad. Serves 6.

LAMB AND BEAN SOUP

Enjoy a hearty soup that's not heavy on the hips.

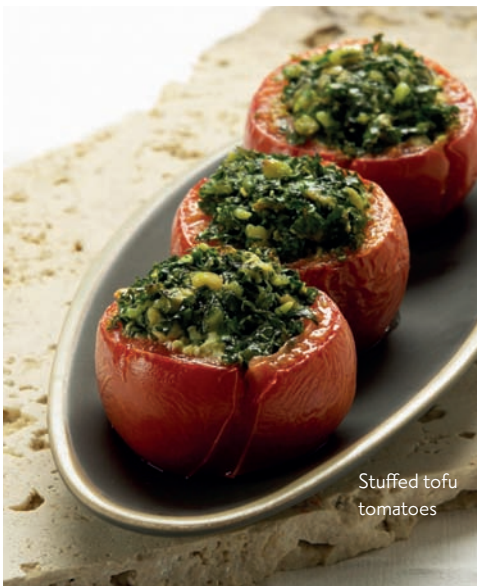
Cooking time: 35 minutes

Ingredients

- 2 onions, chopped
- 2 tablespoons olive oil
- 500g (1lb) diced lamb
- ¾ teaspoon ground cinnamon
- ½ teaspoon smoked paprika
- ½ teaspoon ground ginger
- ½ teaspoon pepper
- 3 celery sticks, chopped
- 2 carrots, diced
- 400g (14oz) tinned organic chickpeas, drained and washed
- ½ cup red lentils (soaked for 6–8 hours)
- 1½ litres (3 pints) vegetable, chicken or beef stock
- ½ teaspoons sea salt
- ½ cup parsley
- 400g (14oz) tin crushed tomatoes

Method

Sauté the onions in olive oil. Add the lamb and stir over medium heat for 10 to 15 minutes. Add the cinnamon, paprika, ginger and pepper, cook for a further five minutes. Add the celery, carrots, chickpeas, lentils, stock and sea salt. Reduce the heat and simmer for an hour. Add the parsley and tomatoes and cook for a further 15 minutes. Serve in hot bowls with a wedge of lemon. Serves 4.



Stuffed tofu tomatoes

RECIPES | FIRST

CHICKEN AND VEGETABLE PATTIES

Become your own burger king with this healthy version of a fast food fave.

Cooking time: 5 minutes

Ingredients

400g chicken lean mince or fish (tuna)

1 to 2 tablespoons of tamari soy sauce

1 tablespoons grated fresh ginger

1 garlic clove crushed

½ cup of chopped coriander

1 large grated carrot

1 cup of grated sweet potato

Spelt or wholemeal flour to coat patties

Olive oil for the pan

Method

Place all the ingredients, except the spelt flour, in a food processor and blend until smooth. Transfer the blended ingredients into a bowl. Shape into burgers and toss lightly in the spelt flour. Heat a little olive oil and cook patties for three to four minutes each side. Alternatively they can be brushed with olive oil and baked in the oven, turning them once. Serve with steamed vegetables. Makes 4 to 6 patties.



Chicken and vegetable patties



CHICKEN AND VEGETABLE MILLET PILAF

Chasing a scrumptious lunch option to curb that craving? This'll hit the spot.

Cooking time: 30 minutes

Ingredients

4 tablespoons olive oil

1 small onion, roughly chopped

1 cup millet (hulled)

1 teaspoon sea salt

1 cup water

½ cup slivered almonds (or sunflower seeds or pepitas)

1 large leek, finely chopped

1 large zucchini, finely chopped

1 bunch asparagus, blanched

400g (14oz) tin crushed tomatoes

2 x 200g (7oz) chicken breasts, cut into strips

1 cup mushrooms, sliced thinly

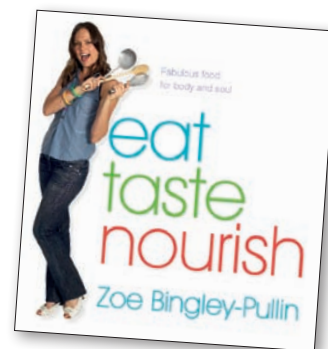
Freshly ground black pepper

¼ teaspoon ground cinnamon

Method

Heat two teaspoons of the oil in a saucepan and sauté the onion for about three minutes until tender but not brown. Add the millet and cook for another two minutes, stirring occasionally. Sprinkle in the salt and pour in the water. Bring to boil, lower heat, cover and simmer for 20 minutes. Set aside. Place almonds under a grill and toast until lightly browned, turning frequently. Set aside. Heat the remaining oil in a frying pan and add the tomatoes, leek, zucchini and chicken strips. Stir fry for seven to ten minutes. Add mushrooms and stir fry for two to three minutes. When the millet is tender and the water is absorbed, stir in the chicken mixture and add pepper and cinnamon to taste. Cook for a further two minutes, stirring, then remove from heat, stir in the almonds and asparagus. Serve immediately. Serves 2.

Chicken and vegetable millet pilaf



You should enjoy the process of food preparation as much as the consumption. Food can be a sensuous and sensual celebration; a feast for not only the mouth but for the eyes, nose, hands and soul.